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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

Research: One day in #BondPaleo VII. **Evolutionary Behavior:** What Drives Females' Dildo Preferences? **Hints:** Longer Mealtimes for Kids' Fruit & Vegetable Intake. **News Short:** Epilepsy/Gut Bugs/ Keto Diet link. **Q&A:** WHO advises against Non-sugar Sweeteners. **News Shorts:** Hadza Diverse Gut-bugs; Mental Health – Exercise better than Medicine; Great Apes – Mind-altering activity. **Spreading the Word:** Malocclusion & Poor Impulse Control. **Message:** Richard Housewright. **Viewpoint:** Organizing Society for an Industrialised World VII.

Research

One day in #BondPaleo - VII



[Food Diary](#) [1]

[Geoff](#) [2]

[Last month](#) we looked at Fermentable Carbohydrates. Now we examine the day's **Physical Activity**.

Every day I do a 10-minute routine of stretches particularly focused on the twisting and lunging movements of racquet sports. These are complemented by muscle-building exercises. On this day they consisted of chin-ups, buttock, and body-weight squats. On other days there are planks, pull-ups, press-ups and so forth.

How does this compare to a forager's physical activity of comparable age? Probably modestly. Even old-timers were fully active digging up squash-size tubers from three feet down, humping large joints of butchered giraffe, climbing trees, and other activities of a strenuous nature.

Every day I also do a minimum of aerobic activity. On this day it was nearly two hours of badminton. My activity monitor reckoned I burnt 495 calories and had a maximum heart rate average of 135 beats per minute.

Badminton was the major contributor to the number of steps during the day of some 3,500. This seems a very low figure and I don't know if my activity monitor (Garmin Venu Sq) measures steps properly when scampering >p3

Evolutionary Behavior

Highlights from the [Evolution & Human Behaviour Conference 2023](#) [3] in London.

What Drives Females' Dildo Preferences?



<https://bit.ly/3qYIO5f>

Some researchers get intriguing assignments! Dr Sarah Johns of Kent University, UK is an evolutionary anthropologist specializing in "sex-tech" – research into sexual technologies.

Dr Johns has compiled data from the world's largest online sexual wellness retailer, Lovehoney, to examine what factors contribute to the popularity of phallic-shaped sex toys.

She drew on a range of studies from evolutionary anthropology to gender studies to gynaecology that explore female sexual preferences.

Surprisingly perhaps, she found [4] that women do not seek lifelike reproductions of a penis – "which suggests that the women are not seeking a realistic partner substitute". Indeed, Dr Johns showed some images of bizarrely shaped devices designed for vaginal insertion and pleasure (image above).

In women's choices, the length of the device was not a major consideration compared to the average man's >p3

Hints & Tips

Longer Mealtimes for Kids' Fruit & Vegetable Intake

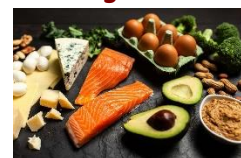
Research from the Max Planck, Berlin, Germany, finds that kids whose mealtimes were extended by 50% from 20 minutes to 30 minutes ate some 100g (one apple equivalent) extra fruit and vegetables [5]. They did not eat any extra bread or meat.

The researchers think that one reason might be that the fruit was cut into handy little nibbles. See: **For Kids, make Fruit Easier**, [May 2013](#) [6]

My View? Get your kids to love fruits from the get-go. See: **Babies/Toddlers**, [Natural Eating II](#), page 110

News Shorts

Epilepsy/Gut Bugs/Keto diet link



The ketogenic diet is rich in proteins, fats, and salads, and low in starches and sugars. This diet has been used for over a century to control epileptic seizures.

It is thought to have its effect by controlling chemicals in the brain. However, now a study from the University of California finds that the gut microbiome has something to do with it too [7]. The keto diet changed the gut microbiome with the net effect of reducing inflammatory chemicals in the brain.

