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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 – VIII. **Briefing:** Quenching Chronic Inflammation. **Evolutionary Beverages:** Is Alcohol Paleo? **Q&A:** Are we overly medicated? Ranking of Fruits; Salt in hot weather. **News Shorts:** Inflammation, not Cholesterol Important in Heart Attacks. **Message:** James Vakos. **Viewpoint:** Organizing Society for an Industrialised world (VIII). **Spreading the Word.**

Research

One day in #BondPaleo - VIII



[Food Diary](#) [1]



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[Last month](#) we looked at **Physical Activity**. Now we talk about **Weights & Measures**.

Weights: Everything I eat has a weight in grams attached to it. Most of these items have been weighed on kitchen scales kept handy both on the kitchen countertop and at the dining table.

When eating at a restaurant, mostly I eyeball the quantities, but I also sometimes carry pocket-size scales to weigh significant restaurant items, such as salmon fillet, on the spot.

With chain restaurants it is often possible to discover the serving sizes from their website.

Needlessly to say, when invited to eat with family and friends, the scales are put away but, nevertheless, I do eyeball, and make a note of estimated weights of food taken in.

Calories: after much soul searching, I found it revealing to keep track of notional calorie intake.

I say “notional” for a couple of reasons. First, the calorie contents of most natural foods are only crude approximations.

The published calorie contents of foods are the **AVERAGE** of a large number of samples. >p3

Briefing

Quenching Chronic Inflammation

The bodies of most western people are in a chronic state of low-grade **INFLAMMATION**. This is the main factor in accelerated **ageing** and a huge range of ‘**diseases of civilization**’ such as cancer, heart disease, osteoporosis, arthritis, diabetes, dementia, chronic lung disease, and many more [3]. What is going on?

Inflammation is due to a panoply of lifestyle errors and correcting them one by one steadily reduces it. Here are the main factors:

Obesity: Fat deposits – notably a potbelly – are potent producers of chemicals called ‘**cytokines**’. They pour out into the body **SPREADING INFLAMMATION** wherever they go.

Moral? Get that excess fat off!



High Glycemic Diet: the typical western diet, high in sugars and starches, produce abnormal levels of insulin (‘**hyperinsulinemia**’). Insulin in turn produces **INFLAMMATORY CHEMICALS**.

Moral? Strip starches and sugars out of the diet!

Omega- 6 oils: The 1,000-fold increase in consumption of these vegetable oils since 1960 is a health catastrophe. The body converts these oils into powerful eicosanoids called “**prostaglandins**”. Amongst many mischiefs, they are **HIGHLY INFLAMMATORY**. The main >p2

Evolutionary Beverages

Is Alcohol Paleo?

Q. *I was surprised to see that you are drinking alcohol (in the form of wine). I didn't think healthy eating included alcohol, which I thought acts as a poison to the body.*

A. This is where we make a calculation in the transition from forager way of life to the modern one.

Foragers also have mind altering substances (akin to magic mushrooms) which could be regarded as ‘irritants’ to the body’s biochemistry. However, the body is quite good at dealing with intake of plant poisons. See: **Bitterness is not all Bad**, [Aug 2005](#) [4] and **Pesticides**, [Natural Eating II](#), [Chapter 7](#) [5], page 129.

Other vital nutrients, such as ‘good’ flavonoids, are actually kinds of poisons which produce their beneficial effects by ‘irritating’ the body into producing helpful antioxidants which boost health. See:

Flavonoids as Vaccines, [Oct 2008](#) [6] and **Cruciferous Overload**, [June 2021](#) [7].

As it happens, our bodies have a good mechanism for handling modest amounts of alcohol.

So, our view is that this is where a reasonable trade-off can be made. But we need to look into the detail.

We now know that, in order to deal with alcohol, the body’s biochemistry reduces it to carbon dioxide and water during which process the toxic chemical “**acetaldehyde**” is briefly produced (in the liver) and then extinguished. >p3

Questions

Are we overly Medicated?

