



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing

Private Subscription Monthly Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00

www.TheBondEffect.com



Rational, evidence-based comment for an intelligent general public and for all health professionals. Independent of commercial pressure, we say exactly what we think.

Q of Month: Corroborating the Bond Precepts. **Common Wisdom is Unreliable:** When Doctors Backed Smoking. **Scientific Integrity:** Spotting the Humbug. **Recipe:** Spicy Aniseed Cake. **Questions:** Getting off Medications; Cancer Grows Blood Vessels (Angiogenesis) to Feed Itself. **Buyer Beware:** Carrefour "Agir Organic Cookies". **Health Professionals' Corner:** Blood Sugar Test. **Bond Precepts in Practice:** Nicole's Status. **Letters:** Deadly Harvest Info Provides Best Context. **Health Policy:** Think-tank Brain-storming. **Laughter the Best Medicine:** America's Wackiest Warning Label 2010. **From The Web:** Blogs; German Blogs; Websites.

Question of Month

Corroborating the Bond Precepts

Q. *In support of your precepts, my skeptic friends would like to see double-blind, randomized, placebo controlled tests and meta-analyses etc. Otherwise they feel that you are 'cherry-picking'. I know that you use references in Deadly Harvest, and in the Bond Briefings.*

A. Charles Darwin faced a difficulty with his ideas about evolution: there was no way to run an experiment to corroborate his theory. The phenomenon he was studying took place over millions of years.

Instead, he assembled as much circumstantial evidence as he could and tested, where possible, each little piece of evidence. He said that his book, *The Origin of Species*, is "one long argument". Even today, there are Darwin-deniers who remain unpersuaded.

I, and other workers in this field, face a similar difficulty. It is quite unrealistic to expect that we can do double-blind, randomized, placebo-controlled trials on a sufficiently large sample population, with iron control over their lifestyle, for their entire lifetimes. All we can do is assemble the pieces of evidence and make the case.

Of course, where nutrition is concerned, some trials are quite indicative even if they only last a few years.

Continued: p. 4.

Common Wisdom - Unreliable

When Doctors Backed Smoking



"What you will hear today might surprise you, but in 20 years it will be a commonplace – just as the dangers of smoking are now a commonplace – yet not long ago, doctors were still promoting it."

That is how I sometimes introduce my talks. My point is this: we must open our minds to the possibility that 'common wisdom' might be wrong.

This advertisement dates from 1954 – but don't blame the doctors! The tobacco companies had thoroughly subverted their organizations. Their scientific journal, JAMA, even carried similar adverts.

And food companies are still doing the same – and they are doing it to all of us! We have to develop the habit of skeptical thinking. See 'Carrefour Agir Organic Cookies', p.2 and 'Spotting the Humbug', next article.

Scientific Integrity

Spotting the Humbug - part I

In March 2010 I attended a University College London seminar entitled 'Why are more unequal societies socially dysfunctional? Darwinian insights'.

Two epidemiologists, professors Richard Wilkinson and Kate Pickett (henceforth 'W&P') gave the keynote talk: 'More unequal societies are socially dysfunctional: the evidence'.

This was a scientific conference so my guard was down. But as the lecture proceeded I felt increasingly discomfited and skeptical.

W&P showed a series of graphs where they had hand-picked various countries and purported to show that rates of suicide, unhappiness, teenage pregnancy, mental disorders, homicide, low life expectancy etc. were 'caused by' greater inequality.

"Caused by"? W&P don't even entertain the idea that they might be finding meaningless correlations!

They appeared to cherry pick the countries to suit their thesis, and worse, they didn't attempt to find alternative explanations.

Teenage pregnancy is "undesirable" only if the girl is a single mom. But W&P failed to check that out. 'Unequal' Portugal has high rates of teenage pregnancy – but in wedlock! **Cont: p 4.**