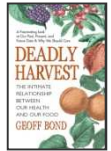




The Bond Briefing

The Science and Art of Living the Way Nature Intended

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Book Review: The Hadza Hunter Gatherers of Tanzania by Frank Marlowe. **Hints:** Hide Vegetables in Kids' Food. **News Shorts:** Diverse Gut Flora Nix Allergies; Low Vitamin D, Early Menarche. **Sidebar:** We Think Differently. **Food Ideas:** Walnut Crackers. **Jungle Lore:** Whole Food Not Supplements. **Human Behavior:** Childhood – Forager Indulgent or Modern Discipline? Part V. **Mind/Body Connection:** Child Maltreatment & Disease. **Musings:** Child Upbringing – Character Changes. **Unintended Consequences:** Antibiotic-caused Diseases. **Briefings:** What are AGEs? Part II; Second-guessing Fats. **Mind-Body Connection:** Acupuncture not Without Harm. **Media Update:** German Kindle Edition; Radio Interview; Body Language Article; Video Interview.

Book Review

Hunter-Gatherer Studies



The Hadza Hunter Gatherers of Tanzania by Frank W. Marlow [1]

Frank Marlowe has spent many years field researching this extraordinary African hunter-gatherer tribe, the Hadzas – and this book is an eminently readable distillation of his work.

For professionals it is a rich source of information and ground-breaking insights. For the lay reader, it is a fascinating and eye-opening account of what life must have been like for us humans for eons in our evolutionary past.

Marlowe is conscious that the Hadza are in a way an oddity. They have maintained their ancient way of life in spite of outside efforts from missionaries and governments, and external pressure from surrounding tribes like the Masai.

Where necessary he points up where they differ from other savanna forager models such as the !Kung San, as exemplified by Richard Lee's classic studies in the 1960s [2].

For example, compared to the San, the Hadza seem to be less territorial and less confrontational. **Cont: page 4**

Hints & Tips

Hide Vegetables in Kids' Food



Researchers tested three familiar foods -- zucchini bread for breakfast, pasta with a tomato-based sauce for lunch and chicken noodle casserole for dinner. The team modified the standard recipes for these foods by adding a variety of puréed vegetables to reduce the calories by 15% and 25% [3].

The children ate the same weight of food regardless of the vegetable content. With the vegetable-enhanced dishes, their daily vegetable intake doubled while their calorie intake decreased by 11 percent.

Our View? If it works, then subterfuges like this are a way of shifting your kids' diets in the right direction.

However, it would be even better if they were given a taste for vegetables from the earliest age – as is the case with our young acolytes, who desire nothing else!

We Think Differently

We like to think differently. And as one of our dear readers, we hope you think differently too.

We like to think you don't believe everything you're told – especially if it comes from the Government, pharmaceutical industry, food industry, or the mainstream press.

Essentially, you're independent enough to think for yourself. That's what our message here is all about.

News Shorts

Diverse Gut Flora Nix Allergies

"Children acquire intestinal microflora from their environment, and in our society they are probably exposed to insufficient bacteria that are necessary for the immune system to mature," says Thomas Abrahamsson, at Linköping University, Sweden [4]. Gut microbe diversity was significantly greater in healthy children at one month of age compared to those children who later developed allergies.

Diversity in certain groups appears to be particularly important: 'Proteobacteria' (common in children who grew up on livestock farms) and 'Bacteroides' which fight inflammation. Meanwhile, Bifidobacteria in dairy products (notably yogurt!) is discredited. The researchers did not find any protective effect.

See: *Antibiotic-caused Diseases*, page 3.

Low Vitamin D, Early Menarche

Girls who were low in vitamin D were aged about 11.8 when they started menstruating, compared to normal level girls who started at about age 12.6 [5].

This is still very young compared to hunter-gatherers where girls have menarche from 15 to 17 years old. **Cont p.4**