



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

www.TheBondEffect.com

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

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

Q. of Month: Raw Eggs. Evolutionary Psychology: Masculine Sense of Purpose. Quote of Month: Common Sense - Really? Now Published: Deadly Harvest. Recipe: Emma's Ratatouille. Q&A: All about Omega-3 Eggs; Vitamin B12 Dosages. Fermented Soy; Prostate Cancer and Omega-3; Rice Syrup; Heritage Grains - Spelt; Multivitamin Supplement?; Pre-menstrual Syndrome; Tropical Fruits. Hints: Sterile Kitchen Sponge. Geoff's Review of Books: The Dig Tree - Part IV. Laughter: Lawyers Cross Questions (2).

Question of the Month

Raw Eggs

Q. You say that eggs of all varieties are healthy. However, it seems to me that our ancestors would have eaten them raw. Am I right and does cooking change anything?

A. Correct: our ancient ancestors ate their eggs raw, and that is what our bodies expect. Ideally that is how we would consume them today.

What about the salmonella bug? Regrettably the hysteria about this bacterium has freaked out the average consumer. In 2002 the USDA found that only one egg in 30,000 was contaminated. The UK's Food Standards Board in 2004 found not a single instance of salmonella in 28,000 eggs tested. So the risk from eating raw eggs is not worth worrying about.

However, cooked eggs are good too. Fortunately, most of their wonderful cornucopia of nutrients (found in the yolk) survive cooking. Egg yolk is a good baby weaning food^{1,2}.

There are only two caveats: overcooking the yolk can oxidize both its cholesterol and fatty acids - and that is very unhealthy. We prefer eggs to be soft boiled or sunny side up.

Egg whites are composed entirely of proteins. Cooking simply rearranges the molecules causing the change in texture. They are still just as nutritious although some with frail stomachs say they are harder to digest.

Evolutionary Psychology

Masculine Sense of Purpose



"I thought retiring at 60 would be more fun than this."

This cartoon is surprisingly poignant, even sad. Reason? A man is hard-wired to find his identity in his occupation. We talk about it in [Deadly Harvest](#):

"The men went hunting at irregular but frequent intervals. Their activity was often dangerous, required strength, violence, subtle reading of animal tracks, and ingenuity. They were excited by the challenge and tended to underrate the risks. Mostly, they worked alone and in silence and often their efforts were unsuccessful. Sometimes, they formed teams that worked closely together to achieve a kill.

"It was work that women could not do. The results of a man's work would decide his status with other men. If done well, it would buy him gift-giving power and bring admiration and appreciation from his womenfolk... A man would feel his self-esteem swell as he recounted his exploits to the other men..."

So there we have it.

Continued next column...

Quote of the Month

Common Sense: Really?

'Common sense is the collection of prejudices acquired by the age 18.' - Albert Einstein.

NOW PUBLISHED!

Deadly Harvest Geoff Bond

ISBN: 978-0-7570-0142-0

Check: www.TheBondEffect.com

Order in your local bookstore or your country [amazon](#)

DO A REVIEW!

Please help us to get the message out and post a review on Amazon. Thanks! - Geoff Bond

From previous column:

We feel that retirement has diminished the man. He is a has-been, his purpose is gone, he has become a nobody.

It doesn't have to be like that, but it is surprisingly common to find a male retiree, often the high flyer, suffering terrible loss of self esteem when the phone stops ringing and no one needs him anymore.

Deadly Harvest again: "In our ancestral past a man never stopped being relevant. He was the "alpha-male," and the successful survivor of many life-and-death battles... He was the repository of know-how and tribal memory... Old men were indispensable sources of survival expertise."

Today's elder has to find his dignity while trudging after his wife down the supermarket aisle, trundling their trolley.

Healthy Harvest Recipe

This is a traditional country dish from the South of France. It utilizes the vegetables commonly grown in that region. The dish can be eaten hot or cold, on its own or with a protein, say. It is great as an omelette filling!

This recipe was perfected by Emma Moranval, a Bond Effect adept, living in Briançon in the French Alps.

