



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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We are independent of commercial pressure and say exactly what we think.

Q of Month: Fish Oil – Snake Oil? Community: New Bond Effect Addition. Quote: Special Pleading. Rant of the Month: Airline Meals. Recipe: Mock Cheese Flan. Q&A: Nut Combining; Alternative Cancer Therapy; Flaxseed-Prostate Cancer?; The Take on Soy; Banana Combining; Farm Fish vs. Wild Fish; No Succor in Molasses; Macro- Micro- Nutrients. Hints: Do Plant Food with Fruit; The 80-15-5 Principle. News Shorts: More Ways to Get Fat; Plant Omega-3 Builds Bones. Book Review: The Dig Tree III. Events Reports: Cancer-Lifestyle Seminar; Medical Staff Lectures; 3rd Grade Presentation.

Question of Month

Fish Oil – Snake Oil?

Q. *The fish oil supplement VegEPA claims it is superior because it only contains EPA and no DHA. What is your view?*

A. EPA and DHA are both omega-3 oils so let's see what is going on. They come from alpha-linolenic acid (ALA) which is found in plants like flaxseed, walnuts and Canola.

The human body transforms ALA first into EPA and then into DHA. It finishes by converting EPA and DHA into the hormones that do all those good things: reduce inflammation, decrease blood clotting, increase bone building, bolster the immune system and much more. DHA, by itself, builds brains.

The advantage of getting DHA and EPA from seafood is that the fish has done the hard work of converting ALA (from seaweed and plankton) into something the body uses.

Contrary to your proposed supplement, seafood naturally contains EPA and DHA in roughly equal proportions. That is a similar ratio to that absorbed by our ancient ancestors who consumed fish, aquatic birds and shellfish from the lakes and rivers of the African Rift Valley.

So to answer your question: we do actually need both EPA and DHA although the body can make the second from the first.

The supplement manufacturer appears to be artificially creating a sales "hook" by pretending that DHA-free is best. Don't be fooled. Just eat the salmon and sardines and save your money!

Community

New Bond Effect Addition



The Bouvet family, Annecy, France has followed The Bond Effect keenly for many years.

Jeanne (top left) has kept to the principles all through pregnancy of her second child, Diane (bottom right) born on March 20th. Diane is cradled by proud father, Frédéric.

Alexandre (bottom left) is now nearly 7 years old and has been on the program all his life. We featured him in [October 2005](#).

Quote of the Month

Special Pleading

"If you would persuade, you must appeal to interest rather than intellect."

– Benjamin Franklin.

NOW PUBLISHED!

Deadly Harvest Geoff Bond

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Check: www.TheBondEffect.com

Order in your local bookstore or your country amazon

DO A REVIEW!

If you have already read Deadly Harvest – and liked it – please help us to get the message out and post a review on Amazon. Thanks! – Geoff Bond

Rant of the Month

Airline Meals – Survival

Airline food is a soft target for cheap jokes. But does it have to be? I pondered this as I contemplated a British Airways' (BA) "seafood" meal.

Granted, there was a tiny piece of white fish, a sprig of broccoli and a ¼ cup of lettuce leaves.

But the rest! A lump of polystyrene masquerading as a bread roll, a greasy wodge of mashed potato, a slice of evil looking fake "gateau", and a "fruit bar".

The fruit bar, calling itself classily "English Bay Gourmet", had a shiny wrapper with the word "Strawberry" emblazoned across it. It also proudly boasted the words "Low Fat". It was the only item on the tray to have an ingredients list.

I won't bore you with the detail. Suffice to say, it was mostly sugar (45%) and starch (45%).

Another 9% was fat – which belied the "Low Fat" claim on the wrapper. Nevertheless the manufacturer used Canola oil, which looked like a nod in the right direction – but then he had hydrogenated it!

The remaining 1% was a witch's brew of 20 or so additives, colorings, preservatives and, oh yes, strawberry. So much for the "Fruit" Bar!

So we unpacked the snacks that we had prepared before setting off: radishes, raw cashew nuts, field cucumbers, carrots, boiled eggs and tomatoes.

Airlines budget about \$4.00 per meal (so what do you expect!) We did ours for \$3.00 – washed down with the BA red wine.

