



The science & art of living the way nature intended

# The Bond Briefing

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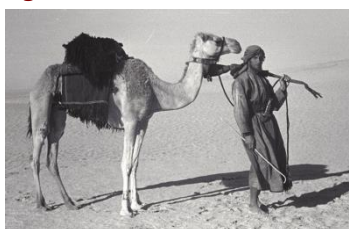


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Back to our Roots:** Book – Arabian Sands by Wilfred Thesiger. **Recipe:** Tiramisu to Die for. **Our Roots in Nature:** Kids Exploring Alone combats “Nature Deficit Disorder”. **Quote:** Leo Tolstoy. **Q&A:** Omega-7 Fatty Acid; What about Wakame? **Breaking News:** Sleep Scientists call to end Daylight Saving Time; Diabetes II – It’s Obesity, not Genes; Gut Fungus – Alzheimer Link; Excess Fructose – Fatty Liver. **Fad Diet Watch:** Vegan Baby gets Cerebral Palsy.

## Back to our Roots

**Book: Arabian Sands by Wilfred Thesiger**



Amazon: <https://amzn.to/30IP9kf>

This is the remarkable story of an Englishman, Wilfred Thesiger, who explored the “Empty Quarter” of Saudi Arabia. “Empty” since this vast territory had never been properly mapped nor yet visited by Arabs, let alone Europeans. The few people who had anything to do with this barren place were the local Bedouin tribes who lived on the Empty Quarter’s margins and occasionally ventured into it.

To my astonishment, Thesiger undertook his journeys as recently as the late 1940s. He was clearly a strange character. He was fascinated by the hardship and austerity of Bedouin life. He had a background in WWII as a Special Forces officer in the Gideon Force operating in the deserts of British Somaliland.

There, and later in the Sudanese desert, he deliberately trained himself to live the ascetic life of a Bedouin: to ride camels, speak Arabic, walk barefoot on stony ground, sleep flat on the hard ground and live off the land like a Bedouin.

Right there, in some respects, he was already living like a forager: walking barefoot (see **Barefoot as Nature Intended**, [Jan 2016](#) [1]), and > p2

## Recipe

**Tiramisu to die for**



<https://bit.ly/34dqbf0>

**Yield:** up to 12 servings

*Long time follower from France, Jeanne Bouvet, has devised this delicious, almost-paleo version of this Italian delicacy. (“Almost” since the Mascarpone cheese is a small lapse.) Preparation time: quick! (Because the layers are reduced to two)*

### Biscuit:

2 eggs, omega-3  
2 tablespoons erythritol  
1 tablespoon Amaretto liqueur  
80g (3 oz) almond flour  
20g ( $\frac{3}{4}$  oz) unsweetened shredded coconut  
about 60ml (4Tbsp) water + 1 teasp. decaffeinated instant coffee  
Olive oil spray

### Cream:

2 eggs, omega-3  
4 tablespoons erythritol  
1 tablespoon vanilla extract  
250g (8 $\frac{3}{4}$  oz) Mascarpone cheese

### Decoration:

About 4g (1 heaped teasp.) cacao powder

### METHOD: Biscuit

1. Break the eggs and carefully separate the yolks from the whites into 2 separate mixing bowls.
2. In the first bowl, mix the egg yolks with the erythritol and Amaretto to a creamy texture with an electric hand-mixer. >p2

## Our Roots in Nature

**Kids Exploring ALONE combats “Nature Deficit Disorder”**



*Boy explores the Wilderness* [2]

<https://bit.ly/3kqh1S7>

Solitary activities like fishing, hunting and exploring outside are key to building strong bonds between children and nature, find researchers [3].

Activities like these encourage children to both enjoy being outside and to feel comfortable there. Children gain the mental and physical benefits linked with being outdoors at a time when younger generations of Americans are less connected to nature than ever before – they suffer from the condition dubbed “nature-deficit disorder”. See **Nixing “Nature Deficit Disorder**, [May 2018](#) [4]; and **Green-space Deficit Disorders**, [Aug 2018](#) [5].

Say the researchers, adults need to step back and let kids explore on their own.

