



The science & art of living the way nature intended

The Bond Briefing

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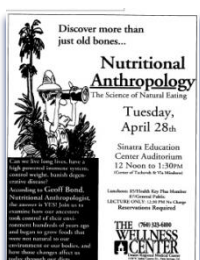


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Spreading the Word: #BondBriefing 20th Anniversary. **Savanna Psyche:** Self-employed Better Adjusted. **What we don't know:** 99% Microbes Unknown to Science. **Celebrating a Life:** Farewell: 105-year-old Edith. **Savanna Brainpower:** Dim Light makes us Dumber. **Q&A:** Konjac Root (Elephant Yam). **From the Labs:** Sucralose Inflames Crohn's; Skin Microbiome Battles Cancer. **Ancestral Psyche:** Maximum Group Size for Comfort. **Achieving Natural Lifespan:** Army Discipline Helps. **Proof of Pudding:** Ideal Omega-3 to Omega-6 Blood Ratio. **Spreading the Word:** Lectures; Paleo Products Judging. **Ancestral Health:** Our Living Gut XXI – Holocaust by Antibiotic.

Spreading the Word

#BondBriefing 20th Anniversary



1st Edition

The Talk Flyer

<http://bit.ly/2l8wDK9> <http://bit.ly/2rizSnO>

This April 2018 edition completes 20 years of continuous monthly publication of the #BondBriefing. On this occasion we congratulate **Carole Herrera** of Indio, CA, who has been a loyal subscriber since the very first edition. Carole first heard me speak at the **Desert Hospital**, Palm Springs, CA in April 1998 when I spoke in the **Sinatra Auditorium** for the Wellness Center's outreach program. In those days the Internet was in its infancy and most people opted for the hard copy version. Today, Carole is still subscribing to the hard copy version and could have quite a voluminous and valuable archive. The audience 20 years ago was very receptive and yet, like many since, found the message unconventional, even eccentric. Yet what is more remarkable is just how the precepts I was promoting 20 years ago have become almost mainstream. Looking back, I am struck by how little has changed in that time. > p2

Savanna Psyche

Self-Employed Better Adjusted



Forager proudly earns his livelihood
<http://bit.ly/2lr6Xs6>

I often point out, especially in my talks, that being in control of our **LIVELIHOOD** is a vital aspect to our mental well-being. This forager wanted to feed his family so, without so much as a by-your-leave, just gets up and sets about setting traps, foraging and so forth. **HE IS SELF-EMPLOYED.** Foragers are well-known for being mentally well-adjusted, whereas today, most people are under the low grade stress of someone else – a manager – an employer – **HAVING CONTROL** over their livelihood. On the other hand, the evidence has been piling up that the **SELF-EMPLOYED** today have much better well-being than the average... > p 3

What we don't know

99% Microbes Unknown to Science
A survey of DNA fragments in human blood finds that our bodies contain vastly more diverse microbes than anyone previously understood [1]. What's more, the overwhelming majority of those microbes has never been seen before, let alone classified and named. In addition, they found a huge range of viruses... > p3

Celebrating a Life

Farewell: 105 year-old Edith

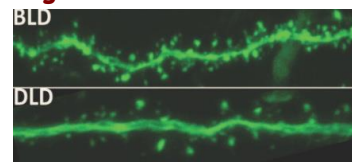


<http://bit.ly/2rpnYCl>

We were sad to learn of the recent passing of Edith Morrey just three weeks short of her 106th birthday. But we are consoled that, in early March, Nicole and I had the chance to pay Edith a last visit in her own home in Rancho Mirage, California. She was in failing health and we understood that she was going through the 'cliff-edge' mortality more typical of forager life. In other words, she had remained fully functioning until the last couple of months of a very long life. > p3

Savanna Brainpower

Dim Light makes us Dumber



<http://bit.ly/2rF99Sm>

Brain connections in dim light (lower image) vs bright light (upper)
Spending too much time in typical indoor lighting changes the brain's structure and hurts one's ability to remember and learn [2]. Experiment animals exposed to these light levels lost 30% capacity in the hippocampus... > p4