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

Primal Social Connectedness: Ageing Productively in a State of Nature. **Reality Check:** Life Expectancy Increase Slows. **Human Condition:** Over-structured Lives. **Q&A:** Tuna Varieties. **From the Journals:** Omega-3 seals Leaky Blood-Brain Barrier; Fish Oil, Alzheimer's & Cognition; Child Obesity – Adult Sickness; Evolution of Menopause; Breast Milk Seeds Infant Gut Microbiome; Milk Increases Fractures, Inflammation and Death. **Ancestral Psycho-sociology:** Are Liberals Physically Weak? **Ancestral Health:** Our Living Gut – part X.. **Spreading the Word:** Radio Interview with Josh Lane.

Primal Social Connectedness

Ageing Productively in a State of Nature



A long-term study of the Tsimane forager-farmers of Bolivia finds that productivity and social status peak long after does physical strength [1].

Between the ages of 40 and 60, many individuals reach a social and economic maximum when hard work and life experience bear fruit.

Tsimane women divide their time between horticulture, food processing, and childcare. Horticulture, compared to hunting, is productive enough that Tsimane between 40 and 70 wind up producing the majority of calories for their extended families.

And, because members of older generations are considered the best storytellers and advisors, their social stock also rises with age.

As adults age and their bodies become weaker, instead of ceasing to be productive, folks adaptively shift their behavior into arenas where their aging bodies perform very well. > p 2

Reality Check

Life Expectancy Increase Slows

There is much humbug talked about ever-increasing lifespans – as though the age at which people die today is any guide to how long a baby born today will live.

No, if you really want to know the outlook, ask pensions actuaries. They have to bet good money on how long they will have to pay it out decades into the future.

PriceWaterhouse Coopers, (PwC), the financial services firm, has **REDUCED** the projected life expectancy for a 65-year-old man by almost four months from the estimates made in 2015, and that of a 65-year-old woman by almost six months [2].

Says Raj Mody, PwC's head of pensions: "In the first decade of this century, there was a clear trend for improvements in life expectancy. Pension funds have typically been assuming this trend will continue when forecasting deficits. But over the last five years, that trend has changed and there is a growing view that it is not just a blip."

My View? With medical heroics and good public health engineering, we have now reduced the numbers of babies dying in infancy to nearly zero; with aggressive treatment we now keep old people alive far beyond their natural span. See:

- **The Quagmire: How American Medicine is Destroying Itself**, [August 2011](#) [3]
- **Docs Avoid Aggressive End-of-life Treatment to Themselves**, [July 2014](#) [4])

We have now hit the buffers. We have done everything > p.4.

Human Condition

Over-structured Lives

"We must be willing to get rid of the life we have planned so as to have the life that is waiting."

So said the renowned professor of comparative mythology, Joseph Campbell, [April 2017](#) [5]. But his message is not getting through.

Researchers talk of the 'schoolification' of childhood as children spend an ever-increasing portion of their time in educational institutions, being tutored, doing homework, and being schlepped from one structured activity to another. [6].

This study, which investigated the lives of 6-7 year-olds from their point of view, heard them complain that they had less time for themselves and that they were stressed by the continuous nagging to keep to schedule and perform.

My View? In a state of nature, children were largely left to themselves to make their own amusements and to live in the moment. See: **Childhood, Deadly Harvest**, [p. 218](#) [7]. **Childhood: Forager Indulgent or Modern Discipline?** [Sept 2011](#) [8]

Loss of Creativity

A second study finds that structured working patterns stifle creativity [9].

This echoes the words of Tim Harford, the Financial Times economist, in his book 'Messy' [10], where he argues that inventiveness and original thinking come out of randomness and disorder – and that pre-planning, tidiness, and structure are enemies of creativity. His challenge: "How to be creative and resilient in a tidy-minded world".

My View? Humans are not >p.4

- 1 Michael Gurven et al. The Tsimane Health and Life History Project: Integrating anthropology and biomedicine. *Evolutionary Anthropology: Issues, News, and Reviews*, 2017; 26 (2): 54 DOI: 10.1002/evan.21515
- 2 Financial Times, May 4, 2017: <http://on.ft.com/2ufudRZ>
- 3 <http://bit.ly/S9uaNs>
- 4 <http://bit.ly/1yEuKuN>
- 5 <http://bit.ly/2uSkyBt>
- 6 Ylva Odenbring. Childhood, free time and everyday lives... *Early Child Development and Care*, 2016; 1 DOI: 10.1080/03004430.2016.1250081
- 7 <http://bit.ly/ch-8>
- 8 <http://bit.ly/1sX4jH2>
- 9 Yeun Joon Kim, Chen-Bo Zhong. Ideas rise from chaos: Information structure and creativity. *Organizational Behavior and Human Decision Processes*, 2017; 138: 15 DOI: 10.1016/j.obhdp.2016.10.001
- 10 Harford, Tim, *Messy*, Little, Brown (27 Oct. 2016), ISBN-13: 978-1408706763