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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

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Question of the Month

Gwyn's Raw Food Diet Fatal?



Q. What do you make of Professor Steve Jones' widely reported comment that Gwyneth Paltrow's raw food diet could prove fatal after six months? [1] He claims that: "we have lost the enzymes and absorptive mechanisms to digest raw food."

A. Prof. Jones is a celebrity scientist who always makes me uneasy when I hear him pontificating – particularly when he strays outside his geneticist expertise. In my view he is given to making sweeping generalizations which grab headlines but which are not particularly helpful to thoughtful understanding.

His dire view of the raw food diet is patently wrong. Not ideally perhaps but Eskimos manage on a 95% raw meat diet, preferably frozen!

However, humans, and even our predecessors, *Homo erectus*, have had fire for over a million years. Our ancestral heritage did not program us for an exclusively raw diet. See **Raw Food Hitting Mainstream**, [Oct 2004](#) [2]. **Raw Food**, [Dec 2005](#) [3].

Indeed some authorities like Richard Wrangham claim that cooking was an essential factor in human evolution. **Cooking Helped Evolution?** [July 2009](#) [4]. > p. 4

Human Climate History

Comet Strike Starts mini Ice-age



Our species, *Homo sapiens*, has lived through some major swings in climate in our entire existence of 200,000 years. Most of these swings are due to rhythmical changes in various physical factors such as sun-spot activity.

However, some come about due to catastrophic events such as asteroid strikes. The one some 65 million years ago that wiped out the dinosaurs and sent the world into a 'nuclear winter' has been well documented since the 1980s.

Now researchers have deciphered evidence on ancient stone carvings from Gobekli Tepe (in today's Turkey) that suggests that, much more recently, the earth suffered a major comet strike some 13,000 years ago [5]. It wiped out the woolly mammoth and changed the course of human history.

It marked the start of the 'Younger Dryas', a sudden mini-ice age that afflicted early communities in the Fertile Crescent in the Middle East.

It forced independent bands to work together to develop survival food supply strategies. In effect it triggered the farming revolution and the first neolithic civilizations. See: **Climate always changes: Live with it!** p. 4

Curiosities

Is Obesity Genetic? Depends on your Political Affiliation

If you are an obese Democrat, you are more likely to believe it is genetic than if you are a Republican [6].

On average, Republicans (contrary to Democrats) believe that personal responsibility is the major factor in weight control.

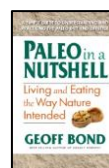
Say the researchers, the belief that obesity is due to genetics removes blame and a sense of responsibility. Policymakers who only focus on lifestyle changes such as exercise, good diet and taxing soft drinks will not persuade some 50% of the population to change their ways.

My View? Western politics seem to be splitting into those who are most comfortable with taking personal responsibility for their lives and those who seek comfort from communal solidarity.

This reflects the tension in forager bands where there is constant juggling between self-interest and the necessity to hang together as a group. See: **Tribal Relationships**, [Deadly Harvest, Chap 8](#), p 206 [7]

Spreading the Word

Paleo in a Nutshell is Here



Geoff's new book is an update, simplified, user-friendly edition of [Deadly Harvest](#).

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