



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

**Paleo Research:** One day in the life of #BondPaleo – V. **Evolutionary Behavior:** Forager Kids play Learning. **Evolutionary Anthropology:** Gendered Division of Labour helped Humans outlive Neanderthals. **News Short:** More Fish oil, less vegetable oil lessens Migraines. **Q&A:** Over-active Thyroid; Food Combining. **News Shorts:** Parkinson's & Dry-cleaning fluid; Alcohol no Dementia risk; Excess Erythritol & Blood clots. **Message:** Parkinson's at Bay. **Viewpoint:** Organizing Industrial Society (VI)- Merit

## Paleo Research

### One Day in the Life of #BondPaleo - Part V



[Food Diary](#) [1] [Geoff](#) [2]

[Last month](#), I analyzed my sample food and lifestyle diary for **drinks and beverages**. Now we look at:

#### Sweeteners:

When it comes to coffee, tea, and cocoa, I am cursed with a need for a degree of sweetness.

But we know about the dreaded white poison called "sugar". See John Yudkin's book **Pure, White and Deadly** in **More Big-sugar Skulduggery**, [Aug 2016](#) [3]. So, what do we do instead?

Most intense sweeteners like Aspartame, saccharine, Splenda (sucralose) are "beyond the Pale". If nothing else, they mess with gut microbes creating a range of illnesses. See: **Surprise Sweetener Spook**, [Sept 2014](#) [4], and **Artificial Sweeteners Toxic to Good Gut Bugs**, [Nov 2018](#) [5].

One intense, plant-based, low-calorie sweetener, Stevia, has so far escaped censure. Indeed, if anything, it is helpful for diabetics, suppressing cancer and high blood pressure [6].

So for us it is our backup sweetener and, because it is zero calorie, it doesn't appear in my food diary. >p2

## Evolutionary Behavior

In late April I attended the [Evolution & Human Behaviour Conference](#) [7] in London. In this forum the latest research into how evolution has programmed our behaviours is presented. You can see the full program of Abstracts [here](#) [8] **Forager Kids Play Learning**



Dr Sheina Lew-Levy [9]

Dr Lew-Levy gave a keynote talk on her studies of Hadza and Congolese BaYaka children.

In such forager bands of only 40 to 50 people the number of children is small and varies widely in age. In particular the younger children learn from the older children.

Some 75% of play is imitating adult occupations. For the boys, learning how to set traps and so forth; for the girls, using dolls to playact motherhood for example.

Lew-Levy (with a nod to her "right-on" employer, Durham University, UK) reflects that some might say that this is cultural programming and that the adults were directing the children's gender roles.

This is in acknowledgment that in forage societies there is strong gender division of labour. Women were both mothers and foragers of plant food: the men hunted meat and >p3

## Evolutionary Anthropology

### Gendered division of labor helped Humans outlive Neanderthals

Researchers note that the archaeological record for Neanderthal diets provides little direct evidence for foraged food [10].

Instead, Neanderthals depended on large game. This lack of food diversity and the presence of healed fractures on Neanderthal skeletons--attesting to a rough-and-tumble lifestyle--suggest that female and juvenile Neanderthals participated actively in the hunt by serving as game drivers, beating bushes, or cutting off escape routes. In other words, females and children did much the same dangerous work as the males.

This is in contrast to us humans who had a strongly gendered division of labour. Broadly, men did the killing of animals, women and children foraged plant food. See: **Women's Work-Men's Work in Forager Kids Play Learning**, this page. This flexibility allowed humans to out-live the Neanderthals in the struggle for life.

**My View?** This is an interesting reinforcement of the finding that humans are wired by gender to fulfil complementary food provisioning roles.

## News Shorts

### More fish oil, less vegetable oil lessens Migraines

A study published in the prestigious doctor's trade journal BMJ, finds that migraines are much reduced when fish oils are increased and omega-6 vegetable oils (like sunflower, corn, safflower, peanut...) are REDUCED.

On average, there was a 30% to >p4

## Questions

### Over-active Thyroid

**Q.** I have an overactive thyroid (hyperthyroidism) and have an enlarged thyroid (goiter). The condition is controlled by medication, but is there anything I can do to help with lifestyle?

