



The science & art of living the way nature intended

The Bond Briefing

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Ancestral Physical Activity: Book – The Lost Art of Running. **Quote:** Doctoring – Science or Art? **Recipe:** Peach Clafoutis. **Human Behaviour:** Population will Decline due to Stress of Overcrowding? **Q&A:** Protein – Adequate Intake? **News Shorts:** Frequent Ejaculation avoids Prostate Cancer; Vitamin K for Heart Health; Ketogenic Diet's Downside; Baobab Fruit becomes Plentiful? Soybean oil harms metabolic & Cognitive processes. **Hints:** Migraine Remedy – Fish oil; Meat substitute & Real Meat not Nutritionally Equivalent; Body-clock & Healthy Fats.

Ancestral Physical Activity

Book: The Lost art of Running

Shane Benzie is a top coach of ultra-marathon runners who draws his inspiration from a study of "How our species is designed to run."



He has spent years going back [1] to basics. In particular Shane is inspired by the understanding that the human species has survived by "Persistence Hunting" where men jog for hours or even days to drive a large animal to collapse from exhaustion. See: **Persistence Hunting**, [April 2021](#) [2].

In particular Shane studied the famed Kenyan runners who have dominated marathons and other long distance events in recent decades.

He also draws inspiration from the work of evolutionary running biologist Prof. Daniel Lieberman (whom we have frequently cited): see **Barefoot Running**, [Aug 2019](#) [3]

>p 2

Quote

Doctoring: Science or Art?

"We have to ask ourselves whether medicine is to remain a humanitarian and respected profession or a new but depersonalized science in the service of prolonging life rather than diminishing human suffering."

Swiss-American psychiatrist, Dr. Elisabeth Kübler-Ross, a pioneer in near-death studies

See: **Over-aggressive Medical Intervention**, [Sept 2019](#) [4].

Recipe

Peach Clafoutis

Yield: 8-12 servings



<https://bit.ly/3n2gNmF>

- 3 eggs, omega-3
- 3-4 Tbsp erythritol, to taste
- 1 Tbsp vanilla extract
- ½ cup almond flour (2 oz, 55 g)
- 2 Tbsp coconut flour (18 g)
- 5 Tbsp unsweetened shredded coconut (25 g)
- ½ teasp. baking powder
- ¼ - ½ cup coconut milk or coconut cream, amount as needed
- 12 oz (350 g) peaches, cooked. See 3 below*

Peach marinade:

- 4 Tbsp of spiced rum,
- 1 dash of lemon juice
- 3 Tbsp of erythritol to taste
- olive oil spray

1. Beat the eggs with an electric hand mixer, together with the erythritol and vanilla extract.
2. Mix in the almond flour, coconut flour, shredded coconut, baking powder and coconut milk.
3. *Sauté the peaches by cutting the raw peaches (3-4) into small pieces and sautéing them with the rum, the lemon juice, the erythritol for about 15 minutes. >p 2

Human Behavior

Population will Decline due to Stress of Overcrowding?

Researchers predict a peak in world population numbers in 2064 followed by a 50% drop by the end of the century [5].

The decline in population could be explained by stress from more frequent yet meaningless social interactions. Stress can suppress sperm count, ovulation and sexual activity.

Say the researchers: "This review provides evidence from multiple disciplines that the same mechanisms, previously observed in wildlife species, may work in humans as well."

My View? We have met this thought before, notably with the 1960s studies of American ethologist and behavioral scientist, John Calhoun [6].

He found that, when rats were overcrowded, female rats had low fertility rates, high rates of miscarriage, high rates of death in childbirth; they had poor nesting and poor parenting. See: **Rat Crowding Again**, [June 2003](#) [7]

Males had high rates of sexual deviation, homosexuality, aggression, violence, cannibalism, pathological depression and withdrawal.

There were high rates of social disorientation, infanticide and infant mortality.

Many have taken this result on rats as foretelling a doom-laden future for humans who are overcrowded too. Who knows? >p 4

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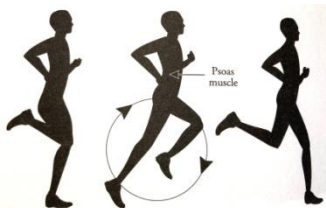
Book: The Lost art of Running

Whilst Shane's conclusions and tips will be of great interest to our ultra-marathon and iron-man readers, the basic conclusions also apply to those of us who, from being hunched up over a computer all day long, stretch up and, for a few times a week, go for a little jog around the local park.



Examples of poor posture [8]

The first lesson is that we have to straighten up and lose that hunch – “stand tall!” is the first injunction.



Examples of good posture [9]

Secondly, run with a springy gait which mobilizes the “potential energy” stored in the elastic membrane (“fascia”) which envelopes our muscles.

Thirdly, don't stretch the leg out and land on the heel (avoid “heel strike” – that is the reason why so many runners have knee problems, see **Running: Why the shoes? II**, [Feb 2010](#) [10]).

Rather, run with a cycling motion and land the foot **UNDER** your body with your foot pointing straight ahead.



