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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

Human Mentality: Savanna-bred brains subverted by Western reductive thought (8). Schizophrenia & Autism. **Ancestral Feeding Patterns:** Is Time Restricted Eating Paleo? (1). **Our Food Supply:** Foie Gras made without force feeding. **Food Ideas:** Meat-free Curry Wrap. **Q&A:** Plantains. **News Shorts:** Diets rich in plant foods tied to healthy ageing. **Briefing:** Glycemic Index varies with time of day. **Health Policy:** Dr Jay goes to Washington – Reforming from the inside at NIH; Pres. Trump, RFK Jr. make MAHA announcement.

Human Mentality

Savanna-bred brains subverted by Western reductive thought (8)



<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 why all creatures have a brain in two halves and with each half having different and sometimes opposing roles. And now:

Schizophrenia and Autism. Dr McGilchrist, in his clinical practice, had many schizophrenic patients and he recounts a great many of their stories. They include the disintegration of the self; seeing objects just in their component parts; paralyzed by having to think about coordinating the limbs in order to walk; deciding that their forearm belonged to someone else and refusing to accept evidence to the contrary; hearing a noise and making an unshakeable assumption that someone is spying on them – and a host of other extraordinary delusions.

They also share traits with autistic people, such as **LITERALNESS** with its inability to understand metaphor, jokes, proverbs, idioms, and innuendo; insularity; a lack of self-awareness; a desire for **>p3**

Ancestral Feeding Patterns

Is Time Restricted Eating (TRE) Paleo? – part I

Over the years I have reported studies which find health benefits in restricting food intake to 12 hours or fewer per day. See: **Intermittent Fasting Revisited**, [July 2017](#) [3]; **Have a Short Mealtimes Window**, [Feb 2016](#) [4]. And in general I have been supportive of the concept that, in a state of nature, foragers would have eaten over a 12-hour time span.

However, until now, I have not thought seriously about what happens if, as is commonplace today, we feel free to eat and drink at any time of the day or night.

Now one of the leading pioneers in the field of TRE, Dr Satchin Panda, has written a book, **The Circadian Code** [5], which details just what goes wrong in the various organs of the body when we eat beyond this 12-hour limit. It is all to do with circadian rhythms or biological clocks.

We are all familiar with the idea that our bodies have a biological clock which tunes us in to the rhythms of day and night. We are probably familiar too with the discomfort called 'social jet-lag' we feel when we get the rhythm out of sync, for example when we cross time zones, work night shifts, or 'pull an all-nighter'. **>p4**

Our Food Supply

Foie Gras made without force-feeding

Hunter-gatherers were extremely respectful of the animals they hunted: they were all part of the same web of life. The hunter gave thanks to the animal that gave up its life so that he and his family could live. See the end of this clip by naturalist David Attenborough of a San hunter paying tribute to his prey: <https://bit.ly/4ev5b67>

But all that's far behind us, long ago and far away. Today animals are treated as commodities on a factory production line. Perhaps none more so than ducks and geese doomed to a life in a close-fitting iron cage, where they can hardly move, to be force fed through a tube several times a day and then to have their throats slit to supply their diseased livers for foie gras. It is a practice banned in many jurisdictions, including UK and California.

For an insight on the grim realities see this short video narrated by Kate Winslet: <https://youtu.be/DyOu-GVtgPQ>

But it doesn't have to be like this! Thomas Vilgis at the Max Planck Institute for Polymer Research in Mainz, Germany, and his colleagues have developed a new process that creates the same, **>p4**