Secondarily to being alone in nature, this experience should be reinforced with social experiences – either with peers or adults. > p2

## Quote

“Though the doctors treated him, let his blood, and gave him medications, he nevertheless recovered.”

- Leo Tolstoy, *War & Peace*.

## Recipe

Continued from Page 1

**Tiramisu to die for**

Add the almond flour and shredded coconut. It is important to blend well until the texture is smooth and lump-free.



3. In the second bowl beat the egg whites with a pinch of salt to a **SOFT** consistency and mix into the egg yolk mixture which will be the "biscuit".
4. Spray a round, 9½ inch (24 cm) baking dish with the olive oil and spread the egg mixture evenly over the bottom.
5. Bake in a hot oven at 320°F (160°C) for 18 to 20 minutes, or until the top is golden brown.
6. Meanwhile, prepare the coffee with the water and instant coffee and set aside.
7. Leave the baked biscuit to cool down. Then drizzle the decaf coffee slowly for a few minutes over the biscuit (do not soak). This might take about 5 minutes.

**METHOD: Cream**

8. Break the eggs and carefully separate the yolks from the whites into 2 separate mixing bowls.
9. In the first bowl beat the egg yolks with the erythritol and vanilla extract to a creamy texture with an electric hand-mixer. Blend in the Mascarpone cheese.
10. In the second bowl beat the egg whites with a pinch of salt to a **STIFF** consistency with an electric hand-mixer.
11. Mix the egg whites carefully into the Mascarpone mixture.
12. Spread the cream mixture over the top of the biscuit in the baking dish.
13. Evenly sprinkle the top of the tiramisu with the cocoa powder.
14. Prior to serving, refrigerate for a minimum of 4 hours.

**Download** and print out the recipe here <https://bit.ly/3nM81Zn>



## Questions

**Omega-7 Fatty Acid**

**Q.** *There is hype going around about the so-called benefits of omega-7 oil. Your view?*

**A.** Omega-7, or 'palmitoleic acid', is a monounsaturated oil, so it is similar to olive oil. The body can make it from other fatty acids, so there is no need to supplement with it. The body normally does a good job of keeping the concentration of palmitoleic acid stable in all the tissues.

It is common in nature, particularly in some fish (like anchovy), macadamia nuts, sea-buckthorn and, to a lesser extent, avocados.

However, there is some evidence that, by deliberately forcing an extra intake, it has some anti-inflammatory properties [6].

Other studies find that: palmitoleic acid intake was as good as Canola (rapeseed) oil in reducing the risk of hardening of the arteries [7].

**My View?** This is a clear case of leaving well alone. If you live the way we say, you will have no need to make artificial efforts (like supplementing with omega-7) to quench inflammation or suppress arterial plaque.

See also: **Omega-7, Dry Eye and Sea-Buckthorn**, [April 2014](#) [8].

**What about Wakame?**

**Q.** *I see wakame as a common ingredient in Japanese dishes. What is it, and is it healthful?*

**A.** Wakame is a seaweed which had its origins in the seas around Japan and Korea. It has now spread around the world and is classed as a harmful invasive species.

However, in its favor, wakame is one of the rare vegetable sources of the so-called 'fish oil' EPA (*eicosapentaenoic acid*). It is also rich in iodine.

Studies find that its content of the flavonoid "fucoxanthin" triggers a fat-burning gene that helps you lose weight [9]

**My View?** We eat wakame from time to time and enjoy it as a welcome alternative to other virtuous greens such as cabbage, broccoli and Brussels sprouts.

However, don't go overboard on wakame. It is high in salt and it is too easy to overdose on its iodine content.

I last wrote about wakame here:

**Marine Foods**, [Dec 2001](#) [10].

Continued from Page 1

**Kids exploring alone combats "Nature Deficit Disorder"**

In this regard, it is good that people are signing their kids up for sports, camp, and scouts – where they get this social experience.



Children who are connected to nature have improved mental health, physical health, attention span, and relationships with adults.

**My View?** Both my writings and the literature hammer home the message that humans are an integral part of nature and that separation from nature starves us of an essential element nourishing our well-being.

The interesting factor added by this study is the emphasis on kids exploring nature **ALONE**.

