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Human Mentality: Savanna-bred brains subverted by Western reductive thought (6) – Why two hemispheres? **Health Policy:** New NIH Director. **Human Psyche:** Open Fires for a long life. **Q&A:** Frogs' Legs? **Health Policy:** RFK Jr war on seed oils; Artificial Dyes for the chop. Briefing: Beef Tallow vs seed oils. **Letter:** Diane Lewis – Foods with ingredient labels.

Human Mentality

Savanna-bred brains subverted by Western reductive thought (6)



<https://bit.ly/41kzbey> <https://bit.ly/3BORhwb>

Continuing insights from psychiatrist & neuroscientist, Dr McGilchrist's (cr [1]) majestic work [2]

Last month we looked at male/female brain differences and also the topics of reasoning and judgement. We continue:

Why two Hemispheres?

Dr McGilchrist observes that having a brain with two hemispheres is not limited to human beings. On the contrary, apes have them, all mammals have them, reptiles and birds have them. Indeed just about every organism with a detectable nervous system has one that is composed of two parts. This goes back some 700 million years, so there must be a vital reason for it.

So it needs explaining why: a) the brain is divided at all, b) the two halves are asymmetrical and, c) in mammals (only) there is a band of fibers (the '*corpus callosum*') at the base of the brain that connects the two halves. Curiously, their function seems to be mainly 'inhibitory' particularly for the right hemisphere to suppress some left-brain activity. **>p3**

Health Policy

New NIH Director



<https://bit.ly/42KFGcN>

Dr. Jay Bhattacharya, of Stanford University, was recently appointed to lead the National Institutes of Health (NIH) which oversees tens of billions of dollars in federal research grants.

Early in the Covid epidemic he, along with Sunetra Gupta of Oxford University, and Martin Kulldorff of Harvard University, put forward The Great Barrington Declaration.

This proposed that, contrary to the Federal Government's official policy of universal lockdown, the focus should be on protecting the most vulnerable, notably the old and immune-compromised, and let herd-immunity take care of everyone else.

This would mean far less commercial and societal disruption, massively reduce furlough costs, quell economic dislocation, avoid suspension of schooling, and limit mental health disorders. **>p4**

Human Psyche

Open Fires for a long life?

In a major study, scientists at the University of Oxford, found 25 lifestyle and environmental elements that appear to increase, or decrease the risk of early death [3].

Living in a house rather than a flat, having an open fire, being shorter at age 10, and going to the gym were found to be linked to a longer life.

But feeling fed-up or tired, facing financial difficulties in the past two years, and sleeping and napping too much were linked to early deaths.

The study found, surprisingly, no significant correlation between a shorter life and alcohol, meat, salt, vegetables or fruit.

My View? I was intrigued by the finding that **OPEN FIRES** were linked to a longer life so I corresponded with the lead author, Dr. Austin Argentieri.

He replied that an open fire, "probably has direct effects on physical and psychological well-being" since the effect is still there "even after taking into account home ownership, income, education etc."

I have opined that for foragers down the eons: "We can imagine the nights with strange unknown rustlings in the dark; the campfire must have been a great comfort. **>p4**