



The science & art of living the way nature intended

The Bond Briefing

www.thebondeffect.com | Subscribe: \$18 for 12 monthly issues



RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Surviving Covid-19: Vital Role of the Sunshine Vitamin, Vitamin D. **Letter:** Galina Dronova. **Health Policy:** Obesity & Covid-19, **Food Ideas:** Paleo Naan Bread. **Q&A:** Is Allulose a Healthy Sweetener? Does High Humidity work as a Sunscreen? **Fad Diets:** More Keto Diet Dangers. **Ancestral Physical Activity:** Squatting better form of Inactivity than Sitting. **Breaking News:** Hot-tubbing for Heart Health; Leaky Gut in the Obese.

Surviving Covid-19

Last month: "Our only defense is our **IMMUNE SYSTEM**" Here we continue with tips to keep your immune fully tuned up.

Vital role of the Sunshine Vitamin, Vitamin D



Three studies have been rushed out which finger vitamin D **DEFICIENCY** as a major culprit in Covid-19 deaths and in patients needing intensive ICU treatment [1,2,3]

One of the major complications caused by Covid-19 is what is called a "cytokine storm". This occurs when the immune system goes haywire and releases vast – and abnormal – amounts of "cytokine" molecules whose role, under normal conditions, is to create **INFLAMMATION** to fight disease.

These cytokines are released by white blood cells and, under normal circumstances, vitamin D acts as a throttle to control the outflow in a healthy way.

However, in the case of vitamin D **STARVATION**, the cytokines flood the body in an uncontrolled rampage. In particular the cytokine "storm" severely damages lungs.

"This is what kills the majority of patients, not the virus itself – it is the complications from the misdirected fire from the immune system" says Dr Vadim Backman of > **p3**

Letter

To retain its authentic flavor, we have only lightly edited this letter from Galina Dronova of Yekaterinburg, Russia.



<https://bit.ly/2ZbQzUC>

"The #BondBriefing subscription is very important for me. It is difficult to overestimate the benefits I am receiving from it.

"The first time I listened your presentation in London Anti-aging Conference about already 10 years ago. Since then I can really confirm that my life has changed. And the way of eating of many people whom I know and my own of course has completely changed also.

"I shared the information from your books and articles with many from my circle of friends and relatives and most of them changed their mind about what is food for us, how and what to eat. You made us more healthier!

"Now you know that in faraway Russia there are more people who follow your recommendations, share your ideas and thoughts and use your knowledge!

"Health, strength and energy for you and thank you so much for all you are doing!"

Health Policy

Obesity and Covid-19

It has become a commonplace that those most likely to die from Covid-19 are those who are already sick with something else [4,5].

These "co-morbidities" are typically diabetes, cardio-vascular disease, cancer, lung problems, dementia, and kidney disease. But what about **OBESITY**?

Bizarrely, obesity in most jurisdictions is not regarded as a 'disease' so it not officially recorded at all. That means that the data on the obesity/covid-19 connection is scanty and unreliable.

This is a massive error: obesity, **OF ITSELF** (amongst other things) **DEPRESSES** the immune system [6]. Prof. Bonnie Blomberg PhD at the University of Miami in Florida, suggests that being obese, even when young, corrupts the immune system down to that of an immune-compromised frail old-timer



<https://bit.ly/36kBp0u>

British premier Boris Johnson who, famously, had a near-death experience with Covid-19, had no "co-morbidities" – as far as we know.

But with a weight of 17½ stone (245 lb, 111 kg) for a height of 5'-9" (175 cm) Boris has a BMI of 36: he is squarely in the **OBESSE BRACKET**. Boris is now promoting > **p3**

Food Ideas

Paleo Naan Bread

Yield: 6 pieces



<https://bit.ly/2AM6a2W>

Naan is a kind of flat bread, common around the Middle East and Asia. Many will be familiar with naan from Indian cuisine. It is great for making wraps for example. Here is a quick and simple recipe.

1¾ cup (415 ml) coconut milk, light
¼ cup (20 g) almond flour
2 level tablesp. (18 g) psyllium husk
½ teaspoon salt.