Continued from Page 1

**Arabian Sands - Wilfred Thesiger**

sleeping straight on the hard ground: see **Natural Sleeping Positions**, [Jan 2018](#) [11].



This was how Thesiger deliberately prepared himself for his future explorations in the empty, "desolate wastes" of Saudi Arabia and Yemen. Why is this of interest to us?

Unlike the example of the ill-prepared Burke and Wills expedition through the central Australian desert (see [12]), Thesiger learnt well. He spent several years learning to live

(and eat) like the native people of the area and he engaged them as guides and trackers to accompany him on his wanderings.

Apart from the sheer physical hardships and physical endurance of endless days of trekking in this waterless, inhospitable wilderness, he had to cope with the wild insecurity of warfare and blood-feuds amongst the indigenous Bedouin tribes with their shifting alliances and blood-thirsty revenge killings.

Above all, he had to manage his vulnerability as a non-Moslem, subject to assassination on sight. He carried a loaded rifle with him at all times.

Thesiger kept copious notes and it is these that are of high interest. In following [#BondBriefings](#) I will explore the lessons that his experience has for us in respect notably of a) food and lifestyle and b) cultural adaptations.

**Next month:** Bedouin food & Lifestyle

### Breaking News

#### Sleep Scientists Call to end Daylight Saving Time

A consortium of 20 of the major American sleep health institutions have published a 'Position Statement' calling for the **ABOLITION** of Daylight Saving Time (DST) and the establishment of permanent Standard Time [13].

They say that Standard Time is what closely aligns with our body-clocks and that any deviation from it is harmful – not only on sleep patterns but, in turn, on other conditions.

As the researchers say: "Shifting from Standard Time to DST has been associated with increased cardiovascular sickness, including myocardial infarction, stroke, atrial fibrillation, and inflammation – probably as a response to stress"

In addition, there is an increase in traffic accidents in the weeks after each time change.

They also observe that when, during the oil crisis of 1974, DST was made year-long, the vote to abolish it, both in USA and UK was massive. Nobody liked getting up in the middle

of the winter night and going to work or school in unforgiving darkness.

**My View?** I have expressed it on many occasions. We should do just as the esteemed sleep scientists say: a) stop changing clocks and, b) stay on Standard Time where the sun is at its height at noon – just like nature intended.

There is hope: the European Union is abolishing clock changes from 2021 (each country has to opt for the permanent time zone it wishes to occupy), and countries around the world are questioning time changes.

See also: **Daylight Savings & Heart Attacks**, [Feb 2019](#) [14]

**Social Jetlag, Fatigue & Obesity**, [Sept 2012](#) [15].

**Daylight Savings Stupefies Teens**, [Oct 2015](#) [16].

#### Diabetes II: It's Obesity, not Genes

It might seem incredible that even now researchers get funding for research to find results that are so well known that even the birds in the trees sing it out.

But just in case there are any obesity deniers out there, Prof. Brian Ference of Cambridge University (no less) finds that obesity is a massive predictor of whether you will get diabetes type 2 [17]. **YOUR GENES HAVE NOTHING TO DO WITH IT.**

Ference finds that those with the highest Body Mass Index (BMI) of 34.5 and more had an 11-fold **INCREASED RISK** of developing diabetes II compared to those of normal weight (BMI around 22).

Says Ference: "It may be possible to reverse diabetes by losing weight in the early stages before permanent damage occurs."

**My View?** Just so! Humans were never designed to be overweight or grossly fat and diabetes is only one way in which the body collapses under the strain. And there is no alibi – you can't blame your genes!

#### Gut Fungus – Alzheimer Link

When it comes to gut bugs, we tend to focus on bacteria. But there is another major class of bug – fungi.

We all have them and, on the whole, they all seem to be hostile – especially the notorious *Candida*.

Now scientists have found that there is strong link between fungus overgrowth (especially *candida*) and cognitive impairment [18].

However, the researchers also find that on a 'Modified Mediterranean Ketogenic Diet' (MMKD), the subjects' fungal load dramatically **DROPPED** and there was a "strong **REDUCTION** in Alzheimer's disease processes in the brain".