Q. I heard somewhere that the average age of taking a daily prescription medication is higher in Japan than in USA. Is this true?

A. In America, 50% of 18- to 34-year-olds take at least one prescription drug [8]. This rises to 90% of older adults who regularly take at least 1 prescription drug, almost 80% regularly take at least 2 prescription drugs, and 40% regularly take at least 5 different prescription drugs (triple the rate from 20 years ago) [9] and nearly 20% take ten drugs or more! [10].

The most commonly consumed medications are for: high blood pressure, bacterial infections (antibiotics), underactive thyroid, blood sugar control, excess stomach acid, and cholesterol control (statins) [11].

In Japan, the figures were slightly lower with nearly 30% elderly taking at least five prescribed drugs [12].

My View? With the exception of antibiotics, all these drugs are prescribed for diseases of lifestyle.

The rocketing increase in their use is also a reflection of at least two trends: a) people trashing their bodies with sick-making lifestyles and, b) BigPharma peddling a massive movement to prescribe pills for all ills.

Needless to say, neither Nicole nor I are on any prescription medications even if we are 'oldsters'!

Ranking of Fruits

Q. In your book **Paleo in a Nutshell** [13], you put apples in the 'Amber-Red' category. Isn't this a little harsh for such a healthy food?

A. The important thing to note is that the fruit rankings are **RELATIVE** to the other fruits. Compared to other fruit options, apples are high in the two-faced fructose (see **Fructose Revisited** [May 2016](#) [14]) and borderline in their power to give blood sugar spikes.

But of course, compared to a cheeseburger or a pepperoni pizza, apples are a wonder food!

Salt in Hot Weather

Q. Should I up my salt intake during hot weather? Particularly with exercise I sweat a lot.

A. No! When I first set off to live and work in tropical Africa in the late 1960s, the "armchair general" who recruited me advised me to take a daily salt tablet. It was the size of horse pill and made me nauseous. But within days of arrival, the derision of old Africa hands soon disabused me of the practice – to my great relief.

There is a great misunderstanding about sweat. It usually tastes salty, so it is easy to assume that this means we are losing valuable salt from the body.

On the contrary we now know that sweat is one of the ways that the body gets rid of waste products. So, salt sweated out in the heat is the body getting rid of an **UNWANTED EXCESS** of salt!

See also: **Salt Intake and Sweat**, [May 2008](#) [15]; **Salt and Endurance Athletes**, [Aug 2014](#) [16]

So, what does a forager do? He lives 24 hours a day under a tropical sun. he doesn't have salt cellars hanging from trees! No, he just gets on with his usual diet which is low in salt.

Indeed, the body sorts out its sodium balance just fine under tropical forager life patterns.

Meanwhile the horrors of salt (sodium) overconsumption are well documented. Apart from the well known effects on blood pressure and heart disease, see also, for example: **High-salt Diet & Alzheimer's** [Nov 2019](#) [17]; **Salt a Factor in MS**, [Sept 2015](#) [18]; **High Salt - Calcium Depletion**, [Sept 2012](#) [19]

News Shorts

Inflammation not Cholesterol important in Heart Attacks

Research published in the prestigious journal *The Lancet*, finds that controlling inflammation is more important than controlling cholesterol in the prevention of cardiovascular disease [20].

Says lead author Paul Ridker at Brigham and Women's Hospital, Boston, USA: "It's clear if you don't start addressing the inflammatory response, you're never going to beat this disease".

My View? This is old news, see: my Amazon review of the 2004 book **Stopping Inflammation** by Nancy Appleton [21], <https://amzn.to/3xg9ZXo> .

But it is nevertheless worth reinforcing this lesson from time to time. Why do we have to keep relearning the importance of inflammation in CVD (and other degenerative diseases)?

I suspect its because there is no money in 'stopping inflammation' whereas prescribing statins to "allegedly" control cholesterol is a license to print money.

