



## 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

**Evolutionary Physical Activity:** Paleo-fitness today; How Geoff stays Paleo-fit. **Q of Month:** Coconut fat for Alzheimer's? **Quote:** Dr William Osler. **Food Ideas:** Artichoke & Broccoli Frittata. **Q&A:** Monk Fruit. **News Shorts:** Mediterranean Diet decreases risk of Prostate Cancer; Language adapted to soft diet; Lo-carb Diet/Diabetes II Remission; Vegan Diet in Young Children. **Briefing:** Erythritol and other Polyols. **Back to our Roots:** Arabian Sands – Thesiger VI – Fatalism. **The Long View:** When the Earth was Warmer.

### Evolutionary Physical Activity

#### Paleo-fitness today

For just about the entire human history, including the years since the farming revolution 11,000 years ago, and even the industrial revolution 250 years ago, people have been getting the level of physical activity that nature expects.

It is just in the last couple of generations that, suddenly, most of us have become sedentary and we have to specifically 'supplement' ourselves with a daily ration of physical activity which we call 'exercise'.

Foragers of course did no such thing – physical activity happened all the time without them having to think about it. The Tarahumara famously never trained for their once-a-year gruelling 50 mile races (The **Tarahumara are Famous Endurance Runners**, [Dec 2000](#) [1]). They just put down their hoes, spades and sickles for the day and just got up and ran.

It was the same for San Bushmen who, when it came to 'persistence running' - running down a hunted animal over 8 hours – just got up and did it. As I said [last month](#) [2] in **Arabian Sands, V – Tracking:**

"The wildlife guru, David Attenborough has made a remarkable 7-minute video of a San Bushman tracking and hunt. See it here: <https://bit.ly/37s3KUn>".

However, like so many of us moderns, my day is one of working from home. It is sedentary and so I have to make a specific effort to get any physical activity.

**See:** next Article.

### Evolutionary Physical Activity

#### How Geoff stays Paleo-fit



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

*Badminton smash coming up!*

The best way to exercise is to do something that is 'fun'. Covid permitting, I play badminton twice a week and squash once a week. These are enjoyable forms of exercise and have the advantage of keeping reflexes, cognitive dexterity and physical agility tuned up.

When I have time I play golf – one of the most healthful sports there is, see: **Golf Prolongs Life**, [Nov 2008](#) [3]; in the past we have danced a lot – swing and tango. In this regard foragers would dance all night until they went into a trance. See: **Myths & Rituals, Deadly Harvest**, [Ch 8](#), [4] p. 220.

However, all this is **NOT ENOUGH**. I need to be doing a minimum everyday. This is how I do it.

The first priority is to get at least 30 minutes exposure to **DAYLIGHT** in the morning (see: **Forager vs Modern Light Exposure**, [May 2018](#) [5]). So, without fail, I go out for a little run of at least 30 minutes in the morning daylight. **Continued:** [Next Month](#)

### Question of Month

#### Coconut fat for Alzheimers?

**Q.** This video from CBN News (Christian Broadcasting Network): <https://bit.ly/3lo95SH> promotes the idea that coconut fat can put Alzheimer's into remission. What do you think?

**A.** This video has fatal flaws. Indeed it seems, rather, to be a product-placement for a particular brand of coconut fat.

There is no way that simply supplementing with coconut fat will do anything to slow Alzheimer's let alone obtain regression.

The program does allude (in passing), to the phenomenon of ketosis and ketone bodies.

There is some evidence that putting the brain into a state of ketosis can slow down Alzheimer's and other brain disorders. See **The Ketogenic Diet**, [Apr 2010](#) [6].

I speak about this a lot in my lectures. But to induce a state of ketosis, one needs to follow a ketogenic diet.

