



The science & art of living the way nature intended

# The Bond Briefing

www.thebondeffect.com | Subscribe: \$18 for 12 monthly issues



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

**Our Roots in Nature:** Green-space Deficit Disorders. **Ancestral Physical Activity:** Run to Stay Young. **Recipe:** Damson Plum Tart. **Human Social Dynamics:** Attractiveness – Women's/Men's Engagement Ring Strategies. **Q&A:** Paleo Halts Cognitive Decline; Coconut Oil – Poison? **News Shorts:** Antioxidant Deficit link to Age-related Macular Degeneration (AMD); Sunlight, not Vitamin D, Protects Brain Health; Hand Designed for Bone-breaking. **Ancestral Hard Wiring:** Men/Women Navigate Differently. **Hints & Tips:** Salmon & Tuna Fish Oil Review..

## Our Roots in Nature

### Green-space Deficit Disorders



Enlarge: <http://bit.ly/2Nkmm0L>

For years I have been writing about how human-beings are a part of nature and how our modern lives starve us from connection with the natural world. I have reported on many studies which find that this starvation undermines our health in many ways. See, for example: **Nixing "Nature Deficit Disorder"**, [May 2018](#) [1].

Now Caoimhe Twohig-Bennett, PhD of East Anglia University, UK, has carried out a massive meta-study (study of studies) on the effect of green-spaces on physical health [2].

She found that lack of exposure to green-space increases the risk of type II diabetes, cardio-vascular disease, premature death, pre-term birth, high blood pressure, high heart rate and stress.

Of course, many groups of people have long recognized – yea **FELT** – how good it is to commune with nature. The researchers highlight the Japanese practice of 'Forest Bathing' which is now popular in the West and often called 'Forest Therapy'.

Participants spend time in the forest sitting, lying down, or just walking around. But why does it work?

The researchers speculate that green-spaces provide better ...opportunities for physical activity and socialising. Maybe even exposure to different >4

## Ancestral Physical Activity

### Run to Stay Young

The higher the level of physical activity in middle-aged men & women (50 – 60 yrs) the better they age successfully [3]. So finds Professor Bamini <http://bit.ly/2NrJtX3> Gopinath, University of Sydney, Australia. She followed these middle agers for 10 years to see what happened to them.



Compared to those on the **LOWEST** level of total physical activity, those who engaged in the **HIGHEST** levels were **TWICE** as likely to **AVOID** stroke, heart disease, angina, cancer, diabetes, and **TWICE** as likely to be in optimal physical and mental shape 10 years later.

What were the levels of physical activity? Gopinath assessed what is known as 'METs' (metabolic equivalent minutes) per week.

The World Health Organization (WHO) recommends a minimum of 600 METs per week. That corresponds to 150 minutes brisk walking per week or 75 minutes running per week – in sessions of **AT LEAST 10 MINUTES AT A TIME**.

That doesn't sound too hard, but most people do not achieve even this level – yet Gopinath's **LOWEST** level was actually higher – 1000 METs per week. Her **HIGHEST** level was 5000 METs a week.

Now that figure did give me pause.. it corresponds to running 00 minutes (8 to 10 miles ) a day, 6 days/week >2

## Recipe

### Damson Plum Tart

Yield: 8 servings



Enlarge: <http://bit.ly/2NSDZ7a>

This is one of the best tasting tarts that we have done. It has great mouth-feel, looks beautiful and is only 200 kcal per 100g. The damson plums are best in season. They can be replaced by other fruits, like apples, peaches etc.

#### Pastry Crust

almond flour about 5oz (140g)  
 $\frac{1}{4}$  teaspoon baking powder  
 1 teaspoon xanthan gum  
 1 Tblspoon xylitol  
 4 Tblspoon water, or more if needed

#### Filling:

400 g stoned damson plums (cut in halves)  
 4 Tblspoon erythritol, or to taste  
 $\frac{1}{2}$  Tblspoon vanilla extract  
 10 g slivered almonds >page 2.

## Human Social Dynamics

### Attractiveness: Women's/Men's Engagement Ring Strategies

Men are willing to purchase more showy, expensive engagement rings when they imagine themselves with an attractive woman rather than a woman with average looks [4]. Women envision larger, more pricey rings for themselves if their partner was less >3