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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

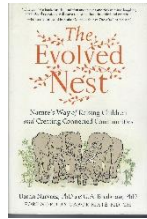
**Evolutionary Support Web:** The Evolved Nest Review (II). **Jungle Lore:** 95% of species ran more from humans than lions. **Physical Activity:** Exercise Debate. **Worthy Idiots:** The more sunscreen the more melanoma. **News Shorts:** Climbing Stairs cuts CVD; Pancreatic Cancer linked to high Insulin levels; Meat Substitute 'Mycoprotein' healthier than Red Meat; Cheese – not all bad? **Climate Fluctuation:** Expansion of Farming in the Northern Wilderness; Improvement in Bordeaux Wines. **Messages:** Richard Housewright. **Spreading the Word:** Radio interviews with Martie Whittekin. **Laughter is the best Medicine:** Tolstoy.

## Book Review (II)

### 'The Evolved Nest' by Dr Darcia Narvaez

From [last month](#):

Babies (of many species) are born into an intricate web of support. Modern societies have largely lost this to the detriment of their children's health, well-being, and social integration.



On the question of 'Care', Narvaez chooses some contrasting examples. Baby sperm whales (which are mammals) are born into a pod of females who all participate more or less equally in caring for and even breast-feeding the new-born calf. This is an extreme form of the "alloparenting" which is the standard practice also in human forager societies. See: **Parental Burnout in the West**, [April 2021](#) [1].

On the other hand, emperor penguins (which are birds, not mammals) are famous for their male/female 'sharing care'. As soon as the female lays the egg, she passes it over the ice onto the male's feet where he covers the egg with his own feathered skin known as a brood pouch. The female treks off some miles to the seashore where she can catch fish and restore her body fat.

Meanwhile the father stands for months on end, through blizzards and gale-force winds waiting for her to come back, all the time carefully rotating the egg to keep it evenly warm.

In contrast says Narvaez, >p3

## Jungle Lore

### 95% of species ran more from humans than lions



Hunter-gatherers trap a lion

Cr. Alamy. <https://bit.ly/3vaywA1>

Giraffes, elephants, impalas, hyenas, rhinoceroses, leopards and more than a dozen other species of mammals in a South Africa's Kruger National Park **RAN AWAY** from the sounds of human voices.

They did this twice as often compared to noises from lions. So finds a study led by Michael Clinchy at the University of Western Ontario in Canada [2]. See Clinchy's interesting 1 minute video clip here: <https://bit.ly/3RX54X5>

"Theoretically, this is a protected area, so these animals should not be fearful of us," he says. "But [our study implies that] if you're a wildlife tourist, or a poacher, or whatever, you're all going to be perceived as the same thing."

Concludes Clinchy, "The fear of humans is ingrained and pervasive. The only species that didn't flee people's voices were lions themselves – they didn't run from anything."

**My View?** Clinchy seems to think that it is wicked modern-day poachers and tourists who >p3

## Physical Activity

### Exercise Debate

From Diane Lewis, Hawaii who responds to my **Hill Hiking Report**, [last month](#):

"I beg to differ with your opinion that outdoor exercise is superior to indoor gyms, bikes, stretching, and treadmills. I would prefer to say that they are very complementary in that they work different muscle groups."

"A hike up a rocky hill will work your feet, toes, ankles, and calves. But half-sit-ups on an indoor exercise ball will isolate your abs and strengthen them.

"There are good apps that show indoor exercises and how to strengthen specific parts of the body. This is important for balance and conditioning, especially for people over 60.

"Aliso, I like to jump on a treadmill early - while I make calls and check emails. It's not boring because I'm being productive. 6,000 to 8,000 steps happen without me even being aware. Plus, it's safe and fun to do in inclement weather. I call indoor gym time "Plan B."

"Please rethink your position on indoor gyms: treadmills, ellipticals, bikes, Pilates equipment, stretch classes, fitness classes, and everything that gets people up and moving. Ideally, it should be a good mix... some indoor and some outdoor, but in a sustained way.

