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The Bond Briefing

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

Human Behavior: Origins of Religions Revisited. **Messages:** Rudy Shur of Square One Publishers; Tony Marovitz. **Food for Thought:** Hippocrates. **Recipe:** Almond & Buckwheat Bread. **Q&A:** What about Buckwheat; Almond oil vs Flaxseed oil; Covid Treatment – Suramin or Pine-needle Tea? **Letter:** High Blood Calcium & Parathyroid Hormone. **News Shorts:** Lifelong Healthy Lifestyle – Better Oldster Cognition; High Fish-oils – Longer Life; 'Spring Forward' affects Night-owls most. **Ancestral Ecology:** Street Pavements are too Hard. **Hints & Tips:** Strong Coffee before Exercise increases Fat-burning; "Dark Personalities" to Drive Company Earnings,

Human Behaviour

Origins of Religions Revisited

From [last month](#) [1], reader Peter Harris has taken me up on my statement: "...in the vacuum created by secularism, the craziest ideologies are running riot".

Peter goes on to say "In my view, modern civilizations and societies are far too complex to reduce down to these conclusions." And that: "the majority of modest religious people are virtually indistinguishable from the modest atheist."

Yes, indeed. It was foolhardy on my part to try to summarize in one sentence a highly complicated topic. It was not helped by my writing "secularism" when "nihilism" would have been better. Secularism (and Humanism) are also belief systems largely imbued with the philosophical tenets of the major religions.

On the other hand the nihilistic phenomenon is becoming more widespread where people have a feeling of alienation, of purposelessness and of a sense that life is meaningless.

Some go further and feel that there is no objective truth, that knowledge is impossible, and that there is no morality, or values.

It is in this 'nihilistic' environment that civilizations disintegrate and/or "crazy ideologies run riot".

Actually my main point was that "religiosity" seems to be "selected for" genetically, and that the more long-lived civilizations had not only a religion to glue them together, but also that their populations were genetically predisposed to have

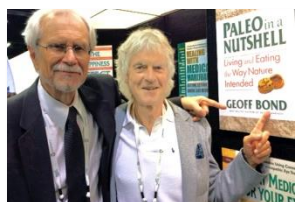
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Messages



From Rudy Shur, Founder and CEO of [Square One Publishers](#), [2] NY, NY

"Sorry I've never mentioned this before, but your newsletters are brilliant!"



<https://bit.ly/2Y00w8Z>

Rudy with Geoff in 2017
Natural Products Expo, Anaheim, CA

From Tony Marovitz, USA
by our Facebook page:
www.facebook.com/groups/BondPaleo

"Deadly Harvest is a fantastic book. I recommend it almost every week to somebody.

"You have made a profound effect on my life and my wife's life and we both will continue to promote your book and lifestyle to whomever will listen.

"Thank you for an amazing shift in our thinking and my best wishes to your success in your future endeavors."

Food for Thought

"The greatest medicine of all is teaching people how not to need it" Hippocrates, "Father of Medicine, Greek Physician, 460 BC to 370 BC.

My View? Just so! and 2,500 years later we are still having to fight the same battle! Certainly Hippocrates, by living to the age of 90, was doing something right...

Recipe

Almond & Buckwheat Bread

Recipe from reader Anne Taute.



<https://bit.ly/3jui5X6>

(Buckwheat? See **Buckwheat** p 2)

Says Anne: "It only takes 8 minutes to mix the ingredients before popping into the oven. So effortless compared with traditional methods using yeast which need kneading and then resting for hours before being baked."