1. Mix all the ingredients together in a mixing bowl. Dilute further if necessary to obtain a thick batter consistency.
2. Spread out, with a fork, about 50 g in a thin layer into a hot non-stick omelet pan.
3. Reduce heat to medium.
4. It will take up to 10 minutes until the naan is cooked. It doesn't need flipping, but you need to slide it out carefully, using a flexible spatula.
5. Serve straight away or cool on a wire rack.

For more recipe ideas, Nicole's:



Paleo Harvest Cookbook:

Over 170 delicious, Bond Precept conforming recipes
www.paleo-harvest.com

Questions

Is Allulose a Healthy Sweetener?

Q. I have just heard about a new sweetener called Allulose. It is claimed to have the taste and texture of sugar, yet contains minimal calories and carbohydrates. It is also supposed to have health benefits. What is your opinion?

A. Allulose occurs naturally in many plants. It is another 'polyol' or 'sugar alcohol' like xylitol and sorbitol. In fact

allulose is most similar to another polyol, "erythritol". (See **Alternative Sweetener: Somersweet**, [Feb 2010](#) [7].

Like erythritol, allulose looks similar to sugar, has similar bulk, and has the same caramelising and browning capability. On the other hand, it is only 70% as sweet as sugar.

Allulose is a dietary fiber and as such, it is not absorbed as it passes through the gut. It finishes by feeding good bacteria in the colon.

So allulose has a very low glycemic index and virtually no calories. The FDA has approved allulose as 'Generally Recognised as Safe' (GRAS). However, most jurisdictions around the world, including the European Union, have not yet given their blessing.

My View? On current knowledge, allulose appears to be a 'good' sweetener. It is a low G.I, low carb, dietary fiber, doing good things for the health of the colon flora. It may also have other health benefits, yet to be fully confirmed, to do with calming hyperglycemia and improving triglycerides [8].

Does high humidity work as a sunscreen?

Q. I saw your post "Ten Years Ago" (**Sunscreen Causes Skin Cancer**, [March 2010](#)) on your FaceBook group [9] I and my family did not use any sunscreen when we lived in Brunei (tropical rainforest climate) with 98% humidity, as we were told that this works as a sunscreen. Your view?

A. Apparently not. A couple of studies on unfortunate animals find that high humidity on the skin actually **INCREASES** sun damage [10,11].

On the other hand, clouds (of which you must have had a few!) do blunt the strength of UV radiation [12].

Humans evolved in a savanna climate which is dry for most of the year, so we did not develop any special ability to thrive in a highly humid climate.

It seems, therefore, that you did the right thing for the wrong reason. The message as always is, just let your skin tan up naturally without sunscreen and, sensibly, avoid burning.

Fad Diets

More Keto Diet Danger

Biochemist Dr Mark Burkitt, principal of [Westcott Research and Consulting](#), [13] UK, is a research scientist and a regular #BondBriefing reader.



His insights contributed to: **Glycemic Index: Pros & Cons** [April 2014](#) [14]

Dr Burkitt now sounds the alarm about ketogenic diets, triggered by my article [last month](#): **Keto Diet best in small Doses**. He has an article just published in the prestigious journal *Nutrition*: "**An overlooked Danger of Ketogenic Diets**" [15].

Dr Burkitt makes the case that, over time, a state of ketosis (induced by a ketogenic diet) damages arteries and other blood vessels. This happens by the same mechanism by which glucose also damages blood vessels. This mechanism is one where glucose reacts with protein molecules, in a process called "glycation". The resulting products are the dreaded "AGEs" (see: **What are AGEs?** [Dec 2011](#) [16]) which, amongst other things, cause collagen to stiffen and harden. See: **Sugar Hardens Elastic Tissue**, [May 2013](#) [17].

The AGEs stiffen the collagen in the arteries and other blood vessels, leading to atherosclerosis. They also attach themselves to AGE receptors (called "RAGEs") in blood vessel cells causing oxidative stress and inflammation.