The weight should be on the ball of the foot and the heel simultaneously – Shane calls it “The Tripod” [11].

However, in walking gait, a mild heel strike is normal.

Fourthly, lean forward slightly – but from the ankles, not from the waist.

Fifthly, run (or walk) with your head up, looking at the horizon.

Shane strongly recommends that we adopt good posture in all aspects of our lives. For example work at a stand-up desk (see **Paleo-conforming Physical Activity**, [Sept 2018](#) [12]).

With regard to running barefoot or in minimal shoes, (see **Minimalist Shoes Boost Leg & Foot Muscles**, [Nov 2016](#) [13]) Shane just thinks that so long as you run *as though* you are barefoot (as in “The Tripod”), then choose the footwear you like. Indeed, focus on your technique and scorn expensive investment in fancy sports gear.

My View? Whether or not you are a serious walker or runner, we can all learn from Shane's insistence on good posture and, as he says: “Avoid drowning Nature with science – just move beautifully”.

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Peach Clafoutis

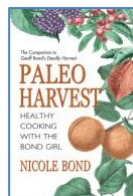


4. Fold the sautéed peaches into the mixture with a fork.
5. Spray a round baking mould (about 9-inch diameter) with the olive oil and fill with the mixture.
6. Bake in a hot oven at 320°F (160°C) for about 40-45 minutes, or until golden brown. Check for doneness.

Download Recipe:

<https://bit.ly/30VTweP>

Many more recipes in Nicole's **Paleo Harvest** Cookbook



Questions

Protein: Adequate Intake?

Q. *Might one's diet include foods that inhibit the absorption of protein?*

*My blood tests always show very low normal protein and very high normal calcium. Parathyroid test is within acceptable range [see: **High Blood Calcium & Parathyroid Hormone**, [last month](#) [14].*

A. Medical norms of what is indeed ‘normal’ are often off the mark. They are mostly based on studies of Western industrialized populations. Now it is being realized that a more realistic view is to see what the norm is in peoples living the hunter-gatherer way of life.

Protein does have slightly varying availability according to its origin (e.g. meat, dairy, poultry, seafood, nuts) but the overall effect is minimal.

Assuming that you are consuming the recommended amount of protein, see: **Protein in Focus**, [Jan 2016](#) [15], and you are otherwise living the Paleo way, then there is little that the literature can add.

In my view, just continue to carry on with what you are doing and watch out for any noticeable adverse symptoms.

News Shorts

Frequent Ejaculation avoids Prostate Cancer

There are few studies which investigate what, if any, lifestyle factors can influence the likelihood of developing prostate cancer.

This study finds that, those men (aged 20 – 49) who ejaculate 21 or more times per month, compared to those who only ejaculate 4 to 7 times per month were 20 % less likely to develop prostate cancer.

My View? This news is not new. See: **Prostate: Use it or Lose it**, [Aug 2003](#) [16]; **Prostate Cancer Briefing**, [July 2007](#) [17].

But it is true that there is little research to identify why prostate cancer happens at all. See: **Prostate Research Deficit**, [Jan 2011](#) [18].

All I can offer is the fact that, living as nature intended, I have no prostate issues well into my eighth decade.

Vitamin K for Heart Health

People who eat a diet rich in vitamin K have up to a 34% **LOWER** risk of atherosclerosis-related cardiovascular disease. So finds a study from Denmark [19].

There are two main types of vitamin K, K1 and K2. K1 comes from green, leafy vegetables and K2 comes from eggs and various meats.

My View? The risk of being short on Vitamin K is low for everyone, but following the BondPaleo eating pattern is sure to give you all you need.

See also: **Lettuce Cuts Hip Fractures**, [Feb 1999](#) [20]. **Osteoarthritis as a Lifestyle Disease**, [Nov 2018](#) [21].

Ketogenic Diet's Downside

A typical “ketogenic” diet is very low in starches and sugars, high in protein, and very high in fat. This extreme diet forces the production of “ketones”, which are an alternative energy source (to glucose) for the body.

Ketones have the peculiarity that brain neurons and other cells can metabolize this energy better than glucose. However, keto diets harm the body over the long haul.

The latest study finds that the Keto Diet is also dangerous for pregnant women and those trying for children [22]. Such diets also hasten kidney failure in those with kidney disease, and that they increase levels of “bad” cholesterol.

Even so, intermittent use of the keto diet can be helpful in controlling epileptic seizures and other brain disorders.

My View? It is probable that foragers moved in and out of ketogenesis from time to time, but we are not designed to work full time like that.

The keto diet works tricks with our brain biology which can be helpful, but it is not a recipe for the long term.

See: **Alzheimer's and Ketogenic diet & Ketogenic Diet Dangers**, [April 2012](#) [23]

Baobab fruit becomes Plentiful?



Baobab Tree [24]

The African baobab tree was always an important food source for our ancient ancestors. Its fruit, seeds, leaves, flowers and roots are edible. Fibre from the bark is used to make mats, ropes and hats, and every part of the tree is used in traditional medicines.