Healthy Harvest Recipe

This makes a delicious, conforming flan that can be eaten at any time of day -- for example, as a quick continental breakfast or at after noon tea. This is a dense dish that is rich in protein, so ration yourself to no more than two slices!

Mock Cheese Flan



Yield: 8 to 10 servings

Ingredients

- 3 tablespoons raisins (1.5 oz)
- 1 tablespoon dark rum
- 1½ cup blanched almonds (8 oz)
- ½ cup water
- 2 eggs
- 3 tablespoons fructose
- 3 tablespoons olive oil
- 1 pinch of nutmeg
- 2 teaspoons vanilla extract
- ½ cup fresh lemon juice
- olive oil spray

Method

1. In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins, add the rum and mix well. Set aside.
2. Place the almonds in a food processor or blender and grind into flour.
3. Add the remaining ingredients and puree until you obtain a very creamy texture.
4. Spray a round 9-inch baking mold with the olive oil. Fill in the mixture. Alternatively you can fill the mixture into individual ramekins.
5. Bake in a hot oven at 340°F (170°C) for about 25-30 minutes, or until the center of the flan is cooked.
6. Allow the flan to cool down. Serve in the dish.

You can savor some 90 more recipes in Nicole's new cookbook **Healthy Harvest** downloadable for a modest sum from our shopping cart on www.TheBondEffect.com.

Meanwhile, our publisher, Square One, is contemplating issuing a hard copy edition.

Questions

Nut Combining

Q. *Are nuts considered a veg etable or protein? Can they be combined with other food?*

A. Nuts are considered a "soft" protein. That is, they do not have an aggressive reaction with incompatible foods. They combine well with salads and vegetables. Just avoid eating them before and after fruit.

Alternative Cancer Therapy

Q. *I have metastised ovarian cancer. I have been through chemotherapy several times. My oncologist is not hopeful. I have looked at alternative therapies such as pancreatic enzymes and bloodroot. What is your take?*

A. Bloodroot contains a compound that, in a test tube, encourages cancer cells to commit suicide (apoptosis) ¹. It has not been tested on real bodies.

One naturopathic doctor (in his practice, not a controlled trial) found that pancreatic enzymes, in massive doses, extended survival rates of 11 pancreatic cancer patients ². In a second study, pancreatic enzymes slowed pancreatic cancer and increased survival rates in mice ³. In a third study, pig pancreatic extract inhibited metastasis from breast cancers implanted in rats ⁴.

My view? The evidence is extremely thin, but these interventions clearly do have some kind of positive effect – at least for the conditions they were tried out on.

So it is your call. It is your right, if you want, to take charge and try out these alternatives. Very occasionally remission occurs for reasons that we cannot yet explain.

Flaxseed - Prostate Cancer?

Q. *Is there any truth in the idea that flaxseed encourages prostate cancer?*

A. No. On the contrary, tests on flaxseed indicate that it is helpful in suppressing prostate cancer. In contrast a high intake of omega -6 oils (e.g. corn oil) ups the risk of prostate cancer ⁵.

Flaxseed works at two levels: its rich content of omega -3 oil (alpha

linolenic acid) is supportive of immune system function ^{6,7}; and its special soluble fiber (called lignan) soaks up rogue hormones that can trigger prostate cancer ⁸.

For more on Prostate Cancer see [Deadly Harvest](#), page 236.

The Take on Soy

Q. *When I eat soy protein can I mix it with vegetables or can I add berries to my soy shake?*

A. In the last few years we have learned much more about the plant poisons in soy bean. I set out the hazardous nature of soy in my just-published [Deadly Harvest](#) (page 131), and on: www.TheBondEffect.com

Our view now is that, whilst soy can be a useful halfway stage when weaning yourself off red meat and dairy, the purist will abandon it altogether.

As for food combining, soy (if you must use it) is a "soft" protein, like nuts (see Nut Combining) and so similar precautions apply.

Banana Combining

Q. *Is banana a fruit and if so can I use it in a soy smoothy?*

A. See previous question with regard to soy in general.

Banana originates from Indonesia so our ancient ancestors never knew it. Banana is indeed a fruit so combine it like any other fruit. Under-ripe bananas are best (ripe ones are more glycemic).