My View? It is understandable to use diet to medicate an illness. However, the keto diet is not a healthy one: see **Ketogenic diet downsides**, [Sept 2021](#) [8]

Questions

WHO advises against Non-sugar Sweeteners

Q. *What do you make of this press release from the World Health Organization (WHO). It is about their report advising against the use of “non-sugar sweeteners” (NSS) like aspartame, saccharine, Sucralose, and stevia?* <https://bit.ly/46Cdo47>.

A. The devil is in the detail. The [full report](#) [9] gives the warning that the evidence has “LOW CERTAINTY” and that this is a “CONDITIONAL RECOMMENDATION”. So, already there is MUCH DOUBT about the advice.

Moreover, WHO admits that it is unable to differentiate between different types of sweetener – so stevia, (against which there is little to criticize) is lumped in with the others, which definitely do have drawbacks. See: **Surprise Sweetener Spook**, [Sept 2014](#) [10]

To be noted: this report does NOT cover ‘polyols’ like xylitol and sorbitol. On the other hand, it sees the major culprits to be highly-processed foods and diet soft drinks. Finally, the main argument seems to be that, in obese people, the evidence suggests that the use of NSSs is ineffective in losing weight. On the other hand, diabetics are enjoined to continue using NSS. This last point highlights an important factor: avoiding nasty blood sugar spikes. And it is not just diabetics who need to do this – we all do!

Finally, there is the phenomenon of the “Cephalic Phase Insulin Response” (CPIR) see: **Meal is mouth-watering – Why?** [Oct 2010](#) [11].

CPIR is where the simple TASTE of sweetness triggers the brain into instructing the pancreas to release insulin in ANTICIPATION of the arrival of sugar – but, with NSSs, the sugar never arrives! This upsets all kinds of responses, notably a rush of hunger hormones. Hence the paradoxical consequence that NSSs increase hunger and thus trigger overeating. See: **Splenda Promotes**

Hunger, [June 2016](#) [12]; **Stevia Encourages Weight Gain**, [July 2016](#) [13].

Francesco Branca, WHO Director for Nutrition and Food Safety sums up rather prissily: “NSS are not essential dietary factors and have no nutritional value. People should reduce the sweetness of the diet altogether, starting early in life, to improve their health.”

My View? I am less hair-shirted than Branca. For a start, contrary to the worries of WHO, we are not consuming highly processed foods or gallons of diet soft drinks. So, as I mentioned in **Sweeteners**, [March 2023](#) [14], once you know about, and can handle, the vagaries of the different sweeteners, then use them intelligently.

News Shorts

Hadza Diverse Gut-bugs



<https://bit.ly/46qefo7>

The race is on to analyze forager stools before they become contaminated by contact with the modern world. We have reported on several studies in the past. See: **Forager Stools**, [July 2016](#) [15]; **Seasonality of gut-bugs**, [Nov 2017](#) [16]

The latest study, on Hadza stools, used the latest technique of “ultra-deep metagenomic sequencing” to uncover a rich harvest of previously undiscovered microbes [17].

The gut microbiome of the people in the Hadza community was far more diverse than those in Californians. The team found more than TWICE the total number of species in the microbiomes of people in the average Hadza participant, 730, compared with the average Californian – just 277.

They also discovered species in the Hadza microbiomes that had never been found before. “The novelty in

some cases is quite striking,” says researcher Justin Sonnenburg of Stanford University.

“Studies suggest that people in industrialised countries with less diverse microbiomes are less healthy”, says Sonnenburg: “[People with] metabolic syndrome, inflammatory diseases, inflammatory bowel diseases all have low-diversity gut microbiomes.”

Overall, the team found about 1200 never-before-seen single-celled microorganism species in the guts of the Hadza participants.

“The Hadza people eat far more fibre than people in the West do” says Sonnenburg. “This fibre comes from a range of sources, including tubers, the baobab fruit and berries.”