(American cup quantities)

- 1 cup almond flour
- 1 cup buckwheat flour
- ½ cup pumpkin seed
- 3 Tbs psyllium husk powder
- 3 Tbs golden flaxseed (linseed)
- 2 Tbs chia seed
- 1 Tbs sesame seed
- 2½ tsp baking powder
- 1 tsp xanthan gum
- 1 tsp celery salt
- 3 Tbs olive oil
- 1 Tbs cider vinegar

In a large bowl mix the almond flour, buckwheat flour, pumpkin seed, psyllium husk, flaxseed, chia seed, sesame seed, xanthan gum, celery salt, baking powder:

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Almond & Buckwheat Bread



In a mug stir together the olive oil, vinegar. Water - to fill the rest of the mug to about $\frac{3}{4}$ full.

Bit by bit add the mug's contents into the bowl with a little more water if it is still too dry.

Pat the mixture together into a bread-shape and tip out of the bowl onto the buttered baking tray.

Heat oven to 175°C (350°F) and grease a rectangular patch on a flat baking tray.

Bake for 1 hour 10 minutes. Take out and allow to cool.

Stored in a brown paper bag (or grease-proof paper) inside a plastic bag, the loaf will keep in the fridge for weeks.

Questions

What about Buckwheat?

Q. *What do you make of buckwheat as a replacement for wheat in baked products?*

A. As you hint, buckwheat is not a kind of wheat – it is not even a cereal. Rather it is related to sorrel and knotweed. However its seeds have similar properties to cereals which is why it is termed a “pseudo-grain”. See **Beware of the ‘Paleo’ Label**, [Paleo in a Nutshell](#), [3] page 12.

So, like grains it is starchy but, unusually, it has only a medium glycemic index. It is also gluten-free. So it is definitely a better alternative to regular wheat.

In bread recipes, where it is diluted with almond flour (see **Anne Taute’s** recipe, page 1), its ability to spike blood sugar levels is further reduced.

So, even if the general rule of thumb applies, that pseudo-grains

should be avoided, there can be arguments for the careful integration of buckwheat, combined with a nut flour, into baked products.

Almond oil vs Flaxseed oil

Q. *Is Almond oil any good or is it just good for skin? Would my mother who suffer from Alzheimers, benefit from Flaxseed in her soup?*

A. Almond oil is an omega-6 oil, so inflammatory and best avoided in food. (It's still OK to eat the nuts)

Flaxseed oil is an omega-3 oil, so anti-inflammatory and is usefully added to food. Particularly since Alzheimer's is, in part, due to chronic inflammation [4] and flaxseed will help quench it.

Covid Treatment: Suramin or Pine-needle tea?

Q. *I am still using [Deadly Harvest](#) [5] to maintain as healthy a lifestyle as possible. Any views on Suramin as a supplement? I don't wish to get vaccinated, but want my body to have the best possible ammunition to fight off Covid. I eat well as per your book, get sunshine, my body weight is about right for my height, and I get plenty of exercise. Also, what about pine-needle tea?*

A. The race is on to find drugs which can be re-purposed to treat Covid-19. One of these is Suramin which is administered by injection into a vein.

For over 100 years, it has been used as a treatment against blood parasites such as those in African sleeping sickness and river blindness.

Recent trials do indeed find that Suramin has potential as a Covid-19 treatment [6,7]. Pine needle tea does contain Suramin as well, but it is so weak as to be ineffective.

However, Suramin can have nasty side effects and, in my view, the risk of using it has to be outweighed by the seriousness of the disease. It is worth the risk if you have the nasty aforementioned African parasites, but for Covid-19, who knows?

You say that, healthwise, you are in good shape, not overweight, and following the Bond-Paleo precepts. In my view, if you do not wish to be

vaccinated, then you should be able to rely on your immune system to keep you safe.

I have spent many years in Africa and have had jabs for diseases much more serious than Covid-19. For example yellow fever. Personally I have taken the Covid vaccination, partly because I trust the technology and partly because a Covid-pass makes life easier.

Letter

High Blood Calcium & Parathyroid Hormone

From Carole Herrera. Indio, CA who has been a subscriber since our first edition in May 1998.