**A.** Let's be clear, this condition is one that needs to stay under the supervision of your qualified medical practitioner.

Having said that, there might be some lifestyle factors you can try.

In **Thyroid-depressing Plants**, [Oct 2008](#) [11], I talk about foodstuffs which are 'goitrogenic', that is they depress thyroid function.

Normally this is regarded as an undesirable quality but in your case (of over-active thyroid) they might be helpful.

Briefly such foods are: raw rutabaga (swede), raw turnip, peach, pear, strawberry, spinach and carrot..

Subsequent research finds that the entire cabbage family (Brassicacae) is also goitrogenic. In addition to swede and turnip they include bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kohlrabi, mustard greens and radish.

Note that they should be eaten as raw as possible. Cooking destroys their 'goitrogens' (which have names like "glucosinolates" and "isothiocyanates").

A quite different class of plant – seaweed – also contains thyroid-depressing goitrogens. At least the type called 'kombu' does [12].

**What about iodine?** This topic comes up all the time in connection with thyroid health. Iodine deficiency is often a cause of under-active thyroid. So it is often suggested that, in the case of OVER-ACTIVE thyroid, iodine intake should be REDUCED.

However, I am skeptical of this advice. Iodine is an essential nutrient, and it is highly unlikely that anyone eating the way we say will have an excessive intake.

In summary, live the way we say, prioritize the thyroid depressing plant foods, and listen to your doctor!

### Food Combining

**Q.** In [Paleo in a Nutshell](#) you refer briefly to "Food Combining". Can you explain more about it?

**A.** There is a full explanation in: **Proper Food Combining**, [Deadly Harvest, Ch 5](#) [13], page 120 and in [Natural Eating II, Ch 5](#) [14], p 94

In summary, this idea arises because new types of food have entered our diet since our formative forager era. These are chiefly: a) sugary fruits and, b) starches (like pasta, cereals, breads, and potato).

These newcomers don't always digest well when combined with animal proteins,

As a rule of thumb, most fruits with the exception of most berries (which are low sugar) are best eaten on an empty stomach.

Starches should not be eaten anyway, but if you do, then avoid eating animal meats at the same time. Not only can they provide a digestive difficulty, but they also work together to multiply up the severity of blood sugar and insulin spikes.

See: **Food Combining Revisited**, [Jan 2017](#) [15]

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### One day in #BondPaleo - V



[Food Diary](#) [16]



[Geoff](#) [17]

However, on many occasions, as recorded in this food diary, I sweetened drinks both with xylitol and with honey.

Xylitol is bulk dietary fiber known as a 'polyol'. It looks like sugar and is as sweet (although for some people, it does have an after-taste). It is low calorie and doesn't spike blood sugar. As a dietary fiber it is supposed to support healthy gut bacteria. See: **Alternative Sweetener: Xylitol**, [Jan 2010](#) [18].

**Honey?** Yes, it is just another form of sugar and yet it is, nevertheless, a

distinctive feature of forager life. See: **Is Honey all right after all?** [Nov 2014](#) [19].

And the reality is that a teaspoonful in a drink every four or five hours is not a stress on the biochemistry or given to driving damaging blood sugar spikes.

See also: **Sugar and Sugar Alternatives**, [Dec 2014](#) [20].

[Next month](#): Fermentable Carbohydrates, Gum, and sundry.

## News Shorts

### Parkinsons & Dry-cleaning fluid.

A common chemical used to dry-clean clothes may be fuelling the rise of the world's fastest-growing brain condition, Parkinson's disease, a study suggests [21].

In the past, "trichloroethylene" (TCE) has been used to decaffeinate coffee, degrease metal, and dry clean clothes.

It has been banned by the food and pharmaceutical industries since the 1970s but is still used in many US states in household products, such as cleaning wipes, aerosol cleaning products, tool cleaners, paint removers, spray adhesives, and carpet cleaners and spot removers.

Often Parkinsons appears many decades after exposure. They cite the example of an NBA player struck down at the age of 36 after exposure at the age of 3; and of a woman who developed Parkinsons 30 years after exposure as a young navy captain.

The study details many others whose exposure was the result of living close to a contaminated site or working with the chemical.

