



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

Letter: From Diane Lewis – physical activity. **Letter:** Prof. Alain Fymat – Brain Diseases & Viruses? **News Shorts:** Breast Milk Tunes Baby's Gut Flora & Immune System. Brain-made Fructose Dementia. **Q&A:** Water Filters; "Nose to Tail" Carnivore Diet. **Back to our Roots:** Arabian Sands – Thesiger II – Feeding Pattern. **Breaking News:** Rapeseed Protein beats Soy; Omega-3 good for Heart Health; Toe-spring bad for Feet; Sugar Changes Gut Bugs to Boost Dementia; **Hints:** Chlorine Washed Chicken.

Letter

From Diane Lewis, Hawaii

Reader's Physical Activity Pattern



Diane Lewis (67), an avid follower of the Bond Effect wrote in to compare notes with us and our readers on living the active lifestyle. Diane is a fervent practitioner, so don't be daunted by her superb regimen!

"I spend about three hours a day outside, most days, unless it's inclement weather. Living on a tropical island allows me this freedom (but various types of aerobic exercise, weight lifting, and stretches can be done indoors just as easily). The secret lies in keeping a daily routine and splitting these activities up over an entire day.

"I start my exercise day early with 45 minutes of stretching and weights first thing in the morning. This includes side leg lifts, sit ups, push-ups, crab walks, squats, arm circles, and lifting a 12-pound bar bell.

"Around lunchtime, I head out to the golf course and play nine holes. This takes about an hour and a half and can add up to 4000 steps. Golf is followed by a 30-minute swim.

"Then, in the late afternoon just before dinner, I walk for an hour on a treadmill or, preferably, outdoors in the sunshine." "A daily exercise routine can be modified greatly to fit any lifestyle, in any location. >2

Letter

From Prof. Dr Alain Fymat PhD, PhD, Rancho Mirage, CA.

Brain Diseases and Viruses?



<https://bit.ly/3m2cPc7>

"Regarding your article [last month](#) [1] on "[Gut fungus-Alzheimer link](#)", you might be interested in the following scientific articles of mine. See: [2, 3, 4, 5]. See also my books: [Alzhei...who?](#) [6] and [Parkin..ss..oo..nn](#) [7]."

My Appraisal

We first heard from [#BondBriefing](#) follower, Prof. Alain Fymat, when we reviewed his scientific article [8] suggesting that the root cause of Alzheimer's is autoimmune disease gone rogue, having failed to maintain the balance between the destruction and renewal of synapses in the brain. See: [Is Alzheimer's an Autoimmune Disease?](#) [Jan 2019](#) [9].

Now Prof. Fymat, draws our attention to his more recent papers. They pursue the same line of enquiry, marshalling impressive empirical evidence to show how nano-size particles, such as viruses, are found in the brain of people with various brain diseases like Alzheimer's and Parkinson's.

These could be herpes, measles, HIV, or any number of particles coming up from the "brain-in-the-gut" – the gut/brain axis. > 4

News Shorts

Breast Milk Tunes Baby's Gut Flora & Immune System

After birth, microbes in the gut help 'educate' immature immune system cells. Signaling proteins called 'Alarmins' stimulate this process [10]. In particular they control and create a healthy balance of gut flora which then lasts a lifetime. If this 'co-development' doesn't happen, then individuals are predisposed to inflammatory and metabolic diseases.

Where do alarmins come from? None other than breast milk, where they are present in high amounts.

Some alarmins also come from the mother during birth. Vaginally born babies receive a larger dose than C-section babies.

The researchers opine that it might be possible to provide alarmin supplements to babies who risk a natural deficiency.

My View? We never stop learning of the wondrous intricacies of nature – and the drawbacks of ignoring them.

Brain-made Fructose Dementia

Fructose is unusual among nutrients because, in cells, it **URNS DOWN** the energy supply coming from their power-houses, the mitochondria. Excessive fructose in the diet then triggers death of mitochondria in the brain, which in turn deprives the cells (like neurons) of energy. The neurons' cannot repair themselves and so lose their function [11].

Opine the researchers, Alzheimer's disease is a modern disease driven in part by overconsumption of high fructose corn syrup in sodas and similar beverages. See also: [Brain Diseases & Viruses](#), this page.

