



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

Q of Month: First Humans in America. **Recipe:** All Banana Cake. **Spreading the Word:** Paleo in a Nutshell is here! **Quote:** Life Strait-jacket – Break Free! **Hints & Tips:** Step-count on Prescription? **Q&A:** Practising Paleo-Veganism; Eating before Exercising. **Health Policy:** Healthier Diet would Reduce Greenhouse Gases. Hormone Replacement Therapy (HRT) – What to Believe? Media Hype, Journal Hype. **Generational Epigenetics:** Cocaine Users Father Dopey Sons. **Unintended Consequences:** Probiotics have Perverse Effects. Globalization – New Cause of Death. **Ancestral Health:** Our Living Gut – part IX.

Question of Month

First Humans in the Americas



Enlarge: <http://bit.ly/2qkSi82>

Q. The “Cerruti Mastodon Find” in San Diego suggests that humans lived in America far earlier than originally thought. The bones are about 130,000 years old. The smashed bones, molars and tusks suggest that humans did it. But no human remains were found...

A. This study was published (albeit as a simple ‘Letter’) in the prestigious journal, Nature [1] – so we must cut it some slack.

Even so, paleontologists (fossil scientists) have, usually, only the flimsiest of evidence but it doesn't stop them constructing imaginative hypotheses to fit that evidence.

It would be extraordinary if 130,000 year-old bones were NOT broken; that is the common feature of 99% of fossils. Even more so in earthquake territory like San Diego.

The skeptic will say that NO human remains more than 12,000 years old have yet been found in either of the Americas, North or South. Moreover, genetic studies on dozens of Native American tribes, from the Inuit in the north to the Patagonians in the south, find that they had their origins in Asia as recently as 12,000 to 15,000 years ago. >**p.2**

Recipe

All Banana Cake



Enlarge: <http://bit.ly/2pWKC9B>

Yield: up to 16 servings

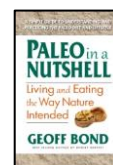
This recipe uses green banana flour instead of nut flour: See **Almond flour substitutes**, [Jan 2015](#) [2]. It is lower in calories (170 per 100g), rich in ‘resistant starch’ (a dietary fiber) and doesn't spike blood sugar.

2 eggs, omega-3
 $\frac{3}{4}$ cup green banana flour (100 g)
 2 ripe bananas, mashed (240 g)
 2 teaspoons lemon juice
 $\frac{3}{4}$ teaspoon bicarbonate of soda
 $\frac{1}{2}$ cup coconut milk
 1 tablespoon vanilla extract
 3 tablespoons diabetic orange marmalade (optional)
 2 Tblsp erythritol, or to taste
 $1\frac{1}{2}$ teaspoons ground cinnamon
 2 tablespoons poppy seeds
 zest of large orange, pref. organic
 olive oil spray

1. Beat the eggs with an electric hand-mixer in a large mixing bowl.
2. Combine with all the other ingredients.
3. Spray a round baking mold (approx 8-inch diameter) with the olive oil and fill with the mixture.
4. Bake in a hot oven at 285°F (140°C) for about 30 minutes. Check center for doneness.

Spreading the Word

Paleo in a Nutshell is Here!



Geoff's new book is now fully available
 Check it out at:

www.paleo-harvest.com

Amazon links

USA: <http://bit.ly/2P-Nutshell>

UK: <http://bit.ly/2P-Nutshell-UK>

Quote

Life Strait-jacket: Break Free!

“We must be willing to get rid of the life we have planned so as to have the life that is waiting.” – Joseph Campbell, professor of comparative mythology.

To be mentally well adjusted like a forager, the deepest parts of our psyche need nourishing. Campbell has remarkable insights. See: **Myth & Ritual**, [Chapter 8](#), p 221 *Deadly Harvest* [3].

Also Aldous Huxley's insights in: **Nature's Misfit with Modern World**, [Dec 2010](#) [4]

Hints & Tips

Step-count on Prescription?

Are you having difficulty gearing yourself up to do your 10,000 steps a day? (**10,000 Steps a Day?** [July 2014](#) [5]) Then a doctor's prescription could be the answer.

According to one study, patients prescribed 10,000 steps a day together with a pedometer to measure them, increased their performance by some 20% [6].

Moreover, their vital signs such as blood sugar levels and insulin resistance sharply improved. > **p.4**