



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

**Topical Food Ideas:** Our Yuletide Menu. **Back to our Roots:** Arabian Sands – part II – Law enforcement lessons. **Paleo Physical Activity** – Nicole. **Ancestral Food Pattern:** Roughage – Indigestible Fiber. **Letter – Il Fymat:** Brain Diseases and Viruses? **Seasonal Recipe:** Wild Boar Ragout. **The Long View:** Lockdowns Improve Sleep. **Letter:** Natalie Morris – Over-treatment of Cancers. **Health Policy:** Scaling Back unnecessary Medical Treatment. **Human Behavior:** How WEIRD are you?

## Topical Food Ideas

### Our Yuletide Menu

For your interest, this is our entirely home-cooked meal:

#### Starter:

- **Crab Coquille St Jaques** from [Paleo Harvest](#) [1]

#### Main:

- **Wild Boar Ragout.** See recipe p.2



<https://bit.ly/3asJa8N>

- **Bohemian Red Cabbage** (above), from [Paleo Harvest](#)
- **Cauliflower purée** (mock mashed potato) from [Paleo Harvest](#)

#### After (Sweets):

- **Christmas pudding** – secret Paleo-conforming recipe but our **Irish Whiskey Cake** is a good substitute, see: [Nov 2017](#) [2]
- **Brandy** for flaming
- **Whipped coconut cream**

#### Drinks:

- Sparkling dry white wine
- Fruity dry red wine
- Nightcap – malt whisky

## Back to our Roots

### Arabian Sands - Thesiger III, Law Enforcement lessons

[Last month](#) [3] we learned of Wilfred Thesiger's eating patterns while



exploring 'The Empty Quarter' of Saudi Arabia with local Bedouin (Bedouin) tribesmen. In this environment there were no police >p2

## Paleo Physical Activity

### Nicole: Physical Activity Pattern



<http://bit.ly/2m2rW19>

Last month we published Diane Lewis's letter where she set out her physical activity pattern. She set a high bar which seems to have scared off any of our readers from submitting their own!

So Nicole (83) has stepped into the breach with her own contribution.

On alternate days she walks and runs some 1½ miles (2½ km) on her in-house treadmill.

Every day she does sculpting exercises for her thighs (100 repetitions) and for her chest area (200 repetitions).

Apart from that, as part of routine household activities, she is running up and down two flights of stairs several times a day, walking miles in the local mall and hypermarkets, and generally bustling around the house. She even goes 10-pin bowling from time to time!

**My View?** Nicole certainly is in good physical shape and so what she is doing must be about right.

I have reservations about the **INDOOR** treadmill. But Nicole asserts that by taking 'elevenses' on the patio, she gets her ration of sunlight, sunshine, fresh air and contact with nature.

And that is the important point. Find the combination that works for you and then stick with it. See **Lockdowns Improve Sleep, p 3.**

## Ancestral Food Pattern

### Roughage - Indigestible Fiber

In my earlier writings, notably **Fossil Evidence**, *Deadly Harvest*, [Ch 1](#), p 2 [4], and in **Defining Dietary Fiber part II**, [Sept 2016](#) [5], I write about the remarkable work of Dr Michael Kliks of Berkeley, University of California and, for the first time I make his chapter available to read online here: <https://bit.ly/3h1krK0> [6].

Even though it was written in 1978, it remains a classic for its subject. It is a sad commentary on research priorities that, seemingly, no significant new work has been undertaken since then – in spite of the incredible advances in technology. Such techniques would richly improve our knowledge of ancient diets.

Kliks studies the fossilised remains of ancient bowel movements known as "coprolites".

He finds, as have other researchers of the time, that these coprolites consist of tough **INDIGESTIBLE** matter. > p2

## Letter part 2

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

### Brain Diseases and Viruses?

[Last month](#) we explored Dr Alain Fymat's ideas about how viruses and other particles in the brain might be a factor in various brain



diseases like dementia Parkinson's and Alzheimer's. We continue with:

**My View?** Prof. Fymat takes a wider view than we do on why such brain diseases have suddenly become a scourge, just in the last few generations.> p3.