That is one that cuts out entirely ALL starches and ALL sugars. Fruits are banned and so are many vegetables. On the other hand one eats meat and lots of fat (of any kind). > **page 4**

#### Quote

**"Medicine is a science of uncertainty and an art of probability."**

**Dr. William Osler**, 1849 – 1919, "Father of Modern Medicine" and co-founder of Johns Hopkins Hospital.

**My View?** Not much has changed in 100 years! It even echoes my strap-line in the masthead!

## Food Ideas

### Artichoke and Broccoli Frittata

Yield: 10 servings



<https://bit.ly/3ssMAi0>

This is a delicious and nutritious vegetable omelette with, what the heck, some non-conforming cheese!

olive oil spray

130g (4½oz) red onion, chopped

30g (1oz) spring onions, thin sliced

3 cloves garlic, minced

250g (8¾oz) artichoke hearts (frozen or fresh), chopped

salt + pepper to taste

4-8 Tablespoons vegetable broth, as needed

210g (7½oz) broccoli florets

8 eggs

1 pinch of nutmeg

1 cup almond milk

100g (3½oz) almond flour

120g (4¼oz) shredded cheddar

optional: sweet pepper and aubergine paste

1. Spray a large frying pan with the olive oil and sauté the onion, until soft and translucent, but not brown. Stir in the green onions and garlic. Sauté for another few minutes.
2. Mix in the artichokes and sauté until cooked. Salt and pepper to taste.
3. Meanwhile heat the vegetable broth and cook the broccoli florets apart until cooked, but still crispy. Salt and pepper to taste.
4. Fill artichoke mixture and broccoli into a big oiled baking dish.
5. In a large bowl, combine eggs, salt + pepper, nutmeg and almond milk. Whisk until well beaten.
6. Mix in the almond flour and 60g of the cheddar cheese. Optional: stir in the sweet pepper and aubergine paste.

7. Pour egg mixture over the veggies and sprinkle remaining cheddar cheese over the top.
8. Bake in a hot oven at 320°F (160°C) for about 40 minutes or until the eggs are done. Place under the broiler until cheese is golden.

## Questions

### Monk-fruit



Monk Fruit: <https://bit.ly/3qVDiK1>  
Credit: Badagnani [7]

**Q.** Our local health-food store has a new arrival – dried monk fruit. Also monk fruit extract as a sweetener. What do you make of it? Does it contain erythritol?

**A.** Monk fruit has its origins in China and, the dried fruit has been used for at least 3 centuries in traditional herbal medicine. However, it does have some strong off-flavors so it's not for the faint hearted.

Nevertheless, various recent studies find that monk-fruit has compounds with useful medical effects. [8]. It has powerful antioxidants, promotes blood circulation, is helpful to diabetics, is anti-bacterial, and supports the immune system. It improves liver function and has anti-cancer and anti-fatigue properties.

**Intense Sweetener:** Interestingly, monk fruit has intense sweeteners called 'mogrosides'. They are similar to the glycosides in stevia and, like stevia, they are some 200 times as sweet as sugar.

Mogrosides pass through the digestive track virtually unaltered although the microbiome transforms some of it. It is categorized as having zero GI and zero calories.

**Erythritol:** Stand-alone monk-fruit sweetener does not have any erythritol in it. However, many manufacturers blend it with bulk dietary fibers, like inulin and, yes, erythritol. (see **Erythritol**, page 3). Their purpose is to make erythritol as

sweet and bulky as sugar and to mask the off-flavors of mogrosides.

**Toxicology:** Is monk-fruit safe? Studies so far don't find many significant drawbacks [9]. The FDA categorizes it as 'Generally Recognized as Safe'. Canada followed suit recently, and the European Union is also expected to give its blessing any time now.

**My View?** We have not used monk-fruit personally but, on paper, it seems to be a useful addition to the armory of alternative low-calorie, intense sweeteners.

## News Shorts

### "Mediterranean" Diet decreases risk of Prostate Cancer

A study published in 'Cancer' finds that those men who most closely followed a Mediterranean diet were least likely to develop prostate cancer [10].

Says lead researcher, Justin Gregg MD: "a diet rich in plant foods, fish and a healthy balance of mono-unsaturated fats may be beneficial for men diagnosed with early-stage prostate cancer"

**My View?** Compared to breast cancer, prostate cancer is the poor relation when it comes to research into lifestyle causes. Prostate cancer is unknown in foragers and it is clear that living like nature intended is the way to go.