Emma's Ratatouille



Yield: 4 servings

- 1 tablespoon olive oil
- 2 medium-big red onion (about 10 ounces), thinly sliced
- 4 large cloves garlic, crushed
- 3 tablespoons tomato paste
- 2 teaspoons Italian seasoning
- ½ teaspoon chilli sauce
- 1 lb fresh tomatoes, roughly chopped
- 1 lb eggplant, unpeeled and cut into 1-inch cubes
- salt to taste
- black pepper, to taste
- 1 lb red bell peppers, seeded and cut in 1-inch strips
- 2 medium zucchini (about 12 ounces), unpeeled and cut into ½-inch slices

Method

1. Heat the oil in a large pot and sauté the onion, until soft and translucent, but not brown. Add the garlic and sauté shortly.
2. Mix in the tomato paste, the Italian seasoning and the chili sauce.
3. Add the tomatoes and sauté for about 10 minutes.
4. Mix in the eggplant and salt and pepper to taste. Sauté for another 10 minutes.
5. Add the peppers and zucchini to the pot. Salt and pepper to taste.
6. Simmer covered for about 25 minutes, or until all the vegetables are cooked.

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

Questions

All About Omega -3 Eggs

Q. *Where do you get omega -3 rich eggs? How do the chickens feed on omega 3 oils? How frequently can we have eggs in our diet?*

A. Most supermarkets sell omega-3 eggs, e.g. Vons, Jensen and Stater bros. Try to go for eggs that are also free-range and/or organic: Trader Joe's has a good brand. Also try your local health food store.

In UK all the big chains (Tesco, Sainsbury etc.) stock them. M&S does a good brand of free-range ones.

How Omega -3 Gets into Eggs

The natural state of eggs is to be omega-3 rich. In [Deadly Harvest](#) we say:

Dr. Artemis Simopoulos of the Center for Genetics, Nutrition, and Health, in Washington, D.C., is one of the foremost advocates of the need to incorporate omega-3 oils in the human diet. He observes that "on the Ampelistra farm in Greece, purslane is plentiful and grows wild; the chickens make a feast of it, along with insects and lots of fresh green grass, supplemented with fresh and dried figs, barley flour, and small amounts of corn. . . . As we expected, the eggs contained substantial amounts of omega-3 fatty acids."³ The Greek egg had an omega-6 to omega-3 ratio of 1.3 to 1, whereas a standard supermarket egg has a ratio of almost 20 to 1." [which is terrible!]

On the Ampelistra farm the hens obtained the omega -3 oil from purslane (see The Dig Tree part III, last month) and the other wonderful forage the hens were eating.

In large scale omega -3 egg production, the hens are fed on flaxseed and kelp (a kind of seaweed), both rich in omega -3.

How Frequently?

The cholesterol police have alarmed us into treating eggs as though they clog our arteries with superglue.

The truth is quite the opposite. You can eat eggs as frequently as you like⁴. Just be sensible, eat plenty of plant food like we say, and get your nourishment from a variety of sources. So up to a couple of eggs a day for example is fine.

Vitamin B12 Dosages

Q. *My wife and I have fasciculation (muscle twitching) in our lower legs. Doctor suggested B-12 supplement and no special dosage. Your book talks about 2 mcg per day. Where can I buy a supplement with such a low dosage? My B-12 is 50 mcg and for my tastes less is better.*

A. There are two questions here: the treatment and the dosage. Mostly there is no obvious cause for fasciculation and no obvious treatment. However magnesium deficiency can cause that symptom, as can stress and anxiety – plus a huge range of diseases that presumably your doctor has eliminated.

B12 deficiency is one of the less likely causes, especially if you are a) not a vegan and b) following what we say. After all, just two eggs or 1 oz tuna (for example) in a day will provide all the B12 you need.

However, if you wish to pursue supplementation, you are right: it is now much harder than it was a few years ago to find low dose B12. The irony is that the higher the dose, the less the body absorbs. Our view? If 50 mcg is all you have, try cutting the pill/capsule in half.