### Seasonal Recipe

#### Wild Boar Ragout

Yield: 6 servings

(See: **Our Yuletide Menu**, page 1)

1½ lb, 680g wild boar shoulder or leg, cut into 1- to 2-inch pieces (2.5 to 5 cm)

#### Marinade:

fresh herbs: rosemary, thyme, oregano, sage leaves

3 bay leaves

3 cinnamon sticks

6 cloves

½ tablespoon peppercorns

4 cloves garlic, peeled and cut in half

2-3 cups red wine, more or less as needed

1 onion, medium, finely chopped

3 tablespoons extra virgin olive oil

1 carrot, finely chopped

1 celery stalk, finely chopped

1 medium red onion, finely chopped

1 cup canned tomatoes with liquid

Only if necessary: vegetable (quantity as needed)

**Optional:** Mix in a few canned chestnuts.

1. The marinade for the wild boar should be made the day before the cooking of the ragout: place the meat in a big bowl, add all the marinade ingredients and enough wine to cover the meat. Refrigerate overnight.

2. The next day drain the meat in a strainer set over a bowl, reserving the wine and garlic only.

3. Heat the oil and sauté the onion until soft and translucent but not brown. Add the carrot, celery, onion and garlic and sauté until softened, for about 10 minutes.

4. Add the meat and cook, stirring frequently, until all the liquid released by the meat has evaporated, for 10 to 15 minutes.

5. Add the garlic and wine (to just cover the meat) and cook, stirring frequently, for 10 to 15 minutes.

6. Add the chopped tomatoes, bring to a boil and then reduce heat to very low. Cook covered, at a low simmer, for 1 hour. If necessary add vegetable broth and continue to simmer.

7. The meat will need to be cooked at a very low heat until it begins to break apart, for 1.5 to 2.5 hours.

8. Remove from heat and, using a fork or spoon, break the meat into fine shreds.

9. Optional: stir chestnuts into the ragout.

### Continued from Page 1

#### Law Enforcement lessons

forces or other external law enforcement agencies. The Bedu bands are living 'in a state of nature' just like our forager band forebears. So what happens? As Thesiger observes: "There is no security in the desert for an individual outside the framework of his tribe."

In other words, the threat of **OSTRACISM** was a powerful tool to ensure that the rules were followed. Just like for a San forager, to be cast out of the tribe was a virtual death sentence.

It is a salutary lesson that, in a state of nature, an individual cannot survive alone. He is utterly dependent on being part of the self-support group – his forager band.

On the other hand, as Thesiger opines: "Tribal law can only work in conditions of anarchy and breaks down as soon as peace is imposed [from outside] – because a man who resents a [tribal] judgement can refuse to be bound by it."

We see a similar situation in Europe where unofficial Sharia courts operate amongst Muslim communities but whose decisions are subordinated to the externally imposed law of the land.

Similarly, just as it is for our foragers: "Fear of public opinion enforces at all times the rigid conventions of the desert."

And the conventions of the desert are brutal. The Bedu demand "A life for a life" – or perhaps blood money if the death were accidental.

Just like our foragers, Thesiger found that if their honor has been besmirched the Bedu become vindictive and bent on revenge. This leads to a cycle of vendettas and revenge killings focussed on **GROUP**



**GUILT.** It doesn't matter who gets killed in revenge, however innocent, so long as **SOMEONE** is done in and so settles the score.

In this regard Western societies are unusual in that it is customary to hold the **INDIVIDUAL** responsible for his actions not his whole family or tribe. See: **How WEIRD are you?** page 4.

Thesiger's greatest challenge when travelling through Arabia was to manage safe passage through territories where his guides were from multiple tribes of which at least one or two were, at any time, in hostilities with those of the lands they were travelling through.