I say "allegedly" since there is no evidence that statins have any benefit on controlling CVD. See: **Statins no good for CVD**, [April 2022](#) [22].

So how do we 'stop' inflammation? Easy – live like nature intended! See: **Paleo Diet reduces inflammation**, [Oct 2017](#) [23].

See also: **Quenching Chronic Inflammation**, page 1.

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Quenching Chronic Inflammation

... culprits are the oils of sunflower, safflower, corn (maize), peanut, cottonseed, and soybean. Moral? These need to be stripped out of the diet and replaced by omega-3 oils which are **ANTI-INFLAMMATORY**. The ones which work best are from oily fish such as salmon, sardine, mackerel, trout, and herring. Other oils of plant origin at least do no harm and may help. Such are the oils of flax (linseed), hemp, and rapeseed (Canola). See: **Fats & Oils**, [Deadly Harvest, Chapter 6](#) [24], p152

Vitamin D Starvation: now more than ever, we spend our lives indoors and/or lather ourselves with sunscreen which blocks healthful UVB radiation, such that we now suffer from vitamin D starvation.



Vitamin D is **ANTI-INFLAMMATORY**, and its absence allows inflammation to take root. See: **Vital role of the Sunshine Vitamin, Vitamin D**, [April 2020](#) [25].

Moral? Get out into the sunshine whenever you can without sunscreen. Just avoid burning.

Unhealthy gut bugs: bad gut health caused by antinutrients in wheat and dairy increase leaky gut and inflammation. See: **Gut Health**, [Aug 2012](#) [26].

Moral? Eat like we say and, in particular, avoid wheat and dairy.

Low Physical Activity: increases inflammation [27]. See: **Modern Inactivity**, [May 2021](#) [28].

And here are some minor factors:

Social support: Having a good circle of social connectedness and, in particular, **GIVING** social care, depresses inflammation. See: **Giving Social Support Quenches Inflammation**, [Jan 2022](#) [29] and, **Lessons for Today**, [Deadly Harvest, Ch. 8](#), [30] p.223.

Living in landscapes which speak to our psyches: The restorative effects of living in environments which conjure up deeply programmed memories of our ancestral homeland.

Green Space Deficit: Urban living increases inflammation and living close to nature reduces it [31, 32].

Positive emotions: especially awe, wonder, and amazement – reduce inflammation by reducing inflammatory cytokines. See: **Awe Quenches Inflammation**, [Mar 2015](#) [33].

Message

From James Vakos, Las Vegas, USA

Thank-you Geoff.

I have been following the Bond precepts of Natural Eating for 10+ years, not perfectly, but probably about 80% correct. I recently went for my first annual physical in the past 5 years.

I am 71 years old and about 10 pounds overweight. Yes, eating properly but eating too much can cause weight gain – which a friend continuously kids me about. Aside

from that the results of my exam were very good.

BP: 121/75. Triglycerides and Cholesterol well within normal limits (I didn't get the actual numbers).

HbA1C: 4.7 (Blood sugar) is normal.

Prior to starting Natural Eating, I suffered from pre-diabetes, had skin tags, alopecia and was borderline hypertensive. I also had three colonic polyps but at 3-year follow-up was completely free.

So, thank-you Geoff, following your precepts, I have a clean bill of health and no need for heart meds, statins, cholesterol lowering meds, etc...

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One day in #BondPaleo - VIII



[Food Diary](#) [34]



[Geoff](#) [35]

For example, the calorie content of an apple is the **AVERAGE** of many apples of the same variety plus many apples of other varieties. The actual apple you are eating could vary widely from this average.

Secondly, the calories in a food don't all have the same effect on the body. See: **Not all calories are the same**, [May 2013](#) [36].

I try to take a generous estimate of calories ingested and round up the figure to the nearest 5 calories. For this day, these totaled 1,435 calories.

In parallel with this I wear an activity monitor which tries to track calories expended. The **TYPICAL** "*basal metabolism*" (energy needed to keep the body just ticking over) for someone my age is about 1,700 calories per day. But I have no way of knowing if my own is close to this figure or not.