Thank you for all your inspiration. Please keep your readers informed with recent photos and info about your own personal monthly >p3

### Worthy Idiots

#### The more Sunscreen the more Melanoma

Canadians living in Nova Scotia and Prince Edward Island have high rates of melanoma. This is in spite of slapping on layers of sunscreen [3]. This, the researchers say, highlights a "sunscreen paradox".

They attempt to explain this paradox by suggesting that, by using sunscreen, subjects had a false sense of security. Says one of the researchers, "Sunscreen is important, but it is also the least effective way to protect your skin when compared to sun protective clothing, and sun avoidance."

**My View?** Why don't the researchers draw the obvious conclusion – that sunscreens **CAUSE** skin cancers!

This is something we've known for a long time. See: **Sunscreens Cause Skin Cancer**, [March 2010](#) [4]

Traditional sunscreens only filter out the ultraviolet 'B' rays which cause burning. They do not filter out the 'A' rays which actually do the damage to the DNA in skin cells.

Now some modern sunscreens do indeed filter out both UVA and UVB rays. Check what it says on the label. Sometimes they use the term "Broad Spectrum".

However, by using such a sunscreen you lose the benefit of sunshine! See: **Rickets Girl Wore Sun Factor 50**, [Jan 2011](#) [5].

And I have written dozens of times about the vital role that sunshine plays in human health. See: **Sunlight Boosts Immune System**, [Dec 2016](#) [6]; **New-found Factor in Sunlight Helps Multiple Sclerosis**, [June 2010](#) [7]; **New Sunshine Benefit Factor**, [June 2013](#) [8]; **Sunshine & Sunlight**, [Paleo in a Nutshell](#), page 29 [9]. And many more.

**Moral?** Our forager forebears lived stark naked, 365 days a year,

under a tropical sun. If this went on for eons, then our bodies came to expect the sun to be there and, if it is not, we sicken and even die.

Just tan up gently without burning and keep it there as best you can.

### News Shorts

#### Climbing Stairs cuts CVD

Climbing more than five flights of stairs (50 steps) daily could reduce risk of cardiovascular disease by 20% [10].

Say the researchers: "Short bursts of high-intensity stair climbing are a time-efficient way to improve cardiorespiratory fitness and lipid [triglyceride] profile. It is especially helpful for those who haven't the time to meet physical activity recommendations. These findings highlight the potential advantages of stair climbing as a primary preventive measure for CVD in the general population."

**My View?** Another useful activity to add to those we've reviewed in **Exercise Debate**, page 1 and in **Vigorous Housework cuts CVD**, [last month](#) [11].

#### Pancreatic Cancer Linked to high Insulin Levels

Obesity and Type 2 diabetes are risk factors for pancreatic cancer, but the exact mechanisms by which this occurred remained unclear.

Say the researchers: "We found that high insulin levels directly contribute to pancreatic cancer initiation through insulin receptors in the enzyme producing cells.

"This high production of digestive enzymes leads to heightened pancreatic inflammation" [12].

**My View?** We've known for a very long time that high insulin levels are a major factor in pancreatic cancer. I first wrote about it in: **Blood sugar/Pancreatic Cancer**, [April 2001](#) [13]. See also: **Preventing Pancreatic Cancer**, [Jan 2005](#) [14].

Just a reminder: high insulin levels are driven by high blood sugar levels – and high blood sugar is caused by eating sugars and starches.

Keep off the pasta, potatoes, cereals, bread, pizza, and pastries!

#### Meat Substitute 'Mycoprotein' healthier than Red Meat?

A small trial on 20 healthy males found that, compared to red and processed meat, the meat substitute "mycoprotein" improved cholesterol levels, reduced blood pressure, and reduced waist fat [15].

Mycoprotein is made from a fungus and has a complete range of essential amino acids; it is also rich in fiber.