In addition, Thesiger himself was under constant personal threat of assassination as being the "group guilt" representative of the peoples responsible for the Crusades 900 years ago!

It is a remarkable testimony to his diplomatic skills that he managed to safely navigate these dangers and neither he nor his companions had to fire their rifles in anger, even though they were always at the ready.

See: **Policing the Forager Band**, [April 2006](#) [7] and **Tribal Relationships**, *Deadly Harvest*, Chapter 8, p 206.

[Next month:](#) Bedouin/Forager Privacy, Fatalism, Tracking, & more

### Continued from Page 1

#### Roughage - Indigestible Fiber

By definition, other dietary fibers would have been either digested away in the colon before expulsion in the bowel movement or not survived the fossilization process.

Indeed one wonders if any modern bowel movement could survive fossilization for future researchers to discover.

Kliks finds that ancient humans were eating huge amounts of plant stalks and various other indigestible plant parts such as hickory nutshell, squash tissues, seeds, and cellulose in general.

They also had plenty of animal residues such as bits of bone, feathers, hair, keratin, fish scales, and insect and shellfish cuticle (the outside shell).

There is even evidence that they ate the stomach contents of their large herbivore prey – in other words eating the cud that creatures like cows and antelope would regurgitate and masticate anew.

**My View?** What are we to make of this? It is clear that our modern diet is, (even if we eat lots of fruit, vegetables and salad), grossly deficient in this kind of indigestible “roughage” See: **Roughage**, [Jan 2014](#) [8].

Sure, we can try to focus on eating indigestible-fiber-rich foods such as artichoke hearts, prickly pear (see: **Prickly Pear**, [Sept 2017](#) [9]), green banana skins (see; **Eating Banana Skins**, [Dec 2019](#) [10]) and even eating all parts of the apple including cores, stalks, pips and all.

We can also avoid shelling our prawns and scrunching them up in their entirety – including their shells. But this is all very desperate and only scratching the surface of the issue.

I have no easy answers and would be happy to hear suggestions from readers.

See also: **Defining Dietary Fiber**, [Aug 2016](#) [11].

### The Long View

#### Lockdowns Improve Sleep

Covid-19 hugely dominates the literature these days. From a Paleo point of view it has little relevance. For the most part it rushes out self-promoting minutiae of a speculative nature. It is not peer reviewed and is wide open to bias, flaws and errors. Much of it soon gets contradicted the next day with another study.

I have little more to add to what I wrote six months ago. See, amongst others, **Surviving Covid-19**, [Feb 2020](#) [12].

However, a couple of studies caught my eye: they find that, since lockdowns, many people now have more sleep – up to 50 minutes extra per night. [13,14]. They opine that this is due: “to more work being accomplished from home.”

Sleep **QUALITY** has not always kept up but, say the researchers, getting more natural daylight and physical

exercise should fix this. See: **Physical Activity Pattern**, page 1.

**My View?** That’s on the money. Sleep deprivation is a sore depressor of the immune system [15]. And in many articles we have highlighted how sleep deprivation is all-pervasive in our western societies. So it is great that the researchers also highlight the importance of **LIGHT** and of **PHYSICAL ACTIVITY**. See: **Sleep in a State of Nature**: [Oct 2015](#) [16].

In the meantime, the overwhelming dominance of Covid literature is shouldering aside reporting of all other fields of scientific endeavor.

### Continued from Page 1

#### Brain Diseases and Viruses?

In particular I don’t see how our genes have suddenly become a problem unless it is because they are not designed to handle the other two elements of Fymat’s “Guilty Triad”: ‘Environment and Lifestyle’ (the third is ‘Genes’)



These last two (Environment and Genes) have certainly deteriorated drastically in just a couple of generations and this, in my view, is sufficient to explain the extraordinary, rocketing rise of brain diseases.

Here we are on common ground with Prof. Fymat. See **Brain Health**, *Deadly Harvest*, [Ch 9](#), p 251 [17].

