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

Recipe: Red Bell Pepper Loaf. **News Short:** Excess Fructose Linked to Behavioral Disorders. **Evolutionary Biology:** Female Emissions at Orgasm. **News Shorts:** Vitamin D in Pregnancy lowers Eczema in Baby; Child Cancer in Cyprus one of Highest in World; A Green Banana a day keeps the Cancer at bay; Babies fall asleep faster when held; Spending time near Water boosts Mental Health; Chewing gum burns Calories. **Pets Feeding Patterns:** Vegan Cats and Dogs? **Viewpoint:** Organizing Society for an Industrialized World – part I.

Recipe

Red Bell Pepper Loaf

Yield: about 8 servings



[Enlarge](#) [1]

[Enlarge](#) [2]

This is Nicole's variation of a Paleo conforming dish created by reader Jeanne Bouvet from Annecy, France. For a quick fix we used here only ready-made and frozen ingredients. Everything could of course be replaced by fresh ingredients. Also much appreciated when served cold at party buffets.

1 jar roasted red bell peppers, about 350 g drained
olive oil spray
200 g frozen chopped white or red onion
2 teaspoons frozen crushed garlic
60 g canned chopped tomatoes
1 teaspoon tomato paste
1 teaspoon xylitol
1 teaspoon ground coriander
salt to taste (truffle salt best)
freshly ground black pepper, to taste
6 eggs, omega-3
2 tablesp. frozen chopped parsley

1. Mix the drained peppers in a blender. Set aside.
2. Spray a large frying pan with the olive oil and sauté the onion, until soft and translucent, but not brown. Stir in the garlic and sauté for another 2 minutes.
3. Add the chopped tomatoes and tomato paste. > p2

News Shorts

Excess Fructose linked to Behavioral Disorders

Fructose intake is strongly linked to metabolic syndrome. It activates an evolutionary-based survival pathway that stimulates foraging behavior and the storage of energy as fat.

Modest intake helps create normal levels of fat stores to tide foragers (and, so, us) over periods of food shortage.

However, according to researchers at the University of Colorado, high intakes of fructose can also cause a “hyperactive foraging response” that stimulates craving, impulsivity, risk taking, aggression, ADHD, depression, bipolar disease and aggressive behavior [3].

“High glycemic carbohydrates also contribute as they can be converted to fructose in the body.”

My View? We have reported on the evils of excess fructose intake for years. See: **Fructose Revisited**, [May 2016](#) [4] & **Fructose**, [Deadly Harvest, Chapter 6](#) [5], p 145.

These evils focused on how excess fructose messes with the body's metabolism. It undermines blood sugar control; provokes diarrhea, bloating, and fatty liver; and drives up glucose intolerance, blood pressure, cholesterol, triglycerides, and insulin resistance. This study is new in that it finds a link with **BEHAVIORAL** disorders.

Most fructose comes from soda sweetened with high fructose corn syrup and various processed foods. But some modern fruits are also high in fructose. One of my web-site's most downloaded pages is: [Fruit-Fructose Tables](#) [6]

Evolutionary Biology

Female Emissions at Orgasm



[Dr Jessica Päf](#) [7]

Evolutionary biologists' research can lead down some strange paths. In **Origins of Female Orgasm**, [Sept 2016](#) [8] we reported on how orgasm seems to be left over from a time in our ancient evolutionary history when orgasm was necessary to trigger ovulation. Now women ovulate whether or not there is orgasm or even intercourse.

Researchers are digging even deeper into the complexities of female orgasm. Dr Jessica Päf of Gothenburg University, Sweden specializes in the phenomenon of female **EMISSIONS** at orgasm [9].

A very small percentage of women release a large amount (a wineglass-ful) of clear liquid from the urethra at orgasm, a process called ‘squirting’ that is distinct from female “ejaculation”, which involves the release of a small amount of milky liquid.

