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The Bond Briefing

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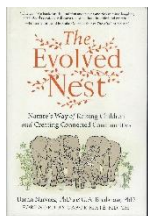
RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Book Review (part III): The Evolved Nest by Dr Darcia Narvaez. **News Short:** Centenarian Personality. **Recipe:** Chocolate Chip Panettone. **News Shorts:** Palm Oil Replacement; Physical Activity at 10 improves brain from age 10 to 14; Brain is 'rewired' during pregnancy; Good Lifestyle cuts Depression; Mediterranean 'Way of Life'; Depression and Ultra-processed Foods. **Spreading the Word:** Radio Interview with Martie Whittekin.

Book Review (part III)

'The Evolved Nest' by Dr Darcia Narvaez

Continuing 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 well-being, and social integration.*



As an introduction to her thoughts on emotions, Narvaez cites the "Cambridge Declaration" made by a group of Nobel prizewinners – including Steven Hawking – saying that: "Non-human animals, including all mammals ... and many other animals, including octopuses also possess the same 'neurological substrates'." In other words, "octopuses have the wherewithal to be as aware and cognizant of their surroundings and themselves as we are – perhaps even more so... Octopuses appear to be a perfect example of the impossibility of dividing body from mind... they have all the neurological substrates for complex emotions."

Narvaez then segues into opining that: "Emotions are an infant's first tools. Babies are automatically geared to learn physical and emotional associations and value. Under good nested care during the first year of life the brain builds connections which build the infant's capacity to understand and organize emotions.

Unnested care, abuse, or neglect, on the other hand directly interfere >p4

News Shorts

Centenarian Personality

A Spanish study has identified the following personality traits shared by centenarians [1]. They suggest adopting (as much as your innate personality will let you) the following behaviours:

Vitality

Maintain a lively attitude, being active and participative. Stay active, physically and intellectually.

Taking pleasure in interaction

Take care of social relationships. Be willing to help others. Let your loved ones know that you love them.

Commitment

Promote attitudes of commitment, responsibility, honesty, and perseverance throughout life.

Control

Try to be the owner of your own life, feeling yourself responsible for your actions and their consequences, as active agents.

Have realistic short/medium-term objectives and persevere in achieving them.

Have a broad outlook, being able to find opportunities beyond your nearby surroundings or your comfort zone.

Establish order and certain habits in daily life, so that everyday demands do not overwhelm you.

Intellectually motivated:

Stay intellectually active, even finding new areas of knowledge and learning (such as painting, writing, so on)

Be curious, for example learning about new cultures, traveling, reading. >p3

Recipe

Chocolate Chip Panettone



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

Yield: 20-30 slices

This Paleo conforming recipe is delicious especially for afternoon tea or continental breakfast.

½ cup raisins (about 2.5 oz, 55 g)

3 tablespoons dark rum

6 eggs, omega-3

½ cup (115 ml) coconut milk,

1½ tablespoons olive oil

3 tablespoons vanilla extract

2½ cups almond flour (about 8½ oz, 225g)

3 tablespoons (24g) coconut flour

1½ teaspoon (7g) baking powder

5-6 tablespoons (80g) xylitol, to taste

6 tablespoons (60g) chocolate chips

olive oil spray

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. >p2

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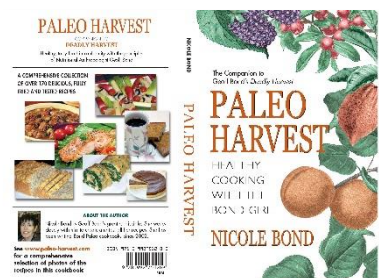
Chocolate Chip Panettone

2. Break the eggs and carefully separate the yolks from the whites into 2 separate mixing bowls.
3. Beat the egg yolks with an electric hand-mixer, together with the coconut milk, olive oil and vanilla extract. Add the almond flour, coconut flour and baking powder and blend to a smooth consistency. Sweeten with xylitol to taste. Set aside.
4. Beat the egg whites with an electric hand-mixer until very stiff.
5. Add the egg whites progressively to the yolk mixture, stirring carefully to obtain a smooth, but fluffy mixture.
6. Add the raisins and chocolate chips into the mixture.
7. Spray a special, round panettone loaf mold with the olive oil and fill with the mixture.
8. Bake in a hot, fan assisted oven at 300°F (150°C) for about 1 hour.
9. Check the center for doneness.

You can download the recipe here:

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

Find more Paleo recipes in Nicole's cookbook www.paleo-harvest.com:

**News Shorts****Palm Oil Replacement**

Palm oil is a major functional, saturated fat used widely across the food industry in products such as cakes, biscuits, pastries, confectionery, ready meals, and sauces. It works particularly well in bakery products due to its composition, taste, and mouthfeel.

However, palm oil is basically a 'bad' saturated fat and is only mitigated by a favorable position on the triglyceride molecule. See: **Palm Oil: Friend or Foe?**, [Oct 2011](#) [2]; **Palm Oil Shortening – OK?** [Jan 2020](#) [3].