One big factor is chronic **INFLAMMATION**, which is a major feature of the modern Western lifestyle. As a matter of principle, it is essential to quench it. How? By living the way nature intended!

If you do nothing else, there is one major lifestyle change: boost anti-inflammatory, omega-3 fish-oil intake to 2 grams per day [18] and strip out inflammatory omega-6 oils. See: **Omega-3 good for Heart Health**, [last month](#), [Oct 2020](#) [19]

When it comes to **BRAIN** inflammation, we have written about many factors which are within our abilities to control. See: **Dietary Fiber reduces Brain Inflammation**, [Oct 2018](#) [20]

**Omega-3 seals Leaky Blood Brain Barrier**, [June 2017](#) [21]; **Palm Oil Depression**, [March 2018](#) [22]; **Sleep Posture Clears Brain Waste**, [Sept 2015](#) [23]. **Vitamin B12, Brain Health Link**, [March 2016](#) [24].

### Letter

From Natalie Morris, UK

#### Over-treatment of Cancers

“I quote from Michael Baum, an architect of the UK breast screening program, who said in a Times letter that “Screening seems to be a zero sum game in that for every breast cancer death avoided there is one death from over-treatment of pseudo-cancers.”

This is backed up by Dr Helen Salisbury writing in the British Medical Journal (the doctors’ trade magazine) asking “Should I persuade patients to have mammograms?” [25].

**My View?** I raised this issue in my talk, as keynote speaker, at the **Anti-ageing Conference** in London, 2009.

Here I showed that for every **ONE** true positive there were some **TEN** false positives. Immediately this put 10 women unnecessarily into anxiety.

In addition they are called in for further tests, of which one in ten will also be a false positive.

Having said that, even the **TRUE** positive has a 75% likelihood of being “**INDOLENT**”. That is, it is never going to become a problem – you could have lived with it for the whole of your life and never known about it. See: **Melanoma Over-diagnosed?** [July 2020](#) [26] and: **Breast Cancer Screening: More anxiety than it’s worth?** [Sept 2013](#) [27].

### Health Policy

#### Scaling back Unnecessary Medical Treatment

In previous articles I have related the real concern that the forces operating on the medical profession are leading to over-aggressive treatments. See: **Over Aggressive Medical Treatment**, [Sept 2019](#) [28]; **The Quagmire: How American Medicine is Destroying Itself**, [Aug 2011](#) [29] and, **Docs avoid Aggressive End of Life Treatment for Themselves**, [July 2014](#) [30].

Now an article in the prestigious American doctors' trade Journal, JAMA sets out a roadmap for physicians to "scale back – or de-intensify treatment once it has started" [31].

"It's time to include clear off-ramp instructions" and "take treatment down a notch as evidence changes or the patient's health, age and lifestyle change."

For instance, as people with diabetes get older, they don't need to take multiple medications to lower their blood sugar or blood pressure or most men can stop getting tested for prostate cancer after about age 69.

**My View?** Of course it is the usual refrain: live like nature intended and so give yourself the best chance to avoid the clutches of the medico industrial complex!

See also: **Over-treatment of Cancers**, page 3

### Human Behavior

#### How WEIRD are you?

Joseph Henrich is a Canadian professor of human evolutionary biology at Harvard University. About 15 years ago he remarked that most

psychology studies are done on people living in Western, Educated, Industrialised, Rich and Democratic (WEIRD) societies. He now encapsulates his ideas in his latest book: *The WEIRDest People in the World* [32]

But the peculiarities of WEIRD thinking are far from universal. Indeed not only is this an outlier compared to current societies worldwide, it is an outlier compared to the foragers of our evolutionary heritage.

"WEIRD people tend to show greater trust in strangers and fairness towards anonymous others; think more analytically rather than holistically; make more use of intentions in moral judgements; are more concerned with personality, the self and the cultivation of personal attributes; they are more individualistic and less loyal to their group; and they are more likely to judge the behavior of others as due to their character rather than the situation they find themselves in."