Päf particularly studied women's experiences of squirting in Rwanda, where it is highly celebrated. “Women in Rwanda talk about it as the highest level of satisfaction – it's connected to relaxation and release – and they pass the knowledge of how to do it down from generation to generation.” Indeed, this phenomenon has been recorded from many parts of Africa including our ancestral homeland in western Tanzania. [10,11]. > p 3

Recipe

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Red Bell Pepper Loaf



Mix in the xylitol and ground coriander. Salt and pepper to taste and simmer for a few minutes. Mix in the red pepper mix and coarsely blend.

4. Meanwhile beat the eggs in a large mixing bowl with an electric hand-mixer. Lightly salt and pepper to taste.

5. Add the pepper and onion mix to the eggs, using a fork to mix all together evenly. Mix in the chopped parsley.

6. Spray a table-ready loaf mold (say, 9 inches long, 5 inches wide, 3 inches high) with olive oil and fill with the mixture.

7. Bake in a hot oven at 320°F (160°C) for about 1 hr. Check for doneness.

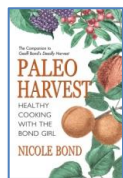
8. This dish can be served directly in the mold. To de-mold, first cool down in the fridge for 2 hours.

9. Best served cold.

Download Recipe:

<http://bit.ly/3id0FzN>

Many more dishes are in Nicole's [Paleo Harvest](#) cookbook: ISBN: 978-0-9927512-0-3 [12]



News Shorts

Vitamin D in Pregnancy lowers Eczema in baby

Says a study, babies had a lower risk of developing allergic eczema in their first year if their mothers took 1000 IU of Vitamin D a day from when they were 14 weeks pregnant until they delivered [13].

The effect was particularly seen in babies who were later breastfed for more than a month – presumably

because the mother's milk was also rich in vitamin D.

The child's bone density at 4 years old was also much improved.

My View? I have written extensively on the perils of sunshine starvation in today's world. See: **'Alarming' Vitamin D Deficiency in UK**, [Jan 2021](#) [14].

Yes, for all the reasons rehearsed so many times, it is better to obtain vitamin D from sunshine. But if that is not possible, then supplements can be a reasonable substitute. See: **Winter, Sunshine Starvation & Vitamin D Supplements**, [Oct 2021](#) [15]

Child Cancer in Cyprus one of highest in world



[Last month](#) [16] we highlighted how Cyprus has one of the highest rates of child **OBESITY** in Europe.

Now a study from Dr Loizos Loizou of Nicosia University finds that Cypriot children have one of the highest rates of **CANCER** in the world too [17].

Loizou says that it is no coincidence that Cypriot children are also the fattest in the world.

My View? The connection between obesity and cancer is undisputed. Amongst other things, the link is with a high glycemic diet creating sharp blood sugar spikes. The cancer cells feed greedily on this excess sugar, and grow out of control. Obesity also depresses the cancer-fighting immune system

It is a tragedy that parents can allow their children to become obese – it could be considered a case of child abuse.

A Green Banana a day keeps the Cancer at bay.

A study designed to discover the value of consuming resistant starch on cancers of the upper digestive tract finds that it reduced their incidence by some 50% [18].

Resistant starch is a kind of **DIETARY FIBER** found especially in green bananas. See: **Resistant Starch**,

[Jan 2014](#) [19] and, **Potatoes & Resistant Starch Revisited – part II**, [Oct 2015](#) [20].

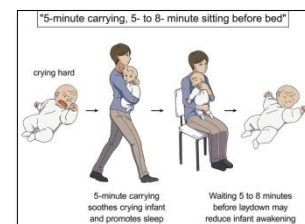
Resistant starch “resists” digestion and ends up feeding “good” bacteria in the gut. These in turn produce chemicals which detoxify DNA-damaging bile acids produced by ‘bad’ bacteria.

My View? The important thing about resistant starch is that it is a **DIETARY FIBER**, see: **Defining Dietary Fiber**, [Aug 2016](#) [21].

