

The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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Surprising Secrets: Potbelly Inflammation. Savvy Insights: Slim People Might Not Be as Healthy as They Appear. Free to be Human: Docs – Sleep Evaluation Vital. Deadly Harvest: Pre-Orders. Recipe: Chocolate Petit Four. Q&A: Chocolate; Sleepless Baby; B12 Deficiency; Seaweed and B12; Gorilla and B12; Poppy Seed Oil; Kidney Stones. Food-Disease Links: Cellulite. Hints & Tips: To Lose Weight, Slow Down. Editorial: Human Brain and Behavior. Latest News: Sugar/Pancreatic Cancer; Short, Intense Exercise; Wherefore Green Eyes. Laughter: Back Seat Driving. Events: 14 March, Seminar, Rancho Mirage, California.

Surprising Secrets

Potbelly Inflammation

This is a short extract from the Obesity segment in my forthcoming book, *Dead Harvest*.

... Carrying extra fat is not just a cosmetic issue. Everything we know about our biology is that it is unhealthy to have too much body fat—it is not how nature intended.

Fat in your abdomen (a potbelly) is not just sitting there as dead weight—it produces all kinds of inflammatory chemicals called cytokines. By eliminating fat, you also get rid of a very dangerous inflammation-producing organ.

Inflammation is linked to many chronic illnesses, including heart disease, syndrome X, dementia, depression, cancer, osteoporosis, and autoimmune diseases¹...

As we see in the next column, if you have fatty organs -- or muscles like streaky bacon -- then you are harboring a source of potent disease-causing chemicals.

You will not be alone. The researchers consider that some 40% of the American population is afflicted.

One more reason to live like nature intended: stay slim *and* exercise!

Quote of the Month

The Effort of Fitness

"It takes six months to get into shape and only two weeks to get out of shape. Once you know this, you can stop being angry about other things in life and only get angry about this."

Rita Rudner, American Comedienne

Savvy Insights

Slim People Might Not Be as Healthy as They Appear

Scan of a slim man. Green color shows external fat. Yellow color shows fat around internal organs.

Professor Jimmy Bell at Hammer-smith Hospital, London, UK found that people who seem in good shape can actually have large quantities of fat stored deep inside their bodies. It surrounds vital organs such as the liver, gut, heart and pancreas. Hidden fat also forms streaks in flabby muscle.

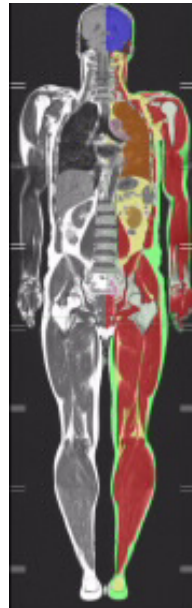
Hidden fat condition typically affects young men who have a slim build but do little or no exercise.

Bell warns that this internal fat is more harmful than chubby fat just under the skin. Why? See "Pot Belly Inflammation" alongside.

Moral? We cannot improve on Prof. Bell's opining:

"... it's not about looking fit or looking thin, it is about being healthy. You can look healthy but have a lot of fat internally which can have a detrimental effect.

When you exercise you tend to burn the internal fat. Lifestyle changes have to include physical activity, it's not enough simply to diet."



Free to Be Human

Docs: Sleep Evaluation Vital

"Sleep that knits up the raveled sleeve of care"— Macbeth

Shakespeare's Macbeth might have been easily manipulated by an ambitious wife and by his own weakness for power, but he came to realize a thing or two about fundamentals of human well-being.

Now Dr Phyllis Zee of Feinberg School of Medicine, Chicago writes that an assessment of sleep habits should be a standard part of medical care². She points out that sleep disorders and lack of sleep "are often [linked] with a broad range of medical and psychiatric conditions and also have a negative impact on health, mood and quality of life".

Our View? Not before time! We are creatures like any other designed by nature to work best in a particular kind of environment. Sleep is just one of many factors which has to be right to be living at full capacity. **Cont: Page 4**

Deadly Harvest

Pre-Orders

Preview *Deadly Harvest* at TheBondEffect.com.

Get your copy hot off the press! Pre-order from:

USA: (delivery end Jan.)
sq1info@aol.com

UK & Europe: (end March)
sales@deep-books.co.uk

Australasia: (end March)
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Amazon will stock the book as soon as it is published. We will stock the electronic edition for purchase at: www.TheBondEffect.com



Recipe

This recipe makes delightful sweetmeats that will be popular at the end of any meal or at any time with a cup of coffee.