There is a whole lot more in [Deadly Harvest](#), particularly Chapter 6.

Farm Fish vs. Wild Fish

Q. *Is it true that farmed fish are not so good as wild fish?*

A. That's true – especially when considering the prized "oily" fish of which only two are currently farmed: salmon and trout.

Their content of the much sought-after omega-3 oils is much lower and they contain high levels of pollutants such as PCB's.

Preferably go for the "wild" variety. Note that "Atlantic" salmon is always farm raised.

For more background, check out our articles in [October 2000](#), [August 2003](#) and [February 2004](#).

No Succor in Molasses

Q. *Blackstrap molasses seems to be loaded with minerals and vitamins. Is it therefore good to consume and does it therefore have a low glycemic index?*

A. The molasses solids are still 99% sugar so, however desirable the remaining 1%, the sugar spoils it all. Molasses' glycemic index, just like sugar, is around 70.

Sugars like this are simply not human food and we should not be seduced by blandishments (micro-nutrient or otherwise) into consuming them.

Macro- Micro- Nutrients

Q. *What is the difference between "macro-nutrients" and "micro-nutrients"?*

A. All the difference between "big" and "little"!

In the early days of nutrition, researchers identified the three main components of food: carbohydrate, protein and fat. They make up to 99% of what we eat. These are the "macro-nutrients".

These early researchers thought that the remaining 1% was unimportant. However, when they fed experimental animals on a diet designed to provide only the carbohydrates, fats and protein, they sickened and died.

Humans too sickened and died. Explorers like Burke and Wills (see Book Review, this page) thought they could get by just on dried meat, sugar, fat and flour.

Further research uncovered the "micronutrients" (almost entirely from plants) which comprise the last 1%. In this way they discovered the vital role of vitamins, minerals and finally the myriad plant nutrients such as flavonoids, carotenes and phenols.

Burke and Wills starved to death not for want of bulk macro-nutrients but of those minute amounts of micronutrients.

Hints & Tips

Do Plant-food with Fruit.

When you wash and prepare your fruit in the morning do your basic vegetables at the same time. For example kohlrabi, radishes, field cucumbers, tomatoes and carrots.

Then, at whatever time you expect to consume them, they will be ready for that trip or urgent snack.

The 80-15-5 Principle

Dr Mark Smith (see Events Report) has the following advice for those who can't resist the occasional lapse.

If you get 80% of your diet just perfect, then 15% can be a slight lapse and the last 5% can be reserved for something really decadent.

In [Deadly Harvest](#) page 140, we have a similar system using traffic lights (green, amber, red).

News Shorts

Too many Ways to Get Fat

The wrong foods, overeating and too little physical activity are the PRIME reasons for getting fat. Here are three SECONDARY factors

Use of medicines

Over the past 30 years there has been a sharp increase in the use of beta-blockers, the Pill, antidepressants, anticonvulsants, anti-diabetics, anti-hypertensives, and antihistamines. They all provoke weight gain.

Wean yourself off medications!

Your parents' choice of mate

Fat men and women are more likely to pair with each other. This phenomenon is known as "assortative mating". This increases the number of children being born to be fat – just like their parents.

The age of your mother

A child born to older mothers is more likely to develop obesity in later life. The risk increases by 15% for every 5 year increase in mother's age.

Plant Omega-3 Build Bones

Omega-3 from plants (see Fish Oil – Snake Oil, page 1) promotes bone health, according to Penn State researchers. They carried out the first controlled study of plant omega-3 (ALA) contained in such foods as Canola (rapeseed), flaxseed, purslane (see Book Review, next) and walnuts.

They found that ALA slowed down the activity of bone destroying cells ("osteoclasts")⁹. The activity of bone building cells (osteoblasts) remained steady.

Our View? Bone health depends on a myriad of unexpected factors. A good fatty acid profile is one of them. Here omega-3 slows bone removal while allowing bone building to catch up.

Geoff's Review of Books

Part III of the review of

The Dig Tree

Sarah Murgatroyd
Bloomsbury, London, 2002

The 1860 Burke and Wills Expedition to pioneer a route across Australia is a nutritional object-lesson. Now the explorers start their way back home.

