



The science & art of living the way nature intended

The Bond Briefing

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

Seasonal Dish: Ugg Paleo Christmas Pudding. **Jungle Lore:** Artificial Sweeteners Toxic to Good Gut Bugs. **Evolutionary Physical Activity:** When Fathers, Children are Healthier. **Evolutionary Mental Harmony:** Commute through Natural Environments for Mental Health. **News Snippets:** Marine Omega-3 – Healthy Ageing. Muscle-mass should be Vital Sign. **Quote:** Studies of Studies – Achilles Heel. **Q&A:** Organic Foods fight Cancer? High Oleic Sunflower Oil. **News Snippets:** Viruses kill Gut Motility Neurons; Life Expectancy falling in Rich Countries; Fish Oils, Probiotics in Pregnancy reduce Childhood Allergies; Living in Foreign Cultures Clarifies sense of self; Low Sunlight/OCD Link; Osteo-arthritis as a Lifestyle Disease; **Book Review - part 2:** Blueprint by Robert Plomin. **Spreading the Word:** Video on Blueprint; **Advance Notice:** Book Signing; Talk

Seasonal Dish

Ugg Paleo Christmas Pudding



Enlarge: <http://bit.ly/2LoU29j>

Nicole has baked this speciality from *Ugg Foods*. The recipe is based on one packet of Ugg Foods' **Fruit & Seed Loaf Mix** plus lots of naughty (but Paleo-conforming) seasonal sweetmeats.

Order the mix online from www.Uggfoods.com and use the promo-code: **ugglove20** to get a 20% discount.

You can find the **RECIPE** on the Ugg Foods site here: <http://bit.ly/ugg-pud>. Enjoy!

Jungle Lore

Artificial Sweeteners Toxic to Good Gut Bugs

Following in a long line of similar studies, a paper from an Israeli-Singaporean consortium finds that a swathe of common intense artificial sweeteners creates havoc with gut bug health [1].

They are: aspartame, sucralose, saccharine, neotame, advantame, and acesulfame potassium-k.

Ten sports drinks using these products also demonstrated the same harmful effects.

My View? These are 'artificial' intense sweeteners. So far so good. >p4

Evolutionary Physical Activity

When Fathers Exercise, Children are Healthier

Men who want to have children in the near future should make sure they have achieved a minimum level of Paleo fitness.

So finds Kristin Stanford, of Ohio State University College of Medicine: [2]. Says Kirsten: "If fathers exercise moderately, even for only a month before conception; it has a strong effect on sperm health and the long-term metabolic health of their children."

The study actually looked at fathers' high fat diet and its harmful effect on glucose mechanism. Kirsten found that good levels of physical activity neutralized the bad diet.

My View? Fine: But much better for fathers-to-be to live their entire lives in conformity with the way nature intended – which includes a diet moderate in fat and plenty of physical activity in conformity with our ancestral heritage. **Paleo-conforming Physical Activity, Sept 2018** [3]

Evolutionary Mental Harmony

Commute through Natural Environments for Mental Health

I cannot be the only one who has experienced this phenomenon. When driving from home to work in Kaduna (Nigeria), Rabat (Morocco), El Biar (Algeria), Salwa (Kuwait), Provence (France), Aragon (Spain), Palm Springs (California) I have rejoiced in the trip through nature: sea views, vineyards, palm trees, cherry orchards, avenues of mango and eucalyptus, perfumed mimosas, orange orchards, and so much more.

Meanwhile I have suffered alienation and stress in driving through >p4

News Snippets

Marine Omega-3: Healthy Ageing

Researchers find that those who had a lifetime history of high consumption of seafood rich in omega-3 oils had healthy ageing – defined as freedom from chronic diseases and without mental or physical dysfunction [4]

The participants were 74 years old at baseline and they were followed for 23 years. Only 11% experienced 'healthy ageing'. The 20% highest consumers of seafood EPA (eicosapentaenoic acid) had a 24% lower risk of unhealthy ageing > p 3

Muscle Mass should be Vital Sign

In Sept 2018 we had Diane Lewis singing the praises of strength training – see: **Ageing Muscles: Hard to build, Easy to lose.**

In confirmation, researchers find that low muscle mass is linked to increased risk of serious health complications and decreased survival. They conclude that muscle mass should be a **KEY FACTOR** in evaluating a person's health status, especially if living with a chronic disease [5]. :

- Women with breast cancer who had more muscle had a nearly 60% better chance of survival.

- Patients in the intensive care unit (ICU) with more muscle spend less time in the ICU, and were more likely to survive. > p 4

Quotable Quote

Studies of Studies: Achilles Heel

"Meta-analyses [studies of studies] run the risk of misleading by combining several pieces of low-confidence data into a falsely confident sounding ranking." *Lukas Schwingshackl, PhD, German Institute of Human Nutrition, Potsdam, Germany.*