My View? Clearly it is good to have the gut-bug diversity experienced by foragers. The challenge is to promote it by emulating their living and eating patterns. That is what #BondPaleo is all about.

On the other hand, there is a little difficulty: seemingly many of the forager microbes present in foragers have gone extinct in western populations so however much we try, they cannot be brought back. There is even the suggestion that forager stools be preserved and cultivated for fecal transplants into western populations. See: **Our living Gut – part XX Fecal Transplants**, [March 2018](#) [18]. We shall see!

Mental Health: Exercise better than Medicine

University of South Australia researchers are calling for exercise to be a mainstay approach for managing depression as a new study [19] shows that physical activity is 1.5 times more effective than counselling or the leading medications.

Says lead researcher, Dr Ben Singh: “Higher intensity exercise had greater improvements for depression and anxiety, while longer durations had smaller effects when compared to short and mid-duration bursts.

“We also found that all types of physical activity and exercise were beneficial, including aerobic exercise

such as walking, resistance training, Pilates, and yoga. Importantly, the research shows that it doesn't take much for exercise to make a positive change to your mental health."

My View? Just so! Humans are designed to be "up and doing". See:

Modern Inactivity, [May 2021](#) [20]. We are all of a piece and, for good holistic health, we need to get ALL aspects of lifestyle in harmony with the way nature designed us.

Great Apes - Mind-altering Activity



<https://bit.ly/447JpPS>

Researchers have looked at hundreds of instances of apes (chimpanzees', bonobos, orang-outangs, gorillas) spinning on a vine [21].

The average spin involves 5.5 rotations, at 1.5 rotations per second and is repeated three times — normally ending with the ape staggering about dizzily. The apes seem to enjoy this brief sense of intoxication.

Humans similarly have indulged in mind-altering experiences: sometimes from psychedelic plants but more regularly and reliably from 'trance-dancing' all night where they collapse into having mystical, hallucinatory experiences. See **Myths & Rituals**, [Deadly Harvest, Chapter 8](#) [22], page 221.

My View? It seems that so-called "mind-altering" experience is not only ubiquitous throughout human evolution but has become a factor in good mental health.

Foragers describe the effects of trance dancing as: "a process of death and rebirth. You give up what you are, give up your identity, enter the unknown, willingly going into fundamental mysteries and so enter the state of transcendence." (**Myths**

& Rituals

, [Deadly Harvest, Chapter 8](#) [23], p.221)

On coming out of the trance, the subject has feelings of released stress, and restoration of a balanced mental state.

Continued from Page 1

One day in #BondPaleo - VII around a badminton court, or if that is just what it is.

Either way, I am relaxed about it. I am satisfied that this two hours of intense physical activity meets all the criteria for a healthy outcome and surely exceeds what forager grandfathers do on an average day.



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

Currently, I do racquet sports some three to four days a week. See: **Racquet Sports best for staying alive**, [Sept 2022](#) [24]. On other days I jog/power-walk 3 to 4 miles which clocks up some 8,000 to 10,000 steps per day.

Mind you, I don't subscribe to slavish adherence to the totemic figure of 10,000 steps per day. (**7,000 steps per day are enough**, [May 2022](#) [25].)

In my view a bigger issue that I face is to keep moving during the rest of the day. Too much sitting is a major challenge to health also. See: **More on Excess Sitting**, [April 2015](#) [26] and **Paleo-conforming Physical Activity**, [Sept 2018](#) [27]

Meanwhile, my jogging days include at least one day a week of steep climbs of some 300 feet (90m). One route actually has this height in an entire staircase up a hillside.

See also: **How Geoff stays Paleo-fit**, [Feb 2021](#) [28].

[Next month](#): Weights & Measures

Continued from Page 1

What Drives Female Dildo Preferences?



... penis of 5.16" (13.12 cm), but they did prefer a slightly larger girth than that of the average man's penis of 4.59" (11.66 cm).