Oil Palm Plantation [4]

The huge demand has led to significant deforestation in tropical countries, destroying the habitats of orang-utans, rhinos, elephants, and tigers.

So the race has been on to find a replacement. Now food experts at Queen Margaret University (QMU) in Edinburgh have developed a new product, which they call "PALM-ALT" [5], which allows goods, such as cakes and biscuits, to maintain their texture, flavour and colour.

It is made from linseed (flaxseed) meal, natural fibre and rapeseed (Canola) oil. It has 25% less fat and 88% less saturated fat.

Say the food experts, Palm-Alt is not only better for the environment, it also has less saturated fat, fewer calories and, as such, is a healthier option.

In addition, we note, flaxseed oil and rapeseed oil are 'good' omega-3 anti-inflammatory oils, See: **Fats & Oils**, [Deadly Harvest](#), [Ch 4](#) [6], p.104.

My View? Paleo buffs will not be consuming bakery items, ready meals, sauces, and confectionery. But if Palm-Alt helps save orang-utans from extinction, we are all for it.

Physical activity at 10 improves brain from age 10 to 14

10-year-olds who engaged in more sport participation, outdoor play, and total physical activity showed larger increases in the brain's amygdala volume up to the age of 14. Similar findings were observed in the hippocampus [7]. So says a study done on youngsters in Rotterdam, Netherlands.

The findings imply that during the transition from late childhood to early adolescence, physical activity improves the "neurodevelopment" of subcortical areas of the brain. If it doesn't happen, then there is more likelihood of cognition, emotion, learning, and psychiatric disorders.

My View? Just so! Humans were born to be active from an early age and if it doesn't happen then even brain development goes wrong.

Brain is 'rewired' during pregnancy

Researchers find that pregnancy hormones 'rewire' the brain to prepare mice for motherhood [8].

Both estrogen and progesterone act on neurons in the brain's hypothalamus to switch on parental behaviour even before offspring arrive.

Some of these changes lasted for at least a month after giving birth, others are permanent, suggesting pregnancy leads to long-term rewiring of the female brain.

Say the researchers: "We think that these changes, often referred to as 'baby brain', cause a change in priority – what's fascinating is that this switch doesn't happen at birth – the brain is preparing much earlier for this big life change."

My View? No comment! But see also: **Immature Adolescent Brain Wiring**, [April 2019](#) [9]. **City Living Disturbs the Brain**, [Feb 2012](#) [10]; **Women Have Better Emotional Memories**, [Aug 2002](#) [11].

Good lifestyle cuts depression

Seven lifestyle factors were associated with a lower risk of developing depression. These were: moderate alcohol intake, never

smoking, getting enough sleep, regularly exercising, eating a healthy diet, frequently socializing, and minimizing sedentary behavior [12].

People who practised five to seven of these habits had, on average, a 57 per cent lower risk of developing depression than those who adhered to fewer than two of the habits. Getting enough sleep, exercising and socializing had the largest influence.

Brain scans found that those who had a higher number of healthy lifestyle habits had larger volume in the brain's hippocampus and prefrontal cortex. These are regions which influence mood.

The study also found that good lifestyle overcame genetic propensity to depression.

My View? In other words emulate the lifestyle of a hunter-gatherer. This study did not look at one other major factor, that is:

Contact with Nature!

See: **Green Spaces Lower Anxiety and Depression**, [May 2010](#) [13];

Healthy Urban Living: Reconnect with Nature, [Feb 2017](#) [14];

Countryside/Mental Health, [May 2007](#) [15].

Nixing "Nature Deficit Disorder", [May 2018](#) [16].

News Shorts

Mediterranean "Way of Life"

Mediterranean diet researcher, Marialaura Bonaccio [17] of the Neuromed Institute, Pozzilli, Italy, opines: "Some of the benefits of the Mediterranean diet aren't due to the food itself, but to the associated lifestyle."

"For instance, the Mediterranean villagers studied in the 20th century resided in the countryside and their work was often outdoors and physical. They prepared their own food and ate leisurely meals in social groups – which boosts general happiness and life satisfaction, both of which are also linked to better health. You cannot do the Mediterranean diet without cooking," says Bonaccio.

"Unless we can find the time to prepare our own meals and savour them with friends, we may never feel the full effects of the Mediterranean diet. But carve out those extra hours each day for such dining, while also remaining active, and it might be possible for all of us to experience the health benefits."

My View? Bonaccio is describing the forager way of life practised for aeons. So, yes, emulating the so-called Mediterranean "way of life" is the way to go.

As for the Mediterranean diet itself, it can only be improved upon by moving to Paleo as we define it. See: **Mediterranean Diet: Fact & Fiction**, [June 2018](#) [18].

Depression & Ultra-processed Foods (UPF)

A study claims to find a connection between the consumption of ultra-processed grain foods, sweet snacks, ready-to-eat meals, fats and sauces, ultra-processed dairy products, savory snacks, processed meat, beverages, and artificial sweeteners [19].