Questions

Water Filters

Q. *I use Brita water filters and I know you have written to the effect that such pitcher filters in general are not worth it. What about the new “All-In-1-Filtration” filter?*

A. Still not worth it! The main selling point of such filters, including this new one, is that they improve the flavor of the water. If this is of paramount importance to you, then by all means spend your money on it. In addition, they claim to “reduce” some harmful elements such as cadmium and lead. However, they cannot remove bacteria, viruses or the myriad possible pollutants such as PCBs, BPA, pesticides, and whatnot.

My view remains the same: in most jurisdictions in the developed world, the town tap-water is perfectly safe; it is certainly not a source of sickness on any detectable scale.

If in doubt, get your local water supplier to provide water analyses. If there are elements in there which frighten you, you might find a very sophisticated filter to get rid of it. But the only way to be reasonably sure is to distil your own water.

See: **Water**, *Deadly Harvest*, [Chapter 3](#), page 80 [12].

Not all bottled water is good value, or even safe. See: **Coca-Cola’s Expensive Cancerous Tap Water; Water not a Miracle Cure**, [Mar 2004](#) [13]; and **Nestlé’s Bottled Tap Water**, [Oct 2003](#) [14].

“Nose to Tail” Carnivore Diet

Q. *What do you make of the Carnivore Diet promoted by Paul Saladino MD?*

A. It’s an interesting experiment to examine how Eskimos managed to survive on their extreme diet which had virtually no plant food and only animal matter.

As Dr Saladino points out, it is essential to eat every part of the animal, all the brains, guts, spleen, skin, blood, marrow and so forth. That is, everything “from nose to tail”! That way, by a quirk of biochemistry, a human can obtain just about all the nutrients essential for life.

However, this diet is highly acidic and we can expect anyone living this way will, just like Eskimos, suffer badly from osteoporosis, see: **Eskimo Health**, *Deadly Harvest*, [Ch 4](#), page 91.

Such acidity also undermines the pancreas, lymphatic system, intestines, thyroid and liver [15]; it is even involved in diabetes type II [16] and muscle-wasting [17].

Of course, such a diet is completely stripped of starches and sugars (which is a good thing) – and so it is also ketogenic, see [18].

Moreover, Saladino’s Carnivore Diet is focused on mammal meat which is disastrously overloaded both with bad fats and also with bad, **INFLAMMATORY** molecules like ‘Neu5Gc’, see [19].

This is in contrast to the Eskimos who were consuming mainly marine creatures (seal, whale, fish) with a massive intake of ‘good’, inflammation-quenching, omega-3 fish oils.

Having said all that, some people find that this diet, if tried on a medium term basis (say 1-year), will give them success with some difficult conditions.

For example, Dr Jordan Peterson (whom we met in [Jan 2019](#), see [20]) found he could control an autoimmune disease. His daughter, Mikhaila Peterson, did a podcast about it with Dr Saladino here: <https://youtu.be/DUfvyKa233A>

But in the end, this is not a way of eating for a human being. So don’t be seduced by either Mikhaila or Dr Saladino... **AVOID!**

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Reader’s Physical Activity Pattern

“The focus should be on completing an exercise routine every day – in whatever time segments you can find.”



We last heard from Diane Lewis in **Ageing Muscles: Hard To Build, Easy To Lose**, [Sept 2018](#) [21]

My View? Phew! Diane is certainly doing more than enough physical activity to keep her body happy. It sounds like she has the same mix

of heavy lifting, lengthy moderate activity and intense aerobic activity that shaped her ancient forager ancestors. See **Physical Activity**, *Deadly Harvest*, [Ch 8](#), p 187 [22] and: Paleo-conforming Physical Activity, [Sept 2018](#) [23]

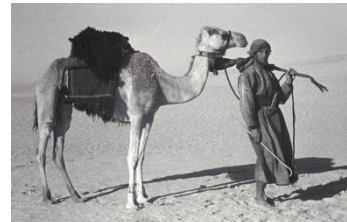
As Diane recognises, not many can have the same opportunity for this level of activity, but even so we can build short segments of relevant exercise into our daily lives. See also: **10,000 Steps a Day?** [July 2014](#) [24]; **Hadza Forager Energy Expenditure same as Westerners**, [Sept 2012](#) [25]; **Importance of Load Carrying**, [Aug 2014](#) [26].