Quorn 'Cordon-bleu'

Typically, the mycoprotein is confected into meat substitutes such as 'chicken' breast, minced 'beef', and 'turkey-style' roast. The products used in the trial were made by the British company, Quorn. See: **Quorn comes to America**, [May 2002](#) [16]

**My View?** We look favorably on alternatives for red meats like beef, lamb and pork (and their processed versions) since they do have big drawbacks.

Today's beasts are marbled with 'bad fats' (see: **How to Make Good Body-fat**, [March 2010](#) [17]) but also red meat in general does contain inflammatory molecules: See: **Red Meat Intake Generates Heart Disease Molecule 'TMAO'**, [May 2019](#) [18]; **Red Meat Inflammation Molecule** ["Neu5Gc"], [Jan 2015](#) [19].

This is not to say that mammal-meat is un-Paleo. For sure our ancient ancestors regularly consumed antelope, wart-hog, and giraffe. And for sure our bodies handle that level of intake perfectly well. Venison, wild boar, and rabbit are comparable Paleo-compatible meats today.

With regard to Quorn products, do check the ingredients. Most have a

high percentage (over 80%) of mycoprotein. plus a few fairly innocent binders and fillers like egg albumen.

On the other hand, Quorn sausages, for example, contain only 41% mycoprotein bulked up with a long list of ingredients which includes 'bad' wheat flour and vegetable oils.

See also: **Quorn Protein better than Milk Protein to Build Muscles**, [Aug 2019](#) [20]

### **Cheese - not all bad?**

*Dairy products are non-Paleo, and we highlight the mainly harmful effects of consuming them. See: **Summary of Diseases Linked to Dairy Consumption**, [Deadly Harvest, Chapter 5](#) [21], page 128.*

*However, of the various types of dairy, we say that cheese is the "least bad" option. Here we have some positive aspects of cheese consumption.*

### **Brain Health**

Regularly eating cheese, of any kind, is linked to better brain health in older people [22]. So finds a study of Japanese over 65s. The results chime with earlier studies which show similar effects.

One possible explanation is that cheeses contain high levels of molecules, called "oleamide" and "dehydroergosterol", which douse inflammation in the brain's microglia (immune cells) [23]

See also: **Dietary Fiber reduces Brain Inflammation**, [Oct 2018](#) [24].

### **Gut Health**

Professor James Goodwin, author of **Supercharge your Brain**, thinks that blue cheeses like Stilton and Roquefort contain a great variety of good bacteria which improve gut health. This in turn boosts brain function via the vagus nerve which connects the gut to the brain.

### **Lower Cholesterol**

Dr Emma Feeney, University College, Dublin, finds that consumption of high-calcium hard cheeses like cheddar and parmesan lowered cholesterol levels [25]. (She

did not test soft cheeses like Camembert or Brie)

"It is thought that some of the fatty acids in cheese bind with the calcium in it, making less of it absorbed by the body." (Which is good)

Another possible explanation says Dr Olive Guttman, St Bart's, London, is that fats called 'sphingolipids' in cheese reduce the uptake of cholesterol from the gut.

Sphingolipids perform vital roles in signal transmission, cell recognition, and neural tissue function.

**My View?** I will enjoy my glass of Bordeaux (next item) with a nibble of Stilton with a clearer conscience! See: **The 80-15-5 Rule**, [last month](#) [26].

### **Climate Fluctuations**

*Millions of years ago our ancient ancestors lived through dramatic changes in climate which dried up the rain-forests and forced them to leave the trees and learn to live on the ground in the newly created savannas.*

*Most recently (some 20,000 years ago) European and Asian humans adapted to survival through the height of the last ice age. The world has been getting warmer ever since.*

*In my view, we don't give enough credit to the benefits of this trend. Here are a couple of encouraging studies:*

### **Expansion of Farming in the Northern Wilderness**

A study from the University of Exeter, UK suggests that by 2050, some 1 million sq miles (2.75 million sq.km.) of wilderness in Alaska, Russia and Canada will become farmable [27]. Thousands of crops will be encouraged – notably tomatoes, potatoes, onions, and grapes.