According to Dr Burkitt, ketone bodies are even more reactive to proteins than glucose. They form products that are chemically very similar to AGEs and are therefore even more dangerous than abnormally high blood sugar levels.

My View? Dr Burkitt's insight adds yet another dimension to the keto diet's drawbacks that I set out in: **Ketogenic Diet Dangers**, [April 2012](#) [18].

The human organism is not designed to be in a constant state of ketosis and, worse, the diet is relentlessly acidic, wretchedly lacking in micronutrients, and overloaded with fats, most of them bad. **AVOID!**

Continued from Page 1

Vital role of the Sunshine Vitamin, Vitamin D

Northwestern University, Illinois. These various studies find that:



- 100% of ICU patients under the age of 75 were severely vitamin D deficient.
- 75% of people in hospitals and care-homes are vitamin D deficient.
- There was a strong correlation between vitamin D deficiency and Intensive Care and death.

Researchers opine that vitamin D deficiency can explain in part:

- why people of color are more susceptible to Covid-19. Their complexion filters out much of the beneficial effects of sunlight.
- why children are less susceptible to Covid-19 – the part of the immune system that the virus attacks is not yet fully formed.
- why Italians and Spaniards have seemed more susceptible – they tend to stay out of the sun.
- why old people are more at risk – they tend to not get out in the sun, especially if institutionalised.

My View? Yes, dear reader, you can guess. From day one I have banged the drum: “Sunshine is human food!” without it we sicken and die. See: **Sunlight as Human Food**, [Deadly Harvest](#), Ch 8, p.195 [19]

This factor might also explain why covid-19 has been less severe in countries like Australia, South Africa, and New Zealand. Being in the southern hemisphere, it was towards the end of their summer so people’s vitamin D status was at a maximum. In contrast, in the northern hemisphere, the virus struck at the end of winter when people’s vitamin D status was at an all-time low.

What about vitamin D supplements? As described many times, they are a poor substitute for the real thing. See: **Vitamin D supplementation cannot substitute for sunshine**, [June 2009](#) [20].

Firstly, vitamin D comes in many forms and it is impossible to second-guess the cocktail that is needed by the body – but with sunshine the body

takes just what it needs and in the right combinations.

Secondly, vitamin D is not the only benefit of sunshine: other factors are at work which boost the immune system too which we are still learning about: See: **Sunlight Boosts Immune System**, [Dec 2016](#) [21];

Moral? Get out in the sunshine (no sunscreen) to save lives! Just be sensible and avoid burning.

Ancestral Physical Activity

Squatting better form of inactivity than sitting

In [Jan 2020](#) [22] we invoked **The Squat Position**, in connection with the forager’s position for bowel movements. However, aside from that function, foragers spend many more hours a day squatting and also kneeling.



PhotoStock-Israel / Alamy Stock Photo

Hadza men squatting to cook a snared bird. <https://bit.ly/3ggPOPQ>

Back in [Sept 2012](#) [23], **Hadza Forager Energy Expenditure same as Westerners**, we saw how one study at least finds that foragers are inactive for much of the day.

Now the latest study, which benefits from the modern marvels of activity monitors, finds important differences in the type of inactivity as between Hadza and western populations [24]. Notably forager inactivity is in squatting and kneeling postures. Say the researchers: “these are ‘active rest postures’ which involve more muscle movement than sitting in a chair.”

They go on to say that “replacing chairs with more sustained active rest postures should be explored as a way of replicating the Hadza’s good health”.

My View? You don’t have to live with foragers to find the active squat position. I have always been impressed by the way peoples in Africa and Asia can sit on their

haunches for hours on end.

Personally I find it hard to hold this position for more than a few minutes. Moreover I suspect that most westerners can’t even do that.

We thought we had cracked the question of too much sitting with ‘standing desks’ (see: **Limit Sitting Time**, [April 2008](#) [25]; **Paleo-conforming Physical Activity**, [Sept 2018](#) [26], or even **Treadmill Desks** [June 2015](#) [27])

Now we should squat (rather than sit on a chair) for hours a day? Whilst this might be the ideal, I don’t see this as a necessity. Just set your alert to go off every hour and go for a five minute brisk walk.