Chocolate Petit Four



Yield: 25

Special Equipment:

25-30 small fluted paper cups
(about 1¼ -inch diameter)

Ingredients

25 - 30 dried raisins
1 teaspoon dark rum
1 orange, preferably organic
1 bar (3 1/2-ounces) dark chocolate
3 tablespoons dark rum
3 tablespoons orange juice
2 teaspoons orange extract
1 tablespoon unsweetened, grated coconut
1 teaspoon fructose

Method

1. In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins, add the rum and mix well. Set aside.
2. Grate the orange skin and set aside the gratings. Squeeze the orange and set aside the juice.
3. Break the chocolate into small pieces and put into a small microwave-proof bowl. Add the rum, 3 tablespoons of the orange juice and the orange extract. Melt the mixture at half power (about 300 watts) in a microwave oven for approximately 2 minutes. Check and stir twice. The chocolate should be melted, but avoid overheating. Add the orange gratings.
4. Spoon the chocolate mixture into the fluted paper cups. With a teaspoon press 1 raisin into the center of each cup.
5. In a small cup, mix the grated coconut with the fructose and sprinkle over the top of the petit fours.

Questions

Chocolate

Q. *I love it but can you please tell us all the REAL TRUTH about chocolate? - Good for you? - Bad for you? - Aphrodisiac? - Addictive? - Carcinogenic? - Or what?*

A. Chocolate that is made with a high percentage (at least 75%) of cocoa solids (and therefore little sugar) is low glycemic. It is not carcinogenic and it does contain many useful micronutrients.

Research shows that cocoa stimulates the "reward centers" of the brain in regions called the right caudate nucleus and right ventral tegmentum. These are the same ones stimulated (in far greater measure) by addictive drugs such as cocaine and amphetamine. So, some people do find chocolate mildly addictive.

From the time that the Conquistadors first brought cocoa to Europe, entrepreneurs and charlatans have promoted chocolate for supposed aphrodisiac properties. Disappointingly, rigorous studies find that it has no such effect³.

Just consume high cocoa mass chocolate (in modest amounts) for the pleasure it gives you - don't expect any more than that!

Sleepless Baby

Q. *My 9 months old sleeps badly, possibly because he has food intolerances which cause pain, although he is happy during the day. I breast fed him, but the professor advised to stop and feed formula milk, but he doesn't like it. I am worried about his nourishment..*

A. Do you sleep with him? If not, do so! Nature programmed babies to panic if they sense they are alone. It is not good enough to have him in the same room, he needs to be in your bed where he can cuddle up to you. Dad does not make a good substitute.

Breast feeding is top priority, whether or not he takes a bottle. Keep it up as long as you can. (The female of the human species is designed to provide breast feeding for up to four years!)

It is unlikely that food intolerances operate only at night, so they are only a remote possibility. Just know that allergens consumed by the mother finish up in her own breast

milk. The commonest allergens are cow's milk and grains. So cut those out of your own diet, eat like we say and thus minimize the amount of allergic substances that you feed to your baby.

These are just general observations based on the small information you give. So continue to work with your health professional as you try out these ideas.

Correcting B12 deficiency

Q. *Blood tests suggest I am low on vitamin B12. My doctor suggests I eat more red meat. I do not want to do this, never having been a great meat eater. The doctor suggests a B12 injection.*

A. It is quite rare for anyone eating the normal western diet to be deficient in B12. It is present in almost all foods of animal origin and only minuscule amounts are needed - about 2 micrograms a day. Has your doctor diagnosed anything else related to B12 deficiency, e.g. anemia?

The standard blood test for B12 is quite unreliable since some substances mimic B12 (so-called B12 "analogues"). The most reliable test measures a compound called methylmalonic acid (MMA), so ask for an MMA test before doing anything drastic.

If you do need to boost B12, it is easy to do by taking supplements. Personally I would not have an injection.

Over the longer term, you should get plenty of B12 if your diet includes seafood, particularly the oily fish that I talk about in my book. Eat a serving of those three times a week and you are done. Eggs a few times a week do the trick too.

Red meat is not a particularly rich source of B12 - so that is a red herring(!).