So you don't especially have to seek out green bananas – they can be hard to find. Just up your intake of dietary fiber generally.

On the other hand, an easily available source of resistant starch is the **FLOUR** of green banana. See: **Green Banana Flour Pancakes**, [Dec 2016](#) [22].

Babies fall asleep faster when held



<http://bit.ly/3GDYjEu>

An experiment involving 21 infants aged less than 7 months found they were more likely to stop crying and fall asleep when their mother walked with them, compared with when they were laid in a cot [23].

My View? This is hardly surprising. Forager babies, since the beginning of time, were always in close bodily contact with their mother or other care-giver.

This is understandable: human babies are, in a sense, unfinished fetuses born prematurely. Unlike a new-born foal or piglet, they are totally defenceless and helpless for months.

So new-borns are genetically programmed to detect separation from the care-giver. It creates an often noisy panic reaction which also raises heart rates and anxiety levels. See: **Child Rearing**, [Deadly Harvest, Chapter 8](#) [24], page 215

Spending time near water boosts mental health

If we consider our deep past, in the 1980s, American biologist E. O. Wilson put forward his “Biophilia” hypothesis, which says our brains are wired to seek out a connection to nature because of the environment we evolved in – which is very different to the ones most of us live in today.

We have spoken often of how this translates into the vital need to be in contact with ‘green spaces’. The conversation has moved on to the need to be in contact with ‘blue spaces’ too, namely water. See: **Ocean Views for Mental Health**, [May 2016](#) [25]; **Coastal Living aids Mental Health**, [Dec 2019](#) [26].

Says Mathew White at the University of Exeter, UK: “Blue spaces, especially the coast, often have patterns of change that you don’t get with green spaces. The tide ebbs and flows, the waves lap at the shore, the sun glints on the horizon. As well as this movement, there are changes in sound, and even light, that you don’t experience in a park or forest. There is a soothing energy to these environmental shifts and they generate what scientists call soft fascination, diverting our attention away from more specific thoughts – possibly even the negative ruminations associated with depression” [27].

It is best to actually **ENGAGE** with nature – actually swim in the water or row a boat on it for example. The mental health benefits kick in after 10 minutes and one should ‘engage’ for a minimum of 2 hours per week.

Chewing Gum Burns Calories

An experiment that looked at the energy use associated with chewing gum found that it can boost basal energy expenditure by up to 15 per cent [28].

Say the researchers: “for our ancestors, before the onset of cooking and sophisticated food processing methods, the energy expenditure must have been relatively much higher.”

My View? I have written many times about how, in forager times, our food was incredibly fibrous and

chewy. See: **Indigestible Fiber Intake**, [Aug 2011](#) [29].

There the focus was on how forceful chewing was necessary to correctly develop the jawbones, the jaw-muscles and the palate. See: **Forceful Chewing Stimulates Jaw’s Bone-building Cells**, [July 2019](#) [30]. **Your Jaws are what you Chew**, [Aug 2011](#) [31].

This study introduces a new aspect: forceful chewing helps to burn off calories!

Pets’ Feeding Patterns

Vegan cats and dogs?

It is challenging to sympathize with vegans who, for ideological reasons, have decided to avoid all foods of animal origin. It can so easily go wrong! See: **Vegan mother guilty over death of 18-month old son**, [July 2022](#) [32].

But it doesn’t stop there. Now vegans want their cats and dogs to have vegan diets too [33].

With a great deal of care dogs, which are omnivores, can survive on a vegan diet. But cats, which are ‘obligatory carnivores’ cannot.



In a recent case study from Toulouse, France, two young cats were taken to a vet after they became lethargic and bloated and lost their appetite. Tests found that the animals were anaemic, had lost muscle mass and were profoundly deficient in vitamin B9 (folate).

Five months earlier the cats had been put onto a plant-based diet. Once back on meat, both cats recovered completely.