Continued from Page 1

Obesity and Covid-19

the principle that the state should encourage British citizens to reduce their obesity and “save” their National Health Service.



My View? About time! Governments have received authoritative reports for decades sounding the alarm about obesity and how it is the ruin of the health service. But, in the face of almighty vested interests, they have quietly shelved them.

The harsh reality is that these diseases **INCLUDING OBESITY** are **LIFESTYLE DISEASES** and it is totally within our power to live like nature intended and avoid them.

Breaking News

Hot Tubbing for Heart Health

A study which followed some 61,000 middle-aged Japanese for 20 years finds that those who took hot baths daily compared to those who did such only once a week had 28% lower risk of heart disease, 26% lower risk of stroke, and had significantly lower risk of high blood pressure [28].

Hotter temperatures are better: the risk of CVD was 35% lower with hot water but only 26% lower with warm water. (However the researchers warn against excessively hot water.)

What is going on? The researchers say that heat exposure on the body has similar effects to exercise and has

been shown to help prevent heart disease.

My View? This is an observational study, so it cannot find a cause. However, as a daily hot-bather myself, I can attest to its relaxing, soothing and restorative qualities.

And it's not for nothing that, down the ages, hot springs and spas have been appreciated for their pleasure-giving and curative properties.



<https://bit.ly/2yUUR85>

Lake Magadi hot-springs, Kenya. [29]

What about our forager ancestors? Well they too lived in an area, the Rift Valley, which is volcanically active and liberally sprinkled with hot springs and lakes.

We have no way of knowing what use our forebears made of these hot-springs but it is possible that hot-tubbing became an important element in our mental and physical health.

Salt Overload: Bacterial infection

A study both on mice and on humans find that a high salt intake (over 10g per day) severely undermined the immune system's neutrophil cells' ability to engulf and dispose of bacteria.[30].

In particular, there was much impaired ability to fight kidney infections caused by *E. coli*, and body-wide infections caused by *Listeria monocytogenes*, a pathogenic bacterium even more virulent than *salmonella*.

My View? Yet another evil to be added to **Salt: Yet more Mischiefs**, [May 2015](#) [31]. As for our ancient heritage – there was very little sodium in the forager diet and our bodies are simply not built to deal with it in excess.

Leaky Gut in the Obese

Bacteria are meant to stay in the gut. But the gut barrier of the obese is more fragile and leaky. The blood, liver and fat of the obese, show that bacteria are leaking into their bodies from their guts [32]. This leads to inflammation, diabetes, infections, and immune system depression.

Say the researchers, we must find ways to make the gut less leaky and also kill off the bacteria that cause the problem.

My View? Talk about 'Worthy Idiots'! There is the obvious solution – the obese must get down to normal weight! See also **Obesity & Covid-19**, p1

3 days Hospital change Gut Bugs

A trip to hospital can play havoc with your gut bacteria. People treated for several days in an intensive care unit had their stomachs quickly colonised by harmful pathogens. Healthier gut microbes were pushed out [33] Heavy use of broad-spectrum antibiotics, feeding people through a tube, and using a ventilator all contributed to the effect.

My View? Best to stay healthy and keep out of the clutches of the Medico-Industrial complex! See **Obesity & Covid-19**, p1. See also: **More BigPharma, Quicker Death**, [May 2018](#) [34]; **Confidence in Conventional Medicine**, [July 2001](#) [35]; **Stay out of their Clutches**, [July 2002](#) [36].

Held over till next month

Book Review (part V). *Stonewyld* *Novels* by Kit Berry; **Myths, Rituals, Religiosity**. [Next month](#):

Spreading the Word

All Speaking events are cancelled

Paleo in a Nutshell: Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nutshell.com



Paleo Harvest Cookbook: Over 170 delicious, Bond Precept conforming recipes www.paleo-harvest.com

SUBSCRIBE TO THIS BRIEFING!

\$18 Electronic (with active hotlinks). \$59 Hard copy.