I try, with the physical activity, to add about 400 calories per day. This is in keeping with the average forager expenditure of some 20% of the

total. My activity monitor reckoned on this particular day a total of 2127 calories expended which I rounded up to 2130.

Overall, the difference between intake and expenditure gave an underspend of **-695** calories.

This is quite a lot and not typical for me. I find that to maintain a stable weight, I must underspend around **300** calories per day or **10,000** per month.

Whilst 'Not all calories are the same' this result is a little puzzling. Is the activity tracker not measuring calories accurately? Is my basal metabolism lower than the average? Are my calculations of calorie intake flawed? For the time being the jury is out.

[Next Month: Weights & Measures \(2\)](#)

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Is Alcohol Paleo?

Normally, this happens harmlessly, and the evidence suggests that this is indeed the case.

But that is not the main point. You rightly point out that we are drinking wine and not beer. Beer is **HIGH GLYCEMIC** creating sharp spikes in blood-sugar and insulin.

Beer's alcohol content is not the main problem but its high content of the sugar 'maltose' is.

In contrast to dry wine, beer directly undermines health by promoting obesity (beer belly) and diabetes.

In the great scheme of things, there is virtually nothing that we consume today that is identical with a forager's diet. We must work with what best **MIRRORS** this diet in today's world.

We don't promote alcohol as being Paleo, we just suggest that, in moderation, it is an innocent and agreeable lifestyle enhancer.

See: **Alcoholic Beverages**, [Deadly Harvest, Ch 3](#) [37], page 75 and **The Problem with Alcohol**, [Ch 3](#) p. 81.

Viewpoint

Organizing Society for an Industrialised world (VIII)

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 [May \[38\]](#) we looked at **The Synthesis**. Now we have **Dangers to Prosperity (1)**:

Last month, I summarized the nine factors that seemed to be the most important contributors to the Industrial Revolution taking off in England.

In the “anglosphere” at least, some of these are still operating well or are not so relevant today. Such are: a) the laws of inheritance where individuals can decide who inherits their asset, b) the freedom of ordinary citizens to sell their labor to whomsoever they want, c) the sanctity of contract and the respect of property rights, d) everyone is subject to the same law, including the head of state, e) any undertaking is permitted unless it is specifically forbidden.

However, coming under attack are the following:

A) The Common Law: in the UK this wondrous plant that grew up organically since Saxon times has been stifled, over 50 years, by a flood of top-down ideological directives coming from an unelected bureaucracy in the Belgian capital of Brussels. Since Brexit, England is slowly extricating itself from this foreign and alien stranglehold.

However, this is not all. In USA, and elsewhere in the anglosphere, **ACTIVIST JUDGES**, in an insidious mission creep, are making law, superseding the role of elected parliaments.

Finally, one of the central features of the Common Law, **presumption of innocence**, is also in peril. Already we have politicians saying that someone should undergo trial to “prove their innocence”. On the contrary, it is down to the prosecution to prove guilt!

B) The individual is responsible **ONLY** for his own actions: This principle has come under fierce attack in recent times.

Under the cult-like ideology sweeping through western societies,

individuals are held responsible for whatever their **GROUP** does. The cult defines what group you are in. Worse, it makes you responsible for your **ANCESTORS'** doings back to the year dot!

In this way the cult is setting one group against another. This is a lamentable return to the strife, and never-ending feuds, typical of forager societies. See: **In-group, Out-group, Deadly Harvest, chapter 8 [39]**, p 197, and, **Law Enforcement Lessons, Nov 2020 [40]**.

Moreover, one of the major features of the English condition was its **individualism**. This meant that the individual took *sturdy* and *competent, responsibility* for his actions.

Today, under the influence of this cult, individualism is degenerating into **VICTIMHOOD**, takes responsibility for **nothing**, and blames other groups for its condition.

[Next Month \[41\]](#): **Dangers to Prosperity (2)**

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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