One of the mechanisms by which this happens is where the **ABSENCE** of fungi allows 'good' gut bacteria to make healthy "short chain fatty acids (SCFAs) like *butyrate*". See: **The Underrated Colon**, Deadly Harvest, [Chapter 5](#), page 114 [19].

The researchers speculate that supplementing with butyrate might be a better remedy to fight Alzheimer's than the current medicines.

**My View?** The "Modified Mediterranean Ketogenic Diet (MMKD)" is a sort of fusion between the Mediterranean and Ketogenic diets. As such it is an "almost Paleo Diet". This is the MMKD description:

"The diet contained no more than 20 grams of carbohydrates [starches] per day (10% of calories); high levels of healthy fats (including generous levels of olive oil); low levels of saturated fats; and various lean meats, fish, and nutrient-rich foods".

Of course, we have heard for years about how the modern lifestyle drives the body into cognitive decline.

In contrast, we have heard, too, that our brains are designed by our ancestral Paleo lifestyle and that, without it, they won't function properly.

See: **Alzheimer's & Ketogenic Diet**, [April 2012](#) [20], and **Dietary Fiber reduces Brain Inflammation**, [Oct 2018](#) [21].

But also beware: the ketogenic diet has its problems too, see: **More Keto Diet Dangers**. [April 2020](#) [22].

**Excess Fructose: Fatty Liver**

Excessive intake of fructose causes deterioration in the gut wall (leaky gut). This allows toxins to be leaked into the blood from bacteria and other microorganisms.

This, say researchers, is the method by which toxins reach the liver, provoke increased inflammation which, in turn, triggers the liver into making fatty acid deposits [23].

"The ancient Egyptians knew to gorge ducks and geese on dried figs and dates (which are rich in fructose) to induce fatty liver and so make their version of *foie gras*," say the researchers.

Today, people are turning their livers into *foie gras* by consuming skyrocketing quantities of fructose (in the form of high fructose corn syrup) in soft drinks and a vast range of processed foods and baked goods.

**My View?** The ubiquity of fructose in today's world means that it has gone from being a minor healthful component of the forager diet to one where it is a major health hazard. See inset **Fructose, Deadly Harvest, chapter 6** p 145 [24].

Now we must strip out fructose from our diet wherever we see it.

**Fad Diet Watch****Vegan Baby gets Cerebral Palsy**

In August 2018, the father and grandmother of a one-year-old baby-girl rushed her to Geelong Hospital, Melbourne, Australia. There doctors found that she had widespread bruising, discolored skin, rashes covering her body and multiple open wounds.

Doctors rushed the baby to intensive care where they found that she was bleeding internally, had blood in her stool, was underweight, and required life-support measures. The baby stayed in intensive care for a month.

What was going on? The doctors quickly established that the two parents were strict vegans whose practices starved their baby of nutrients to such an extent that she developed not only the foregoing ailments but, disastrously, cerebral palsy – which is incurable.

It further came out that the parents had repeatedly ignored medical advice that their vegan diet would not sufficiently nourish their baby.

The parents pleaded guilty in the County Court to negligently causing serious injury after a lengthy period where they oversaw the gradual deterioration of their baby's health.

**My View?** Veganism may be a lifestyle choice but it flies in the face of nature.

In spite of that, in **Practising Paleo-Veganism, April 2017** [25], I did set out a route-map for making the best of a bad job. However this is for **ADULTS**.

Babies are 'obligatory' carnivores. Their natural foodstuff is mother's milk which, of course, is of animal origin!

Moreover, in a state of nature, mothers would gradually introduce soft animal matter such as brains, bone marrow, and eggs. See: **Baby: What age to begin meat? June 2020** [26].

However, it is a worry that with baby veganism we are seeing only the tip of the iceberg – the few extreme cases that end up with a court case of what amounts to child abuse. See also: **Vegan Diet: Baby gets Rickets, Jan 2019** [27].

Even adult vegans have to be vigilant. See: **The Vegan in his Blindness, April 2004** [28]; **Vegan CVD Risk, March 2011** [29]

**Spreading the Word**

Lectures still in abeyance...

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



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