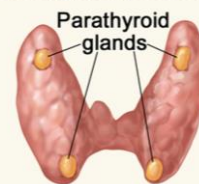
Dear Geoff

I have been a big fan of [#Bond-Briefing](#) for years! I am now 81 years old, never bored because I still live on my ranch and have much to do outside. So the pandemic has not changed my lifestyle.

I recently had parathyroid surgery, They took one out (we have four) because I had too much calcium in my blood as confirmed by several blood tests over the past two years.

Have you come across anything in the literature or in your studies about anything I could do to lower this nutritionally or otherwise?

Thyroid gland (back view)



The parathyroid glands are four pea-sized glands located on the thyroid gland in the neck.

Abnormally high levels of parathyroid hormone can provoke the loss of calcium out of the bones and into the blood.

Clearly this is not good because it weakens bones and causes the calcium to be lost through the kidneys or deposited in places you don't want like the aorta or joints.

The question is: why would you have abnormally high levels of parathyroid hormone?

One reason might be because a parathyroid gland is cancerous and is malfunctioning. That's one reason to cut it out.

Another reason is a **PROTEIN-POOR DIET**. Such a diet provokes higher levels of parathyroid hormone which in turn drains calcium out of the bones into the blood [8].

The minimum threshold of protein intake to stop this happening has been established at about 1 gram of protein for each kilogram of bodyweight [9]. Protein of animal origin is more effective than that of plant origin [10].

So a person weighing say, 64 kg (140 lb, 10 stones) should consume at least 64 grams of protein per day.

Remember that even protein-rich foods like seafood or poultry are only 25% protein, so the amount of the food to be eaten should be multiplied by four. That's an intake of about 250 grams (9 oz) of protein-rich food per day for a 140 lb person.

This chimes with what we have been saying all along. See: **Protein in Focus**, [Jan 2016](#) [11]

News Shorts

Lifelong Healthy Lifestyle: Better Oldster Cognition.

A study on Chinese 80-year-olds finds that those who have lived healthy lives were 55% less likely to have cognitive impairment compared to those who led bad lifestyles [12].

A healthy lifestyle was defined as, over a lifetime: never smoking, modest drinking, plentiful exercise, maintaining normal weight, and eating a 'favorable dietary pattern'.

The latter was based on a "simplified healthy eating index based on intake frequency of 5 food categories including fruits, vegetables, fish, bean products, and tea".

My View? This is a simplistic study which relies on 80-plus-year-olds honestly remembering and reporting

how they lived over a lifetime. Nevertheless, the highly trained interviewers had techniques for extracting from the subjects as trustworthy a view as possible.

So this is another straw in the wind indicating that deviations from the kind of lifestyle we talk about increase the risk of dementia in old-age.

High Fish-oils - Longer life

A study that followed 2,240 people for 11 years finds that those who had the highest levels of omega-3 oils in their blood lived, on average, nearly five years longer than those who had the lowest levels [13].

This was an equivalent life extension to that between non-smokers and smokers.

My View? This is very important and illustrates how terribly deficient the average western diet is in omega-3 oils.

What about the forager template? In their savanna environment, omega-3 fatty acids were present in almost everything they ate. See **The State of the San's Health**, *Deadly Harvest*, [Chapter 1](#), page 18 [14]. So quite automatically they had tremendous reserves of omega-3 fatty acids in their tissues.

As always we recommend intake of at least one portion of oily fish (sardine, salmon, mackerel, herring, etc) per day.

See also: **Regularity of Omega-3 Intake?** [July 2019](#) [15]

"Spring Forward" affects Night Owls most

Every spring, the Daylight Saving Time shift robs people of an hour of sleep -- and a new study shows that DNA plays a role in how much the "spring forward" time change affects individuals [16].

People whose genetic profile makes them "early birds" the rest of the year can adjust to the time change in a few days. But "night owls" could take more than a week to get back on track with sleep schedule. See **Sleep in the Workplace**, [May 2029](#) [17]

My View? As I frequently opine, we should just stick to our astronomical

time all year round where noon is when the sun is at its height.