My View? For this bloke, all this is a fascinating insight into the mystery of women's private sexual delight. Even so, Dr Johns and other researcher in the field struggle to find an evolutionary link to these findings. Indeed, do forager women use dildos at all? No one seems to know!

Spreading the Word

Malocclusion & Poor Impulse Control

Dr Kevin Boyd is a Chicago-based children's paleo-dentist with whom I have worked for many years. See: **Authoring CRC Handbook Chapter, June 2012** [29]; **Your Jaws are what you Chew**, [Aug 2011](#) [30]; **Mouthpart Under-development in Westerners**, [Aug 2016](#) [31].

Dr Boyd specializes in how children today tend to grow up with under-developed jaws and palates due, mainly, to the lack of chewy food and the absence of breast feeding. One of the consequences is difficulty of nose breathing and so, disturbed sleep.

In a comment published in JAMA [32] (the doctors' trade journal) Dr Boyd points out the research which links this poor sleeping to behavioral disorders in children. These include poor "impulse control" leading to, as adults, addiction, criminality, chronic systemic disease, premature ageing, and poor handling of personal finances.

In his comment, Dr Boyd goes on to advance the idea of working on young children (as early as possible) who display such 'malocclusion' using non-surgical methods to stretch out their jaws and palates.

<https://bit.ly/3JA627j>

Message

From Richard Housewright, Glendora, CA, a subscriber since 2008.

“Twenty-five years of dedication to helping others to live a healthy life!
 “My compliance with the Bond Method needs a lot of work but your monthly publication is an essential guide and motivator to continue the effort.
 Thanks to you and Nicole.”

Viewpoint

Organizing Society for an Industrialised world (VII)

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? In [March](#) [33] we looked at **Merit**. Now we have **The**

Synthesis

In previous episodes we covered some of the peculiar factors in England that led to the Industrial Revolution getting started in the 18th Century. These were:

a) The laws of inheritance where individuals could decide who inherited their asset. This is in contrast to continental Europe and elsewhere, where laws lock

- inheritance into rigid distribution between children and spouses.
- b) The freedom of ordinary citizens to sell their labor to whomsoever they wanted. This in contrast to most of Europe, Russia, and Asia where laborers were tied to their landlord.
- c) The Common Law which has grown upwards from previous precedent and not imposed downwards by some despot, monarch, or dictator.
- d) Everyone is subject to the same law including the head of state. This is in contrast to the prevailing situation (at the time) in continental Europe and elsewhere, where the head of state handed down laws but was immune from them.
- e) Any undertaking is permitted unless it is specifically forbidden. This is the reverse of the situation in most other countries where any new undertaking had, first, to obtain permission. That freedom astonished de Tocqueville in his book **Democracy in America** [34]

This is one good reason why Larry Page (Google), Bill Gates (Microsoft), Elon Musk (SpaceX, Tesla), Mark Zuckerberg (Facebook), Jimmy Wales (Wikipedia), and so many more, got going in the USA and not in a top-down bureaucracy like the European Union, Russia, or China.

- f) The individual is only responsible for his own actions, not for the actions of anyone else in his group. This is in contrast to most societies (including foragers) where the whole family, clan, or tribe would be held responsible for an individual's actions.
- g) The sanctity of contract and the respect of property rights. This is in contrast with regimes which routinely reneged on contracts and confiscated assets without even a pretext.
- h) The use of assets to create more assets: the basis of capitalism. This is in contrast to the prior situation where wealth could only be increased by stealing it from someone else.
- i) The freedom of anyone with talent and ability to exercise these qualities in the creation of well-being and wealth. This is in contrast to hierarchical societies where people of merit from lower down the pecking order would be viewed as a threat and, so, suppressed.

[Next Month](#) [35]: **Dangers to Prosperity**

Spreading the Word

Private lectures have begun again. Contact us if you have one to suggest: admin@naturaleater.com

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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