He found that New Englanders [33] are the WEIRDEST population in the world. In contrast, those of the Middle East and Africa are the least

WEIRD. See: **Law Enforcement Lessons**, page 1.

Henrich argues that our evolutionary psychology is strongly driven by **KINSHIP**. Our kinship group (forager band) lived enmeshed in kin-based institutions and networks.

Kin-groups owned 'their' territory; provided members with protection, insurance and security; and cared for the sick, the injured, the poor, and the elderly. Arranged marriages with relatives, such as cousins, were customary, and polygynous marriages were common for high-status men.

These intensive kin networks nurture a non-WEIRD psychology, creating a more collectivist mindset with greater conformity, obedience to authority, nepotism, and in-group loyalty.

A WEIRD and more individualistic psychology encourages the development of formal institutions like labor unions, guilds, universities and businesses. It develops notions of individual rights and equality before the law – impossible in a world of clans or kinships.

[Next Month](#): How did WEIRD happen? And: **My View?**

**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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1 [www.paleo-harvest.com](http://www.paleo-harvest.com)

2 <http://bit.ly/2LEbObO>

3 <https://bit.ly/2M7edcT>

4 <http://bit.ly/DH-1>

5 <http://bit.ly/2fEAb6f>

6 Michael Kliks, Paleodietetics: A Review of the Role of Dietary Fiber in Preagricultural Human Diets, in: *Topics in Dietary Fiber Research*. Ed: Gene A Spiller. Springer-Verlag US 1978, ISBN: 978-1-4684-2483-6. DOI: 10.1007/978-1-4684-2481-2, (181-202), (1978).

<https://bit.ly/3h1krK0>

7 <http://bit.ly/1U670a6>

8 <http://bit.ly/1BH211l>

9 <http://bit.ly/2gzpAtX>

10 <https://bit.ly/2Hy5cer>

11 <http://bit.ly/2cD2HCJ>

12 <https://bit.ly/3dougzx>

13 Current Biology, Vol 30, Iss14, PR797-R798, July 20, 2020. Sleep in university

students prior to and during COVID-19 Stay-at-Home orders, Kenneth P. Wright Jr. DOI:10.1016/j.cub.2020.06.022

14 Current Biology, vol 30, Iss 14, PR795-R797, July 20, 2020, Effects of the COVID-19 lockdown on human sleep and rest-activity rhythms, Christine Blume, DOI:10.1016/j.cub.2020.06.021

15 Sleep Research Online 2(4):1999, www.sro.org/1999/Ozturk/xx/, Levent Öztürk, Effects of 48 Hours Sleep Deprivation on Human Immune Profile

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

17 <http://bit.ly/DH-Ch9>

18 This is pure DHA and EPA: most fish oils contain other oils too. e.g. cod liver oil contains 1g of omega-3 oil for every 5g of total oil.

19 <https://bit.ly/2M7edcT>

20 <http://bit.ly/2wgpwYs>

21 <https://bit.ly/3mnMHbX>

22 <http://bit.ly/2F9ShMB>

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

24 <http://bit.ly/2daclYg>

25 Helen Salisbury: Should I persuade patients to have mammograms? BMJ 2019; 365 doi: <https://doi.org/10.1136/bmj.l1409>

26 <https://bit.ly/2KItejd>

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

28 <https://bit.ly/2M0e1zv>

29 <http://bit.ly/S9uaNs>

30 <http://bit.ly/1yEuKuN>

31 Eve A. Kerr, Timothy P. Hofer. Identifying Recommendations for Stopping or Scaling Back Unnecessary Routine Services in Primary Care. JAMA Internal Medicine, 2020; DOI: 10.1001/jamainternmed.2020.4001

32 *The WEIRDest People in the World: How the West became psychologically peculiar and particularly prosperous*, J Henrich, ISBN-13 : 978-1846147968, Allen Lane; 10 Sept. 2020)

33 The region of north-east USA consisting of Maine, Vermont, New Hampshire, Massachusetts, Rhode Island, and Connecticut