On the other hand almost any kind of liver (beef, pork, chicken etc.) is a rich source - you would get a week's supply of B12 just in one 3oz serving.

Seaweed and B12

Q. *As a vegan, for B12 I take 1g algae and 1g kelp [a kind of seaweed] every day. Do you advise anything more?*

A. You are ill-advised: kelp and algae, in common with all other plant food, are DEVOID of B12. On the

other hand they do contain B12 "analogues" (see previous question). These, on simple blood tests, appear as B12. But they are fool's gold: worse, they interfere with legitimate B12 absorption.

Gorilla and B12

Q. How does the gorilla get B12 for his hefty body?

A. The gorilla, has bacteria in his colon which make B12 – and which his body can make use of. Humans, seemingly do not -- as discovered by strict vegans who often sicken of B12 deficiency and even die of it.

Poppy Seed Oil

Q. I live in India and poppy seed oil is cheap and readily available. Does it have any merits?

A. No. it is an omega-6 oil (like corn oil) and so is to be avoided.

Kidney Stones

Q. I am 30 years old and just diagnosed with kidney stones. After treatment, what should I do to stop them recurring?

A. Kidney stones are generally formed from calcium. Believe it or not, physicians often prescribe a low calcium diet in the hope that it will prevent them forming again!

Not surprisingly, this kind of diet is ineffective and patients risk developing osteoporosis⁴.

No, the answer lies in something else: calcium leaking from the blood into the kidneys. The chief culprit is an *acidic* diet. This happens by skimping on fruits, salads and vegetables (vegetation).

Eat vegetation in place of interloper (and acidic) starchy foods like cereals and potato. Your diet should be no more than 25% meat and vegetation should be at least 75%.

Another factor is salt. Sodium is a fearsome antagonist of calcium and you should reduce your intake of salted foods to as close to zero as you can.

Finally, drinking large volumes of water is a red herring. Just continue to drink water normally.

In other words, live like we say and you should avoid kidney stone recurrence. Read more in [March 2002](#)

Food/Disease Links

Director's cut: Deadly Harvest outtake. The references are to other passages of that book.

Cellulite

There is a multi-million dollar cellulite industry peddling all kinds of creams, remedies and nostrums to the gullible, hopeful and vulnerable. The fact is that none of it works. So why does cellulite happen? What does work? There is still much investigation to be done. But already the main principles are clear.

The Hormone Connection: First of all, cellulite afflicts many more women than men. Furthermore the cellulite develops during hormonal changes such as puberty, pregnancy, menstruation and menopause.

Even men who have changed their sex using hormone therapy are afflicted by cellulite, just like a woman. This gives the most important clue of all: cellulite is, in great part, a *hormonal* problem.

And, if you've learned nothing else in this book, it is this: that what you put in your mouth is the greatest force, for good or for bad, that manipulates hormones.

In particular, cellulite sufferers make hormones that disrupt circulation in the capillaries, clog up the drains of the lymphatic system, stop fat cells dissolving properly and disrupt connective tissue.

We do not know yet just how this happens. But that is not necessary. It is enough to pull back to the big picture – the mismatch between the way we feed ourselves and the Savanna Model.

The Obesity and Physical Activity Connections: Secondly, being *overweight* is strongly associated with the occurrence of cellulite. And when we say 'overweight' we mean a body-fat percentage more than 22% for women and 15% for men. That means that you have to be lean! Finally, *exercise* - and good muscle tone - are essential preventive factors. Check out Physical Activity, Chapter 5.

Cellulite is virtually unknown amongst forager peoples. Save your pocket book and instead live your life the way nature intended.

Hints & Tips

To Lose Weight, Slow Down

We have said it before ([Oct 1999](#)), but now it is official. People who bolt their food defeat satiety signals and thus overeat.

Dr Kathleen Melanson, of the University of Rhode Island, got female volunteers first to eat without pausing between bites. Then, in a separate session to chew 15 to 20 times. In both instances the subject only stopped eating when she felt satisfied.

The result? Fast eaters consumed 646 calories in 9 minutes. Slow eaters took in 579 calories in 29 minutes⁵. The slow eaters also felt satiated for longer and enjoyed their food more.

Moral: Eat slowly and allow those satiety signals time to develop!

Editorial

Human Brain and Behavior

The human brain evolved over millions of years in circumstances very different from those today. People lived and worked in a small band, no larger than a few dozen. They learned to cooperate in order to survive. Genes that did not promote this behavior died out. In Aesop's aphorism, "United they stood, divided they fell."

