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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 Month

Are all Nightshades Deadly?



Deadly Nightshade (*Belladonna*)

Q. *Potato is a member of the nightshade family and we know it has plant poisons. But what about other nightshades like tomato, egg-plant, bell peppers and chilies?*

A. First of all, a caveat: just because we lump together various subjects into a category does not mean that they are all tarred with the same brush. See: **What's in a Name? Nov 2009** [1]

Having said that, potatoes do indeed contain plant poisons like glycoalkaloids and lectins and this is one of the reasons we avoid eating them. Even in modest amounts they create “leaky gut”, inflammation in the gut and are a factor in IBS and Crohn's disease for example [2].

All edible nightshades do contain glycoalkaloids and lectins but, on the whole, in much smaller amounts to the point where most people cope with them very well.

Indeed, in low doses, plant poisons create a ‘beneficial stress’ which triggers healthful responses in the immune system.

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Andestral Health

Paleo Diet Good for Fat Women

Dr Caroline Blomquist of Umeå University, Sweden, finds that fat women put on a Paleolithic diet maintained weight loss over two years compared to those on a ‘prudent’ Nordic diet [3]. On average, the Paleo-dieters lost 9 kg (20 lb). Moreover they reduced inflammation both in the fat tissue and in the circulation. The Paleo Diet led to improved insulin sensitivity and lower triglycerides.

Their so-called ‘Paleo diet? It focused on unsaturated fats, vegetables, lean meats, fish, poultry, eggs, shellfish, seeds, nuts, oils and fruit. It had good protein intake and had a low glycemic index. Unlike the Nordic diet, it excluded cereals, milk, refined sugars and salt.”

My View? A good result for a genuine Paleo-conforming diet.

Buyer Beware

GMO Gluten-free Wheat

In California, I've been struck by the new awareness of gluten and the public demand to see it gone. Restaurant menus announce their gluten-free dishes and groceries prominently label gluten-free products.

The message has not been lost on Agro-industry. They are beavering away to produce a GMO strain of wheat that has almost no gliadin (the main culprit in gluten) [4]. Don't be deceived! Apart from being GMO, gliadin-free bread is just as bad as the regular sort. See: **Gluten-free Bread, Aug 2012** [5]

The Human Journey

First Farming Women: Bones Stronger than Elite Rowers



Ethiopian village woman grinding spelt on a quern

<http://bit.ly/2FoLHyr>

The average prehistoric (neolithic) agricultural woman had stronger arm-bones than living female rowing champions. So finds a study from Cambridge University, UK [6]. These oarswomen, in their twenties, trained twice a day and rowed 75 miles a week. They won the Boat Race, breaking the course record. Even so, their arm-bones were 20% weaker than early farmer (neolithic) women; the average student was even weaker by some 40%.



Cambridge University oarswomen on the Thames tideway.

<http://bit.ly/2oYzb1y>

Say the researchers: “Bone is a living tissue. It reacts to physical impact and loading by changing shape, curvature, thickness and density”.

What is going on? Yes, the poor >3