See also: **Siberia: New 'Garden State'**, [July 2019](#) [28]; **Climate Cycles: Winners & Losers**, [Sept 2009](#) [29], **Alaska comes out of the Ice Age?** [Dec 2015](#) [30].

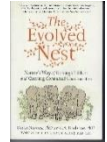
### **Improvement in Bordeaux Wines**

A study from Oxford University finds that, with climate change, the Bordeaux region will experience wetter winters and hotter drier summers. Result? Improvement in the quality of Bordeaux wines! [31].

**Continued from Page 1**

### **'The Evolved Nest' Review (II)**

"... in **MAMMALS**, the primary carer is the **MOTHER**. Mammal infants are born with a "set goal" to stay close to mother. They live inside their mother for months then, when they emerge into the outside world, their first experience is their mother."



"Emperor penguins (as **BIRDS**) contradict this model – the chick's first experience when hatched is the **FATHER'S** "crop-milk". (Crop milk is a secretion which birds regurgitate from their crops.)

**Part III** [Next month](#): Emotions

**Continued from Page 1**

### **95% of species ran more from humans than lions**

are responsible for this response. On the contrary, savanna animals, including predators like leopards, lions and hyenas have, for a quarter of a million years, given foragers like the San and Hadza a wide berth.



The males of the tribe are not only highly efficient at protecting their band with deadly force, they are also "super-predators" of hunted game. So it is only natural that, over millennia, evolution has wired these savanna creatures' brains to give them an "ingrained fear" of humans.

**Continued from Page 1**

### **Exercise Debate**

exercise routines. It's highly motivating!"

**My View?** Your point is well made, Diane. Indeed, Nicole (who uses a treadmill) picked me up on the way I phrased "I've done with gyms...", saying it sounds pejorative.

All I was trying to say is that, personally, I find them dispiriting and was looking for a way of exercising that works for me. And I think that for most busy people they have to find what works best for them such that they actually do it – almost anything is better than nothing!

The way you keep fit is an example to us all! But most people could not keep up such a regimen and I try to avoid disheartening the average couch potato who can't even run for a bus.

For more on Diane's exercise routines see: **Ageing Muscles: Hard to Build, Easy to Lose**, [Sept 2018](#) [32].

Finally, it must be said that my imagination is with hunter-gatherer village life and so my instinct is to emulate it as and when I can. See: **Paleo-conforming Physical Activity**, [Sept 2018](#) [33] and **Physical Activity, Deadly Harvest, Chapter 8** [34], page 187.

### Messages

From Richard Housewright, Glendora, California, referring to **Hill Hiking Report**, [last month](#):



<https://bit.ly/3SQBP9f>

"I hiked those trails growing up in Indio during the '50s and '60. We were always excited to find Indian relics up in the canyons.

"Great current picture of you and the valley."

### Spreading the Word

#### Radio Interview with Martie Whittekin

The radio interview with Martie Whittekin [35] took place on November 29<sup>th</sup>. It was actually recorded "Live to Tape" so was not broadcast straightaway. Catch up on it here: <https://bit.ly/48zKkKK>

Due to my mix-up over the difference in time zones between California and Texas, I was caught short by the interview taking place an hour earlier than I expected, so I was more discombobulated than usual.

Martie's show is called **Healthy by Nature** and is to be found at: <https://hbnshow.com/>

#### Radio Interview (2) with Martie

A second interview has been scheduled for Tuesday January 9<sup>th</sup>. Catch-up [next month](#).

Martie retires at the end of January so she is doing me an honor by including me in one of her last shows.

### Laughter the best Medicine

"Though the doctors treated him, let his blood, and gave him medications to drink, he nevertheless recovered." *Leo Tolstoy*

**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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