



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:** Paleo-climate & Warming. **Ancestral Child Development:** The “Nested” Human. **Ancestral Environment:** Sound of Nature relaxes us. **Recipe:** Greek Almond-Garlic Dip (Skordalia). **Q&A:** Glyphosphate (Roundup) Mischiefs; Yogurt GI & Insulin Index (II). **Ancestral Health: Our Living Gut** – part XVII. **Hints & Tips:** Red Onions Quench Cancer Cells; Mushrooms for Antioxidants. **From Forager to Astronaut:** Keeping Mars Pioneers Alive – part V. **Briefing:** Epigenetic Effects – part V – Pollutants. **Spreading the Word:** Radio Humarian Podcasts; Book Signing; Talk Oxford University.

## Question of Month

### Paleo-climate & Warming

This is an edited exchange from our FaceBook page:

<http://on.fb.me/Group-Bond>

**Q.** *What would be your take on the whole global warming debate? It is true that it is happening. But is it caused by us and should it be mandated at the government level.*

**A.** My view on ‘climate change’ hasn’t changed since the articles I wrote in that 10 year-old [#BondBriefing](#) - notably in the **Viewpoint, Nov 2007** [1]

**a)** In its history, the Earth has gone through 5 major deep Ice-Ages. Super-imposed on those huge cycles have been hundreds of medium cycles and then thousands of minor “little-ice-ages” such as those that have been experienced in recorded history.

**b)** For 85% of the Earth’s history there have been **NO ICECAPS AT ALL!** So it is **NORMAL** for the Earth to be **TROPICAL** from Pole to Pole.

**c)** We are still emerging from the last Ice Age and, **QUITE NATURALLY**, the Earth will continue getting warmer for many more millennia (on average) without our help. However there are bound to be some mini-ice ages on the way.

**d)** Carbon dioxide levels have been up to **8 TIMES HIGHER** in the past, notably during the Cretaceous when dinosaurs ruled the world. So currently, plant life is **STARVING** for want of carbon dioxide.

**e)** I have studied mathematics (including Chaos Theory) to Master’s level > **p 3**

## Ancestral Child Development

### The “Nested” Human



Over the years I have had some contact with professor of psychology, Darcia Narvaez of Notre Dame University, Indiana. She makes a speciality of the fast-developing field of human evolutionary psychology and has shared with me her thoughts on what she calls “The Nested Human” [2].

Compared to other animals, humans are malleable in early life and are very needy at that time. Early life is when a host of epigenetic developments happen, when genes get switched on an off according to the lifestyle and social pressures acting on the child. It is crucial that these happen in a way that nature intended. In contrast, our close cousins, the chimpanzees, lack such plasticity.[1]

The newborn’s brain is only about 25% of adult size, Moreover; humans have the longest maturational schedule of any animal: twenty years for physical growth and closer to thirty years for brain development. > **p 4**

## Ancestral Environment

### Sound of Nature relaxes us



We live 100 yards from the sea (photo), and we delight in its ever-changing moods and sounds.

Ha! Indeed this is not a fluke. The gentle burbling of a brook, or the sound of the wind in the trees, can physically change our mind and bodily systems, helping us to relax. So find researchers at the Brighton and Sussex Medical School, UK [3].

They found that playing ‘natural sounds’ affects body systems that control the ‘fight or flight’ response, or the ‘rest and digest response’.

When listening to **NATURAL** sounds, the brain focused its attention outward.

When listening to **ARTIFICIAL** sounds, the brain focused inwardly in ways that favor anxiety, post-traumatic stress disorder and depression.

**My View?** In the past we have spoken much about ‘natural’ or **GREEN** environments as speaking to our ancestral psyches and so making us feel good. We have even spoken of the role of **LIGHT**.

Now we have another element – **SOUND**. Yes, those architects who install fountains in their atriums...

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