We want to hear from our readers how they maintain their level of physical activity. In our readership we have polo players, horse-back ranchers, and ironmen. Let us hear from you!

Oh – and by the way, Nicole and I will share with you our physical activity regimens with you in due course.

Back to our Roots

Arabian Sands - Thesiger II, feeding pattern



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

[Last month](#) [27] we heard how Wilfred Thesiger undertook the exploration of Saudi Arabia’s ‘Empty Quarter’ which required enduring extraordinary hardships. But how did he and his Bedouin companions nourish themselves?

He prepared for the journey like any Bedouin would: camels to ride and camels to carry provisions: chiefly flour, dates, rice, maize, butter, coffee, sugar and tea. Even so, they knew that they would be living on survival rations – they would be extremely hungry and thirsty most of the time.

They supplemented this frugal (non-Paleo!) diet first of all with milk from their she-camels, and then with creatures they hoped to hunt on the way.

In the pitiless desert these animals were rare but they did get the occasional hare, gazelle, ibex, striped hyena, goat and even lizard. Nothing was wasted: they ate every part of the animal. Even the camels were fair game. Thesiger describes how they “murdered” one sickly she-camel, cut her meat into strips and hung it on bushes to dry.

Says Thesiger: “We put the marrow bones into the sac of her stomach, which we tied up with a strip of her skin and buried in the sands, lighting a fire on top of it. Next day, when we uncovered it there was a blood-streaked mess floating among the empty bones. Bedouin yearn hungrily for fats, but I dreamt of fruits, of bunches of grapes, and white-heart cherries.”

Thesiger goes on to say: “We fed at sunset... the meat smelt rank and was very tough, the soup was greasy and of a curious flavour, but it was a wonderful meal after all these hungry weeks.”

Even in 1946 Thesiger was not oblivious to his distorted diet. Says he: “I reflected that there must be very few calories or vitamins in our diet. Yet no scratch festered or turned septic during the years I lived in the desert.”

My view? Indeed, Thesiger lived to the respectable age of 93 after a life of yet further austere travels, living as a native in Iran, Kurdistan, the Hindu Kush and much more.

In my view there are three factors that enabled Thesiger to survive healthily with his diet which, on first sight, seems appalling:

a) He ate **ALL PARTS** of the animal. This is similar to the Eskimo who, by eating every part of the creature, can get enough essential nutrients from a carnivore diet. See: **Nose to Tail Carnivore Diet**, p.2

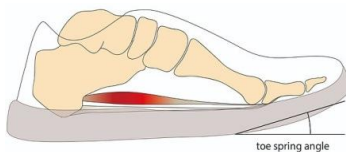
b) He was **HUNGRY** most of the time. And as we have seen, being hungry regularly is important. See: **Feel Hungry Regularly, Deadly Harvest**, [Ch 6 p 138 \[28\]; and \[29;30;31;32\]](#)

c) His journeys lasted some 3-4 months. During the 8-9 months between travels he could stock up on the fruits that he so craved.

[Next month](#): Bedouin Lifestyle

Breaking News

Toe-spring Bad for Feet



© Freddy Sichting <https://bit.ly/39cIUu3>

The toe of most shoes, especially trainers, bends slightly upward. While that curve, called a toe spring, makes stepping more comfortable and easier, it also weakens feet and potentially opens them up to some common (and painful) foot-related problems. So finds Harvard paleo-anthropologist, Prof. Daniel Lieberman [33].

He concludes: “that toe springs have important heretofore unrecognized biomechanical effects on foot function, especially since they have become increasingly exaggerated in modern athletic shoes.

“Toe springs alter the natural biomechanics of the foot mainly by reducing the work required by the foot muscles.

“Consequently, while toe springs increase comfort by reducing the effort of the foot muscles, they increase susceptibility to plantar fasciitis and other foot-related problems.”