Of course, TCE is not the only environmental contaminant that might trigger Parkinsons. Other suspects include weed killers (e.g., Paraquat); heavy metals (e.g., cadmium, lead, and mercury); solvents (e.g., toluene, n-hexane & TCE); pesticides (e.g., dieldrin, DDT); and air pollution [22].

**My View?** And that's just external triggers! There are also lifestyle mismatches that are implicated: allergens from milk, low plant food intake (especially folate), bowel movements more than two days

apart, and high animal fat intake. On the other hand, caffeine is said to be helpful. See: **Parkinson's Disease, Deadly Harvest, Ch 9**, page 258.

See also **Parkinson's at Bay**, p.3.

**Alcohol no Dementia Risk**

A study on nearly 4 million South Koreans found that "mild" to "moderate" alcohol consumption actually REDUCED the risk of dementia [23].

On the other hand, "heavy" drinking did increase the risk of dementia, whilst going from heavy drinking to moderate also reduced risk.

These are the definitions of pure alcohol intakes used in the study:

**Mild:** less than 15g/day. (About 1 glass, 150 ml (5 oz) wine/day)

**Moderate:** 15g/day to 30g/day. (About 2 glasses wine per day)

**Heavy:** over 30g/day. (More than 2 glasses wine/day.)

**My View?** Well, that's one fewer consequence of alcohol intake to worry about!

Even so, alcohol consumption has, nevertheless, been linked to cardiovascular disease and brain shrinkage. See: **Alcohol Intake Questioned, April 2022** [24].

**Excess Erythritol & Blood clots**

A surprising study, published in the prestigious journal Nature (Medicine) suggests that consumption of the sugar substitute erythritol in LARGE quantities is linked to excess blood clotting, heart attacks and strokes [25].

Erythritol is a dietary fibre categorized as a 'sugar alcohol' or 'polyol'. It is extracted from plants and is from the same stable as xylitol, maltitol and sorbitol. See; **Erythritol & other Polyols, Feb 2021** [26].

In the study, "large quantities" were some 30 grams of erythritol such as gained from consuming a pint (half litre) of low-calorie ice-cream.

The result is "surprising" since it was thought that erythritol is inert. It is not digested and can only be processed (as a dietary fiber) by gut bacteria. As such, it has very low calories and causes no blood sugar spikes.

Nevertheless, it seems that erythritol is partially absorbed directly into the blood stream and is excreted, unchanged, by the kidneys.

Meanwhile, just by its sheer presence in the bloodstream, erythritol seems to encourage blood clotting. Moreover, erythritol hangs around in the bloodstream for up to two days.

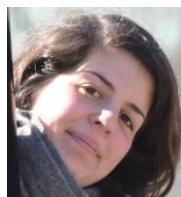
Even so, opines Duane Mellor, spokesman of the British Dietetic Association, "Most people don't consume enough erythritol to reach clotting levels and that it is more important to reduce sugar intake".

**My View?** This study might be a straw in the wind, so we should keep vigilant for confirmation of this singular scientific result.

We use erythritol in many recipes, but in small quantities that, as said by Duane Mellor, they are unlikely to be problematic. See: **What is a sugar alcohol? Jan 2000** [27]

Continued from Page 1

**Forager Kids Play Learning**



... climbed trees for honey. See:

**Women's Work, Men's Work, Deadly Harvest, Ch 1** [28], p 14.

However, Lew-Levy also showed video clips showing the undeniable innocent excitement of each gender acting out its role. This reinforces the finding that such gender behaviour is deeply programmed by eons of natural selection.

Indeed, **ON AVERAGE**, males are more reliably interested in THINGS, and females are more interested in RELATIONSHIPS. American feminist academic, Camille Paglia, in conversation with evolutionary psychologist Jordan Peterson, sets this out very well in this YouTube video: <https://youtu.be/v-hIVnmUdXM>.

The whole video is worth listening to, but Paglia's main point on this subject starts at minute 50.

Lew-Levy finishes with this interesting thought: modern methods of schooling have an adult standing up before a group of same age children and giving them a lecture. This is entirely contrary to how it happens in a state of nature.

Apparently younger children learn so much better from older children who in turn learn from adults. How could we organize schooling to benefit from this proclivity?