These findings suggest that greater UPF intake, particularly artificial sweeteners and artificially sweetened beverages, is associated with increased risk of depression.

"Although the mechanism associating UPF to depression is unknown, recent experimental data suggest that artificial sweeteners interfere with signaling between cells in the brain." This messing with the brain's functioning could be a factor in depression.

My View? BondPaleo practitioners will not be consuming much in the way of ultra-processed foods.

With regard to artificial sweeteners, the study does not distinguish between any of them. We do know that common ones like saccharine, aspartame (Canderel), sucralose (Splenda), and acesulfame undermine health. See: **Artificial Sweeteners Toxic to Good Gut Bugs**, [Nov 2018](#) [20].

The one outlier is stevia which, it could be argued, is not artificial

since it comes from a plant. Or indeed other, more exotic sweeteners, like monk fruit sugar (see **Monk-fruit**, [Feb 2021](#) []).

Likewise, the study is silent on the 'sugar alcohols' (or 'polyols') See: **What is Sugar Alcohol?** [Jan 2000](#) [21]. They are bulk dietary fiber sweeteners like sorbitol, maltitol, xylitol, and erythritol (but see: **Excess Erythritol & Blood clots**, [March 2023](#) [22].)

Continued from Page 1

Centenarian Personality

Positivity:

Practicing gratitude, being aware of all the good that there is in your life. Practicing enjoyment, learning to identify and exploit daily positive experiences.

Resilience:

Develop skills that allow you to accept negative and stressful events as a part of life and, as far as possible, to extract the positive essence from an adverse event.

Intelligence:

Challenge your mind; try to solve problems that become progressively more demanding.

My View? In Italian Centenarian

Secrets, [Jan 2018](#) [23], I wrote about a study which found similar personality characteristics in village centenarians: "They displayed resilience and optimism, and espoused working hard. They were in control, had an acceptance of adversity and the grit to overcome it. They had a positive attitude. Their close ties to family, religion, and land, provided purpose in life."

No doubt these traits were important for survival in a forager band. But it is hard to know how today's individual can adopt them if his/her personality is not like that.

On the other hand, we CAN control lifestyle factors like diet, physical activity, sunshine, and sleep. See **Mediterranean Way of Life**, page 3 and **Centenarian Secrets**, [July 2020](#) [24]; **Centenarian Edith Morrey**, [May 2012](#) [25]; **Maximum Human Lifespan**, [Oct 2016](#) [26]; **Hunter-gatherer Socializing**, [Jan 2018](#) [27]

Salt & Diabetes

A study finds a correlation between adding salt to your food and an increase in obesity and diabetes [28].

The researchers, however, don't think it is anything to do with salt being nasty to the body. Rather, they think it is because salt makes food so much tastier that people eat more, get fat and, so, develop diabetes.

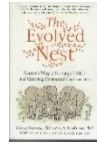
My View? Even so, salt was a small element in forager diets, and the massive over-consumption today is a factor in a range of diseases apart from high blood pressure. See:

High Salt Diet Injures Arteries, June 1998 [29]; **Children eat too much salt, Dec 2002** [30]; **Salt Affects Brain, Dec 2021** [31]; **Salt & Osteoporosis, June 2002** [32]; **Salt a Factor in MS, Sept 2015** [33]; **Salt drives Autoimmune Disease, Rheumatoid Arthritis, Oct 2014** [34]; **High-salt Diet & Alzheimer's, Nov 2019** [35]; **High-salt – calcium depletion, Sept 2012** [36].

Continued from Page 1

'The Evolved Nest' Review (III)

with the development of the brain's right hemisphere. The modern trend to unnested care has led to the rise in bullying, violence, suicide and 'asociality'.



Narvaez uses many animals to illustrate her points. She has shown us elephants, beavers, sperm whales, wolves, penguins, and octopuses. Narvaez even goes on to mention bears and parrots.

But the bottom line is that an evolutionary anthropologist like Narvaez has to tread a difficult, politically correct line in academia. Like Darwin 160 years ago, she has to bury her main – politically incorrect – message about humans in a study of animals. Darwin famously closed his book "On the Origin of Species" (which is all about animals) by daringly opining that: "Psychology will be based on a new foundation ... Light will be thrown on the origin of man and his history".

Even so, Narvaez's book is much more than a guide to 'nesting' new-

born babies, it is also a polemic against the maltreatment of animals in general. Indeed she highlights the terrible distress caused by the indiscriminate killing of adult wolves, elephants and so forth, leaving their young, with their evolved nest destroyed, psychotic, hopeless, and dying of despair.

Part IV Next month: Revealing Narvaez's buried messages.

Spreading the Word

Radio Interview with Martie Whittekin



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

Geoff's latest radio interview with Martie Whittekin of the **Healthy by Nature** show (<https://hbnsnow.com>) was recorded on January 10th 2024. You can listen to it in Martie's archive here: <https://bit.ly/3SaBspj>

You can also hear all Geoff's audio recordings at this link: <https://bit.ly/Bond-audio>

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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