My View? We have met Prof. Dr Lieberman on many occasions [34], notably in **Foot Strength & Fitness**, [Jan 2015](#) [35]. He runs marathons barefoot and is a strong promoter of walking and running the way nature intended.

In this way he is also critical of modern shoes which have more and more padding and cushioning. Indeed, his studies find that modern athletic shoes (in particular) **ARE RESPONSIBLE** for knee injury! See: **Running: Why the shoes?** [Feb 2010](#) [36].



Vibram Five-finger shoes

For my part, I balk at running barefoot, but I do use the next best thing, paper-thin, ‘minimal’ shoes

(above). See: **Minimalist Shoes Boost Leg & Foot Muscles**, [Nov 2016](#) [37]

Rapeseed protein beats Soy

Get ready for the new kid on the block, protein isolated from rapeseed (Canola seed).

Researchers find that it has all the good amino-acid profile of soy but with better control of satiety, insulin, and glycemia [38].

Rapeseed is widely cultivated for its oil and, up till now, the waste crushed seed is fed to animals. Now the researchers say that protein extracted from it can be more usefully fed to humans.

My View? We need to recognise that, to extract “protein isolates”, an aggressive chemical process is used. However, in my view, this is a relatively minor drawback.

Protein isolates are used mainly by the food industry as an additive to processed foods so our readers won't have to worry too much about them anyway.

Omega-3 good for Heart Health

A meta-study (study of studies) of 40 studies finds that an intake of some 1g to 2g of fish oil per day is enough to repair the cardiovascular damage caused by omega-3 starvation [39].

They find that such an intake reduces risk of:

- . Death by heart attack by 35%
- . Non-fatal heart attack by 13%
- . CHD events: 10%
- . Death from CHD 9%

Say the researchers, “Whatever patients are getting through their diet, they likely need more”

My View? Just so. I have long promoted the principle that a conforming intake of omega-3 corresponds to at least one portion of oily fish per day. And that's because our modern diet is almost totally denuded of omega-3 from any other source.

Sugar Changes Gut Bugs to Boost Dementia

A rat experiment found that excessive early-life consumption of sugar badly affected memory compared to those on regular chow [40].

They had a different gut bacteria profile and, in particular, they had unhealthy genetic changes in the

hippocampus – a region of the brain which has a major role in learning and memory.

My View? Yet another argument to drastically restrict the intake of sugar and sugary drinks, especially in the young.

Continued from Page 1

Fymat says that there are strong

CORRELATIONS that have been uncovered over the years. Whilst they may not be

CAUSATIVE factors, they could be involved in harming biochemical processes in some way.

Now he calls for some serious clinical trials to test these hypotheses and identify **CAUSES** not just correlations.

He points out that this is not going to be easy since there might be **DECADES** between an infection and the outbreak of brain disease. One of the hallmarks (but not causes) is **INFLAMMATION**.

As far as Prof. Fymat is concerned, brain diseases like Alzheimer's and



Parkinson's result from the 'Guilty Triad' of 'Genetics, Environment and Lifestyle'.

Next Month: My View?

Hints & Tips

Chlorine-washed chicken vs chlorine-washed salad leaves

We eat salad washed in chlorine, and our drinking water is chlorine-treated, so why are we averse to chlorine-washed chicken?

The practice of washing chicken carcasses in a chlorine solution has been banned in the UK and EU since 1997, but it's still permitted in the US.

To minimise bacterial contamination and the risk of food poisoning, farmers in the UK and EU legally have to follow the "Farm to Fork" approach which ensures high welfare and hygiene standards throughout the production chain.

The USA does not have such protocols and they use chlorine washes at the end stage: "to clean up poor welfare and hygiene practices throughout the system" [41].



Factory Chickens <https://bit.ly/3nUwICi>

In the USA, chickens can be reared in cramped housing, with little light and ventilation; they don't have to be cleaned between flocks, and the litter replaced only once or twice a year.

In contrast, chlorine washed lettuce doesn't have any humane husbandry issues and, anyway, the leaves are thoroughly rinsed before being bagged.

After its departure from the EU, Britain is negotiating a trade deal with USA – which might require Britain to allow importation of chlorinated American chicken raised under inhumane factory conditions.

In that event, our response would be to boycott it on ethical grounds.

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



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

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