Tel: +357 99 45 24 68 Skype: gvlbond
email: admin@NaturalEater.com

1 Ali Daneshkhan. Vitamin D in Suppressing Cytokine Storm. medRxiv, Posted April 30, 2020

2 Petre Cristian Ilie, Vitamin D in prevention of Covid-19 infection and mortality. Aging Clin Exp Res, 2020; DOI: 10.1007/s40520-020-01570-8

3 Vitamin D Insufficiency is Prevalent in Severe Covid-19, Frank H. Lau, medRxiv 2020. 04.24. 20075838; DOI:10.1101/2020.04.24.20075838

4 Richardson S, Characteristics, Comorbidities, and Outcomes Among 5700 Patients Hospitalized With COVID-19. JAMA. 2020;e206775. doi:10.1001/jama.2020.6775

5 medRxiv doi:10.1101/2020.04.23.20076042. Features of UK patients with COVID-19. AB Docherty

6 Blomberg BB. Obesity and Metabolic Syndrome on Vaccination. Interdiscip Top Gerontol Geriatr. 2020;43:86- 97. doi:10.1159/000504440

7 <http://bit.ly/vzVZ5g>

8 Akram Hossain, Rare sugar d-allulose: Pharmac & Therap, Vol 155, 2015, pp 49-59, DOI: 10.1016/j.pharmthera.2015.08.004.

9 <http://on.fb.me/Group-Bond>

10 Natl Cancer Inst Monogr. 1978 Dec;(50): 161-7. Heat, wind & humidity on ultraviolet radiation injury. Owens DW.

11 D W Owens, Humidity on UV Injury, J Inv Derma, Vol 64, Iss 4, 1975, pp 250-252. DOI: 10.1111/1523-1747.ep12510673

12 Estupiñán, J G. (1996), Effects of clouds and haze on UVB radiation, J. Geophys. Res., 101(D11), 16807–16816, doi:10.1029/96JD01170.

13 <http://bit.ly/Q3WkMt>

14 <http://bit.ly/1ripgi6>

15 Burkitt MJ. An overlooked danger of ketogenic diets: Nutrition. 2020;75-76:110763. doi:10.1016/j.nut.2020.110763

16 <https://bit.ly/3bHXMy4>

17 <http://bit.ly/1G5GfXj>

18 <http://bit.ly/R162lr>

19 <http://bit.ly/ch-8>

20 <http://bit.ly/3a3DQpb>

21 <http://bit.ly/2wuxrCA>

22 <http://bit.ly/385DjkW>

23 <http://bit.ly/1LK0yVl>

24 Raichlen DA., Sitting, squatting, and the evolutionary biology of human inactivity. Proc Natl Acad Sci U S A. 2020;117(13):7115- 7121. doi:10.1073/pnas.1911868117

25 <http://bit.ly/1mJLKJi>

26 <http://bit.ly/2ExhyjO>

27 <http://bit.ly/1qvLzjZ>

28 Heart. 2020 May;106(10):732-737. doi: 10.1136/heartjnl-2019-315752. Habitual tub bathing and risks of incident coronary heart disease and stroke. Ukai T.

29 Credit: ID 142311253 © Martin Mwaura | Dreamstime.com

30 High-salt diet compromises antibacterial neutrophil responses. NE Stumpf, Science Trans Med 25 Mar 2020;Vol. 12, Issue 536, eaay3850 DOI: 10.1126/scitranslmed.aay3850

31 <http://bit.ly/1E7fXp>

32 Anhê F. Diabetes influences bacterial tissue compartmentalisation in human obesity. Nat Metab 2, 233–242 (2020). <https://doi.org/10.1038/s42255-020-0178-9>

33 Microb Genom Vol 5, Iss 9. Loss of microbial diversity and pathogen domination of the gut microbiota. Anuradha Ravi. 01 Sept 2019 doi :10.1099/mgen.0.000293

34 <http://bit.ly/2ue2nEu>

35 <https://bit.ly/3cvKkrV>

36 <https://bit.ly/2TvyomO>