If the sun rises and sets at inconvenient times for work and school, then we should just change the times for work and school.

I have lived in many tropical and sub-tropical countries and they routinely shift from winter work timetables to summer work timetables as the days lengthen and shorten, and as the temperatures go up and down.

See also: **Daylight Savings Stupefies Teens**, [Oct 2015](#) [18]; **Daylight Saving Time: Long-term Brain Damage**, [Dec 2019](#) [19]; **Daylight Savings Paradox**, [May 2019](#) [20].

Ancestral Ecology

Street Pavements are too Hard



Credit: [21]

Pavements (sidewalks) date back some 2,000 years, but are seldom built with pedestrians in mind. On the contrary they are constructed as an extension of the adjacent road. And the road was, in the early days, designed for iron-tyred chariots, and now for the modern motor car [22].

In other words sidewalks are made from hard materials like concrete, tarmac, granite, cobbles, and even marble.

Surface and materials engineer, Viveca Wallqvist, PhD of the RISE Institute, Stockholm, Sweden claims that, evolutionarily speaking, sidewalks are too hard and they damage people's bodies.

She is developing softer asphalt by adding rubber from shredded tyres. "It has nice soft properties," she says. "It is also plentiful."

Meanwhile, civil engineer Prof. Nick Tyler of University College London, is testing new, spongier walking surfaces.

Tyler is also convinced that pavement pounding is harming us. He suggests that unforgiving pavements are responsible for

increases in knee and hip replacements, as well as cumulative damage to cartilage, tendons and bones.

Observes our frequently-quoted anthropologist Daniel Lieberman (see **Barefoot Running**, [Aug 2019](#) [23]), “Humans were born to run on grass!”

My View? Just so! And [next month](#) I will review **The Lost Art of Running** by ultra-marathon coach *Shane Benzie*, who draws his inspiration from a study of “How our species is designed to run.”

Hints & Tips

Strong Coffee before Exercise increases Fat-burning

A combination of strong caffeine intake and aerobic exercise performed at moderate intensity in the afternoon provides the optimal scenario for people seeking to increase fat-burning during physical exercise. So finds a study from scientists at the University of Granada, Spain [24].

My View? This is light years away from how a forager can operate but,

if this biological trick can help you burn fat, why not?

“Dark Personalities” to Drive Company Earnings

Well known negative personality traits are known as the “Dark Triad”. It is composed of: psychopathy, narcissism, and Machiavellianism.

Narcissists are self-obsessed and believe that they are special, gifted, and superior to others. Machiavellianists are manipulative, tricky, and ingratiating. Psychopaths are dangerously risk-seeking and lack empathy for others.

Say researchers, a fourth dimension – *sadism* should be added to the Dark Triad. Sadism adds intrinsic pleasure in hurting others [25]

The interesting finding of the researchers is that when companies are desperate to increase earnings, they are much more likely to put a ‘bad boss’ into positions of power, who has questionable ethical standards, narcissistic tendencies and more likely to go along with manipulating earnings.

In parallel, “candidates with better management, organizational, and

people skills are passed over for management jobs”.

My View? Some 3% of males and 1% of females are reckoned to have Dark Triad traits. They exist also in our near cousins the chimpanzee [26]. As companies have found, such personalities can have their nefarious uses. For the rest of us, we need to be on our guard – such people don’t think, feel or behave like we think! See also:

Psychopaths Born that Way, [June 2010](#) [27]; **U.S Presidents: Successful Psychopaths**, [Oct 2012](#) [28]; **Psychopathic East & West Coasts**, [June 2018](#) [29]

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Origins of Religions Revisited

... that particular religion implanted in them like some computer operating system.

This is unlike foragers such as the San or Hadza who manage without such a ‘computer operating system’ – or at least only a very rudimentary one based on a sense of “belonging” to the forager band and the feeling that: “these are my people and this is the way we do things”.

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



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