The Mediterranean diet is a good halfway house to the ideal Paleo diet and this study shows that it is also a halfway house to preventing and regressing prostate cancer. See also: [11,12,13,14,15,16,17,18].

### Language Adapted to Soft Diet



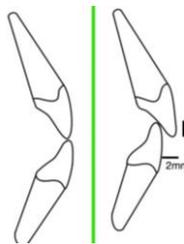
**In Your Jaws are what you Chew,** [Aug 2011](#) [19], I relate how paleo-dentists like Dr Kevin Boyd are fingering the habit of eating a

**UNIQUELY SOFT FOOD INDUSTRIAL DIET** for the rising prevalence of crooked teeth, narrow palates and

underdeveloped jaws (“mal-occlusions”) in modern citizens. Dr Boyd is looking at how the shapes of jaws changed since the industrial revolution, that is, the last couple of hundred years.

However, language researchers have looked back to hunter gatherer times to see how changes in jaw shape have influenced the sounds that are easily produced – and so changed the pronunciation of language. [20]

They find that hunter-gatherers (HG) have lower jaws which project more than ours such that the front incisors meet edge-to-edge (left image). In contrast modern westerners have some ‘overbite’ (right image).



Interestingly, foragers have more difficulty than we do in making ‘labial’ sounds such as the difference between ‘f’ and ‘v’. Indeed, the ‘f’ sound is almost absent in Australian Aborigine languages.

Famously, Freddie Mercury, who had four extra teeth and an enormous overbite, attributes this deformity to his highly distinctive singing.

Likewise, in English, sounds like the ‘g’ in ‘beige’ are rare compared to the ‘s’ in ‘base’. The cockney ‘glottal stop’ which replaces ‘t’ (they say bu’er instead of ‘butter’) seems to be also an adaptation to what is easier to pronounce.

**My View?** This is an interesting curiosity, but the central message remains. We should be eating chewy food to keep our palates, jaws, and jaw muscles literally ‘in good shape’!

### Lo-carb diet/Diabetes II remission

A study of studies published in the UK doctors trade magazine, BMJ, finds, surprise surprise, that a low carbohydrate diet (25% of calories) is effective in obtaining remission of type II diabetes [21]. A **VERY** low carbohydrate diet (10% of calories) is even more effective.

**My View?** Frustratingly, and in common with frequent sloppiness in similar reporting, the authors fail to define what they mean by ‘carbohydrate’. See: **More about Carbohydrates**, [July 2019](#) [22].

The words ‘starch’ and ‘sugar’ are completely absent from their article. However, reading between the lines, these are clearly what they mean by ‘carbs’.

Having said all that, this article is an example of reinventing the wheel and I’m surprised that a prestigious journal gave it house-room. We’ve known for decades that starches and sugars (along with obesity) are the root-cause of diabetes II.

For example, Prof. Kerin O’Dea, of the University of South Australia demonstrated it graphically when she returned a cohort of diabetic Aborigines to live their ancestral life in the Bush. They got full remission after 7 weeks. See: **Food for Diabetics**, [Aug 2013](#) [23].

### Vegan Diet in Young Children

Researchers recruited the children of vegan families for one of the first studies on the micronutrient status of vegan youngsters [24].

They found that the youngsters were deficient in vitamin D (in spite of supplementation), vitamin A, essential proteins, and DHA (the ‘fish’ oil essential for brain health).

On the other hand, thanks to supplementation, they were sufficient in vitamin B12 and iodine.

The researchers also observed that some children would need supplementation of calcium, zinc and vitamin B2 (riboflavin).

In contrast, the youngsters had good levels of **FOLATE** in their blood. As we have pointed out on many occasions, folate is found in **FOLIAGE**. These kids were eating up their greens!

**My View?** The vegan diet is not a human diet and to inflict in on youngsters could almost be called child abuse. See: [25,26,27].

All that being said, there is a way to eat a vegan diet but with very strict precautions. See: **Practising Paleo-Veganism**, [April 2017](#) [28]

## Briefing

### Erythritol and other Polyols

In our [#BondBriefings](#) and in our recipes, we mention the sugar called Erythritol. Many readers would like to know more about it.