Part III

They were half-starved, eking out their dwindling supplies on half rations. They started to eat the camels and then Billy the horse. But these creatures were also half starved and their meat although "healthy and tender" had not "the slightest trace of fat in any portion of the body".

On the other hand the explorers began eating the purslane (portulac) growing wild along the creeks on the first part of the journey back.

We laud purslane as, of all the leafy plants, containing the highest concentration of omega-3 oils. It also has high levels of vitamin C and beta-carotene.

Wills had no idea of this of course, but in his diary Wills declared purslane "an excellent vegetable". It was just as well – it was all that stood between the explorers and scurvy.

Even so, back in the desert, the purslane disappeared and anyway the party grew more and more feeble. Finally Charley Gray collapsed and died.

Burke, Wills and King staggered back to Cooper Creek, one month late, only to find their base camp recently abandoned, but with "ample" supplies of flour, rice, oatmeal, sugar and dried meat. They spent six weeks wandering around Cooper Creek trying to find a way out. In spite of their "adequate" food supply they were getting weaker and weaker, more and more tired.

Their plight became so desperate that they realized that the local Aborigines (of the Yandruwandha

tribe) were their only chance of salvation.

Did the Aborigines help? Find out next month or see the full review on www.TheBondEffect.com and www.amazon.com (The Dig Tree)

Events Reports

Deadly Harvest: The Link Between Cancer and Lifestyle

The Walter T Stec Foundation and the Comprehensive Cancer Center (CCC) of Desert Hospital, sponsored this flagship public seminar in Palm Springs on March 14th. It was so popular that the reservation list had to be closed early.

Speaking to a packed audience, Elber Camacho MD (head oncologist) highlighted how cancer is really a failure of the immune system. Geoff Bond spoke on the ways we can restore the defenses. Dr Mark Smith described smart ways to exercise and reduce stress and so aid immune function. Rita Stec MD pulled it all together and showed how we can live cancer-thwarting lives in the real world.

CCC director, Teresa Whipple said: "This program was excellent – and yes, people stayed the entire 3 ½ hours. We were delighted to help sponsor this."

We also had enthusiastic feedback from the audience – and sorrowful regrets from those who were unable to get in.

We are working on a DVD of the event which hope to make available to anyone interested

Degenerative Diseases are Optional: "Our bodies are designed for life in the Pleistocene. The mismatch with our life style today is making us sick"

On March 15, Geoff spoke on this subject to the physicians of Eisenhower Hospital, Rancho Mirage and, on March 20, to a packed audience of medics at Providence St Joseph Hospital in Burbank.

This new approach to understanding and dealing with degenerative disease intrigued many of the doctors and nurses and generated much discussion.

It is good that mainstream medicine is taking an interest in these insights. This can only be to the benefit of patients -- and those in the waiting room to illness.

Presentation to Third Graders

The Walter T Stec Foundation sees that bringing enlightenment to children is a vital aspect of improving their lives as adults. In this spirit, Dr Rita Stec and I talked about our ideas to third graders of La Quinta Middle School. The teacher, Tracey Scroggin had this to say about our visit.

"You're a hit with me and my students! We have been on a continuum of daily conversations about your wonderful visit. Currently, I am holding Parent-Teacher conferences and find myself discussing your books, and the positive lecture you and Rita gave to their children.

"We are all so excited by your visit. Ian, who sits in the back row, is creating a food chart on

the computer to hang in the classroom to record how many different healthy foods each child's eaten each day. The chart lists the number of foods that are written in your handbook. They have really taken charge in informing their parents and wanting to make changes in their diets.

"It seemed as if time stood still while you and Rita talked. We all wished you could have stayed longer and enjoyed every minute."

Rita and I feel that this trial makes a good start – and that it should be the harbinger of more concerted efforts to bring our insights to youngsters.

Laughter the Best Medicine

Lawyer Cross Questions

Questions actually asked of witnesses by Massachusetts attorneys during trials:

Q: "Is your appearance here this morning pursuant to a deposition notice which I sent to your attorney?"

A: "No, this is how I dress when I go to work."

Q: "Doctor, how many autopsies have you performed on dead people?"

A: "All my autopsies are performed on dead people."

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