There were times and conditions when it helped for them all to come to believe the same thing at the same time. And these beliefs were not only useful, but well-founded in direct experience.

Groups of people needed to be able to cooperate in order to hunt effectively. Primitive hunters had to work together to run down large beasts. And when they were attacked – either by animals or other humans - they had to work together to defend themselves.

We can imagine where our regard for military valor came from. A tribe whose men-folk did not rush to its defense – even at the price of their lives – probably was soon exterminated. It made sense, too – from an evolutionary biology point of view - for a man to fight to the death to defend his own tribe. The group was related by blood. Its children carried his genes.

But the attitudes and genetic conditioning that made him ready and

able to work with a small group on a local scale are ill-adapted to today's world where population numbers are huge and distances increased. Today, he can still use tools, organize a family vacation, and do a decent job. He can still cooperate with others at work. And he is still a member of many small-ish collective undertakings – his work team, his clubs, his family.

But the skills that worked in a small group are worthless in a large one. We are too far from the facts to form a decent judgment. Nor can we tell if our leaders know what they are talking about; we've never been in the same room with them. We are ready to cooperate, even ready to sacrifice ourselves for the good of the group; but all our instincts and good intentions only mislead us.

Latest News

Sugar/Pancreatic Cancer

Dr Susanna Larsson of Karolinska Institutet, Stockholm Sweden, found that people who have the highest consumption of sugary soft drinks are 93% more likely to develop pancreatic cancer than those who had the lowest consumption. The risks are only slightly lower for sugar consumption itself: 69%, and sweetened fruit smoothies: 51%⁶.

Short, Intense Exercise

In December 2005 ("One Minute Per Day") we reported on Dr Mark Smith's advice that short, intense activity once a day can do wonders for fitness and weight loss.

Now Martin Gibala of McMaster University, Hamilton, Canada, confirms this phenomenon. He finds that four 30-second bursts of "all out" effort separated by 4 minutes of recovery daily were as effective

as 120 minutes of continuous moderate-intensity effort⁷.

Training time, including recovery, was 1¼ hours per week for intense exercisers compared to 5½ hours for endurance exercisers. Both groups benefited from similar improvements in fitness.

Our View? This technique is a valuable addition to our strategies in our battle to keep healthy.

However, we would caution against relying on it entirely. The body does require more prolonged periods of lower intensity exercise to maintain healthy bones, good lower leg circulation, healthy blood-sugar control and many other factors.

Wherefore Green Eyes?

Last month we explored the question of blue or brown eye color and how they are inherited. But what about green eyes?



The answer to this apparent anomaly lies in an oversimplification. It is extremely rare to have just one gene "for" any particular trait. Unusually, eye color is decided nevertheless by a very small selection of genes. This makes the simple blue-or-brown decision mostly predictable.

However, in a small number of blue-eye cases, secondary genes that code for a yellow pigment, become activated. The blend of yellow with blue creates various shades from green thru hazel.

Laughter the Best Medicine

Back Seat Driving

The husband burst into the kitchen where his wife was preparing eggs.

"Careful," he said, "CAREFUL! Oh my GOD! Turn them! TURN THEM NOW! They're going to STICK! Careful . CAREFUL! You NEVER lis-

ten to me when you're cooking! Never! Hurry up! Are you CRAZY? Have you LOST your mind?"

The wife stared at him. "What in the world is wrong with you? You think I don't know how to fry a couple of eggs?"

The husband replied, "I wanted you to know what it feels like when I'm driving."

From Page 1

Free to Be Human

Docs: Sleep Evaluation Vital

But we need to get *healthy* sleep arrived at naturally – not induced by medication. See "Sleep Patterns and Campfires" and "Sleep Deficit in "Hunger, Hormones and Lifestyle" in [March 2005](#).

Upcoming Events

Rancho Mirage, California

March 14, 2007 12 noon

"How to Repair Nature's Defenses against Cancer"

Annenberg Theater, Eisenhower Hospital, Rancho Mirage.

Info: bondinfo@naturaleater.com

2007 Community Health Education seminar sponsored by the Desert Comprehensive Cancer Center & the Walter T. Stec Memorial Education Foundation.

We wish you all the best of health, contentment and prosperity in 2007!



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