Briefly, it is a dietary fiber in the same family as xylitol and maltitol. This family is called ‘polyols’ or ‘sugar alcohols’.

It occurs naturally in a wide variety of plants and it is often extracted from them. However, biochemical processes are gaining favor.

As a dietary fibre, erythritol passes undigested through the gut and is only mildly used by colon bacteria. It nevertheless is a useful agent for gut health. Unlike some polyols such as maltitol and xylitol, it does not have a laxative effect.

Erythritol has about three-quarters the sweetness of cane sugar. For some, it also has a metallic after-taste. For this reason it is often combined with other low glycemic sweeteners such as stevia and xylitol. See: **Sugar & Sugar Alternatives**, [Dec 2014](#) [29].

Nevertheless, we find that when used in baking, erythritol does not have any disagreeable aftertaste. On the other hand, with its bulk and crystals similar to sugar, erythritol is a useful sugar replacement.

See **Monk Fruit** page 2

## Back to our Roots

### Arabian Sands - Thesiger VI Fatalism.

Thesiger soon found in his gruelling travels with the Bedu that:



“Their way of life, naturally made them fatalists; so much was beyond their control. It was impossible for them to provide for a tomorrow when everything depended on a chance fall of rain... or any one of a hundred chance happenings could leave them destitute or dead.”

This fatalism makes them “indifferent to human life” and they can be as “callous about their own suffering as they are about the sufferings of others and of animals.”

Of course this was the destiny for humanity since the dawn of time. As we say in: **Covid-19: What Price Life?** [March 2020](#) [30] "Foragers lived on a knife-edge between survival and extinction; decisions about life and death were ever present. They were fatalistic about death. They might be sad, but that was life and they got on with it."

In this regard, we met Daniel Everett in, **Childhood: Forager Indulgent or Modern Discipline?**, [Sept 2011](#) [31] He wrote [32] about his life as a missionary with the remote Pirahã tribe in the Amazon jungle.

Everett relates how one woman had a birth go wrong and she died alone and in screaming pain. Meanwhile, the people of the tribe just shrugged and got on with their daily lives. That's life and there is nothing to be done.

**My View?** As the social historian Yuval Harari (amongst others) has noted, the big change in our attitude happened about 300 years ago with the scientific revolution [33]. Only then did we discover that we don't have to passively accept 'fate'. That

we don't have to accept things just because they have always been that way, and that we can work for improvements and progress. I, for one, am grateful that we live in an age of scientific enlightenment!

[Next month](#): The Bedouin succumb to the modern world

**Continued from Page 1**

### Coconut fat for Alzheimers?

The keto diet can be a way of life for some people who have certain brain and autoimmune disorders. But it is essential to a) **SUPPLEMENT** with micronutrients and b) avoid bad fats. See: **Ketogenic Diet Dangers**, [Apr 2012](#) [34]

The program also mentions the harm done by high insulin levels. But these are caused by starches and sugars, not an absence of coconut fat!

Nevertheless, there is no doubt that Alzheimer's is a lifestyle disease and that reverting to a lifestyle that the brain recognizes is the best hope of at least slowing its progress.

I write about it in **Alzheimer's Disease and Dementia**, *Deadly Harvest*, [Chapter 9](#) [35], page 253.

We now also know that **SUNSHINE STARVATION** is also an important factor.

We find it takes a dedicated and disciplined partner/carer to impose a difficult regimen on someone who is losing cognitive ability.

Finally, note that CBN News is not an authoritative source for information of this kind.

### The Long View

#### When the Earth was Warmer

Today, Antarctica is covered with mile-thick ice but 90 million years ago it was much warmer and covered with lush rainforests. So say researchers who have found preserved roots, pollen and spores under the polar ice [36].

This was the Cretaceous period when dinosaurs ruled the world, sea levels were 560 feet (170m) **HIGHER** than they are now, average temperatures were 12°C (55°F) and there was no ice-cap.

Of course this is a long time before our earliest ancestors, *homo erectus*, made their appearance some 2 million years ago.

**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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