Lew-Levy opines that social media such as Tik Tok are to be welcomed as substituting for the role of learning through older children.

**My View?** The way we manage schooling today is clearly a mismatch to the way it happens in a state of nature. It is getting even more extreme with the virtual disappearance of unstructured play for our youngsters. See: **Nixing "Nature Deficit Disorder", May 2018** [29].

I won't even try to propose how we fix it, but Tik Tok? Surely not!

Message

**Parkinson's at Bay**

*From a long-time reader, David Lloyd, UK, who has suffered from Parkinson's since diagnosed in 2015 and probably for several years before that.*

All pretty good really... Parkinson's generally kept at bay! I take the prescription drugs and a number of vitamins on a regular basis. The key for me is stress .... If I eat well.....salad, vegetables, fish (I am pescatarian) etc. Hard exercise most days .... Hours walk and a swim. spin class or bike ride. Lots of sleep and low alcohol intake. I'm pretty good then..... any stress and I struggle!

**My View?** We don't know how much Parkinson's is a lifestyle disease compared to other external agents (see: **Parkinson's & Dry-cleaning Fluid**, page 2)

It is interesting that stress is a major factor for David. Typical modern life strains the brain at levels and in ways that nature never designed it

for. The challenge is to organize one's life such that stressing situations don't occur to the same extent.

So David is controlling stress and also stacking the deck of cards in his favor by adopting a lifestyle strongly in harmony with the way nature intended. We wish him well.

### Viewpoint

#### Organizing Society for an Industrialised world (VI)

*Who wants to return to the grinding poverty, drudgery, and insecurity of peasant farming? So what factors came together in England to trigger the worldwide prosperity of the Industrial Revolution and how do we nurture it? [Last month](#) [30] we looked at **Using Assets** to make **More Assets** (Capitalism). Now we look at **Merit**:*

Exceptionally in England, whilst there was a strong class structure, those in all classes became free to pursue scientific enquiry or inventive pursuits. **Merit** could find an outlet from all segments of the population. So it was that we had well-off investigators like Charles Darwin and Isaac Newton flourishing in their respective fields.

On the other hand, working class and poor, semi-literate inventors

played a defining role in kicking off the Industrial Revolution. Such were James Hargreave who, in 1764, invented the first mechanical cotton spinning frame known as the "Spinning Jenny", see [Last month](#); and George Stevenson who invented the steam locomotive.

As Alexis de Tocqueville (see **Part II**, [Nov 2022](#) [31]) wrote in his **Democracy in America** (1835): "When there is no more hereditary wealth, privilege class, or prerogatives of birth, it becomes clear that the chief of disparity between the fortunes of men lies in the mind source. There would still be inequalities of intelligence which, coming directly from God, will ever escape the laws of man".

Now there is a movement to downplay the importance of merit in favor of 'lifting the disadvantaged' in the ideology of 'equity'.

We even have the spectacle of high-profile geneticists like Prof. Kathryn Paige Harden proposing that, "Equity of outcome should trump equality of opportunity." See: **Book Review – The Genetic Lottery**, [Oct. 2021](#) [32].

In this dogma, even the feckless, lazy, and the dim-witted should be artificially 'lifted' to have more responsibility and power. Paige

Harden argues that such people are disadvantaged by being born with an unfavorable genetic make-up.

Such a policy is clearly contrary to wealth creation and, by spreading mediocrity and ineptitude would, in my view, hopelessly undermine, the fragile structure of an industrial society. It would also dispirit and demotivate those who have genuine merit to contribute.

[Next month](#): **Part VII**. Synthesis and dangers to prosperity.

### Continued from Page 1

#### More fish oil, less vegetable oil lessens Migraines

... 40% reduction in total headache hours per day, severe headache hours per day, and overall headache days per month compared to a control group [33].

**My View?** This is not surprising. Put another way, omega-3 oils are ANTI-inflammatory and omega-6 oils are INFLAMMATORY.

The modern Western diet is grossly deficient in omega-3 oils and we need to balance the see-saw by increasing their intake and stripping out omega-6 oils at every opportunity. See: **Migraine - a Lifestyle disease?** [Jan 2023](#) [34].

**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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