But inventive humans are coming up with a solution to animal meat: mouse-meat grown in a laboratory!

The company called “Because Animals”, Vienna, Austria, is working on cultured mouse meat for cats. It is also working on cultured rabbit meat for dogs.

Says CEO Shannon Falconer. “So for cat and dog owners who don’t

want to deprive their pets of meat, there is an alternative: cultured, or lab-grown, meat. This edible tissue is grown from stem cells.

Says Falconer: “This product provides the first humane and sustainable meat-based product that they could feed their cat.”

My View? Good luck with that! But it is interesting to note that the French authorities require that animals: “must be placed by their owners in conditions compatible with the biological imperatives of the species”.

In other words: feed creatures the way that nature intended. So obvious – and yet it is hard to convince humans that the rule applies to them too!

Evolutionary Biology

Continued from Page 1

Female Emissions at Orgasm



Of the two types of ‘emission’, the few milliliters (less than a teaspoon) of the thick milky “ejaculate” are known to come from the small “Skene’s glands” located next to the urethra.

But it is unsure where the “s squirt”, (which can be hundreds of milliliters) comes from.

Now Japanese researchers have found out [34]. They took five female ‘squirters’, emptied their bladders and refilled them with blue dye. They were then brought to orgasm and the ‘s squirt’ collected in a sterile cup. The color was blue.

So now that they know where it comes from, the next experiment will analyze natural occurring squirt to see how much its composition differs from urine.

My View? No comment!

Viewpoint

Organising Society for an Industrialised world (I)

The transition from farming to industrialization has lifted billions

from the drudgery, insecurity, and poverty associated with a farming lifestyle. But what happened to allow the industrial revolution to take place? And what do we need to do to nourish it?

The celebrated University of California geographer and author of “Guns, Germs, Steel”, **Jared Diamond** opined that the transition from a hunter-gathering to farming was “Humanity’s worst mistake” [35]. The new farmers suffered from multiple diseases, loss of stature, famine and a life of unending drudgery. See: **Farming Double Edged sword**, [Dec 2005](#) [36]; **First Farmers: Women’s Bones**, [Feb 2018](#) [37]; **The Farming Revolution and its Consequences**, [Deadly Harvest, Chapter 2](#) [38].



Ethiopian woman grinding spelt [39]

The trouble was that the farming revolution had allowed a massive

increase in people per square mile. There was no going back to the dispersed forager lifestyle in the savannas. Humanity had got hold of a tiger by the tail and aren’t let go. Then, beginning in the 18th century, a remarkable new transition occurred which is freeing humanity from this drudgery and insecurity. This transition is called the industrial revolution and it began in England. It came about through a number of chance factors coming together at the same time.

In particular: a) the laws of **INHERITANCE** which gave individuals the possibility of mobilising the value inherent in their small-holdings and, b) the weakness of central royal tyranny giving freedom of individuals, under a system of **COMMON LAW**, to be as entrepreneurial and inventive as the fancy took them. More particularly: **Inheritance**. As Karl Marx noted, in most parts of the world, peasants lived on family farms which were held in common by the **FAMILY**. Individual members were born into it, lived their lives in the communal farm and then died. The basic unit of

ownership was the **HOUSEHOLD**, not the individual: no one person could ‘own’ the property or decide to sell it or lease it to someone else.

The one exception was in England. As Oxford historian Alan Macfarlane points out, as far back as records can be traced (12th Century) small-holdings were owned by an individual and he or she (yes women too) could sell, lease, bequeath, or dispose of them as they wished [40]. This led not only into a lively churn in ownership and optimal use of property, it could be turned into **CASH**. It also led to the dispersal of family members who would go off to seek their fortune in other parts of the country.

This was in contrast to what obtained in most of Europe, Russia and Asia where family members were fettered to the family farm. In this way, in England, there became a market in labour for hire, and cash available for investment in enterprise.

[Next month](#): Common Law; Individual (not group) responsibility.

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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