The pulp of the fruit has been approved as a food in the US and Europe in recent years, where it is being promoted as a “superfood”, so the fruit is now

exported too. However, all harvesting is still done from wild trees.

Now an effort is made to domesticate the baobab and make its products more accessible [25].

My View? Baobab fruit is the original authentic staple food for our forager ancestors. Look out for it when it becomes freely available and consume it in the satisfying knowledge that this is indeed eating the way Nature intended!

Soybean oil harms Metabolic & Cognitive Processes

Researchers find that soybean oil not only leads to obesity, diabetes, insulin resistance, and fatty liver disease, it also affects neurological conditions like autism, Alzheimer's, anxiety, and depression [26]. In **Soybean Oil Undermines Brain**, [Feb 2020](#) [27], soybean's anti-nutrients are fingered.

Specifically soybean oil alters the working of the hypothalamus, a region of the brain which regulates body-weight, body temperature, sexual activity, physical growth, and stress response.

Soybean oil also depresses the production of oxytocin, the so-called ‘love hormone’ which controls the ‘tend & befriend’ response and, in particular is vital for mother-child bonding. See: **Women Respond to Stress Differently to Men**, [Oct 2005](#) [28]; & **In-group/Out-group**, [Deadly Harvest, Chapter 8](#), page 197 [29].

Say the researchers: “The take-away message is this:

Reduce consumption of soybean oil.”

My View? We have always warned that soybean is not Paleo: it is a bean loaded with antinutrients that the body does not know how to handle, see: **Legumes**, [Deadly Harvest, Chapter 3](#) page 65.

However soybean oil is hard to avoid for the average Joe Blow: it is the most widely consumed oil being used in fast-food frying, packaged foods, livestock feed – and more.

Hints & Tips

Migraine Remedy: Fish-oil

A diet **RICH** in omega-3 fish oils and **LOW** in ‘bad’ omega-6 vegetable oils (such as sunflower, safflower, corn, and peanut) produced **REDUCTIONS** of between 30% and 40% in total headache hours per day compared to a control group who had a normal western diet [30].

My View? The chronic imbalance in western diets between omega-6 and omega-3 oils is a major factor in a wide range of ailments.

In contrast to omega-6, omega-3 oils produce hormones which **REDUCE** inflammation, reduce sensitivity to pain and reduce swelling – all of which contribute to reducing, amongst other ailments, susceptibility to headaches.

Meat Substitute & Real Meat not Nutritionally Equivalent

Despite apparent similarities based on Nutrition Facts panels, an analysis found that micronutrient abundances between plant-based meat substitutes and grass-fed ground beef differed by 90% [31].

Meat-substitute manufacturers have gone to great lengths to make the plant-based product as meaty as possible, including adding leghemoglobin (an iron-carrying molecule from soy) and red beet, berries and carrot extracts to simulate bloodiness.

The texture of near-meat is thickened by adding indigestible fibers like methyl cellulose. And to bring the plant-based meat alternatives up to the protein levels of meat, they use isolated plant proteins from soy, peas, and other plant sources. (Isolated proteins are proteins chemically stripped from their whole-food form).

Some meat-substitutes also add vitamin B12 and zinc to further replicate meat's nutrition.

The beef contained 22 micronutrients that the plant substitute did not. The plant-based substitute had 31 micronutrients that meat did not.

The researchers conclude that both forms of nutrition are valid and "complementary" but far from identical in nutritional profile.

My View? Looking at the way they are made, some of these meat substitutes would qualify as 'highly processed'!

But seriously, if you opt for meat substitutes then, whilst you will be overloading on micronutrients that you don't need (since you get them already in the fruits, salads and vegetables you normally eat anyway) you will be missing out on micronutrients that the animal matter provides.

Body Clock & Healthy Fat Cells

Once we are adult, we have a fixed number of fat cells and, each year about 10% of them die and are replaced each year by immature fat-cells.

But researchers find that, when the body-clock is thrown off – at the same time that a high-fat diet is consumed – then immature fat cells die off and don't reach maturity.

So, if fewer cells actually reach maturity, then the body's fat in-and-out 'balance tank' function is undermined. In times of excess fats in the bloodstream, storage is overwhelmed and fat spills over into other organs, such as the liver and

muscle [32]. This leads to diabetes Type II and insulin resistance.

Say the researchers: "The body-clock rhythms are important when it comes to our healthy fat, and we need to protect it as much as we can."

My View? Yet more evidence that we should not mess lightly with our body clocks – for example by allowing jet lag, indulging in shift working, or moving backward and forwards into Daylight Savings Time. Oh – and avoid those midnight feasts too!

See: **Morning Sun keeps off Pounds**, [May 2014](#) []; **Low Sunlight/OCD Link**, [Nov 2018](#) [33]; **Daylight Savings Stupefies Teens**, Oct 2015 []; **Social Jetlag, Fatigue & Obesity**, [Sept 2012](#) [34]

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Population will Decline due to Overcrowding?

But we do know that for 99% of human history, we lived in extremely low population densities of only one person per square mile. See: **The Crowded Life is a 'Slow' Life**, [March 2017](#) [35].

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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