Fermented Soy

Q. *What is your opinion on fermented soy products, such as shoyu, miso, tempeh, and natto.*

A. Fermentation does indeed remove quite a lot of the anti-nutrients, toxins and allergens in soy. However, the levels of

estrogen-like toxins still remain the same.

Our View? Fermented soy is the least bad of all the versions of soy products. But why bother? Beans are not human food: why bother eating something that needs torturing into something less harmful but still unhealthy?

Prostate Cancer and Omega -3

Q. *With reference your last newsletter, I've seen reports of a study that suggests that in some circumstances omega -3 can make prostate cancer worse⁵. Comments?*

A. The devil is in the detail! The authors make no secret of the limitations of the study which is based on "recall" – one of the least reliable. It works by getting the subjects to remember how much, and what, they ate over the last year (no less!). Plenty of room for error - and dissembling - there...

Secondly, the researchers had to use food composition tables (not direct lab testing) to divine out a rough estimate of the various fatty acids consumed.

So what did they find? In "Fish-Oil, Snake Oil?" [March 2007](#), we explained that there are three main omega-3 fatty acids: ALA, EPA and DHA. They found that EPA and DHA (often called "fish oils") *suppressed* prostate cancer in all its stages. This is what we expect: omega-3 oils support the immune system and keep the lid on cancer.

With the ALA, there was an ambiguous result: it had no effect on ordinary prostate cancer but seemed to make matters worse for advanced (metastasized) prostate cancer.

Where did this ALA come from? The answer might surprise you, since we are used to the idea that ALA comes from plants (like Canola, flax, walnut etc...). In fact ALA is present in small amounts in animal fats too.

In this study, the subjects absorbed most of their ALA by

eating beef, pork, dairy, salad dressing and mayonnaise! So along with the ALA they were also consuming much larger quantities of saturated fats too – all proven cancer inducers.

The study authors cogitate this possibility plus a lot more. For example, for ALA to become useful, the body first has to convert it into DHA or EPA. This involves a complicated metabolic pathway where many things could go wrong – and one of them is that saturated fats (as in mayonnaise) block the conversion.

The upshot is that the authors recommend more detailed and rigorous studies.

Our View? Don't be panicked by this study. Just do as we suggest: avoid animal fats; use plant based omega-3 oils for salad dressings and do consume omega-3 oils from marine food – just like our prostate cancer-free ancestors.

Rice Syrup

Q. *Is rice syrup ok as a sweetener?*

A. No. Rice syrup is made from rice flour by a similar process to that used to make high fructose corn syrup (HFCS). The makers cook up the starch in enzymes to break it down into simple sugar.

Some sources claim that because rice syrup contains a percentage of gummy substances it is more slowly absorbed and so has lower blood sugar spikes.

They are wrong. Rice syrup has a high glycemic index, just like sugar itself. Just like sugar it is devoid of any useful nutrients.

Avoid.

Heritage Grains: Spelt

Q. *Is spelt flour better than wheat flour?*

A. No. Spelt is just an older variety of wheat. It lost ground to the modern varieties of wheat because they perform better when making bread on an industrial scale.

Spelt has just the same problems as regular wheat: high glycemic index, allergens (e.g. gluten) and antinutrients (e.g. lectins, protease inhibitors etc).

Avoid.

Multivitamin Supplement?

Q. *So far you have not recommended a multi-vitamin. Do you have any suggestions?*

A. No. To quote [Deadly Harvest](#):

"There are thousands of compounds that are important to the harmonious functioning of the body, and they all need to be working together. It is unrealistic to think that we can compensate for dietary errors by cherry-picking this or that supplement..."

"...The central tenet of the Savanna Model is that we will find all the nutrients we need by eating the right kinds of foods in the right patterns. The whole thrust of our message is to discourage people from the prevailing idea that they can avoid hard choices, keep their bad eating habits, and compensate by 'taking a pill.'"

Pre Menstrual Syndrome

Q. *I rarely get a PMS headache now that I make sure I get enough omega-3 in the run up! ('Menstrual Cramps and Pain', [February 2006](#))*

However, I do get very tired and pale looking. So, apart from loads of oily fish, salads and veg, is there anything specific that would help?

A. It is a puzzle that some women suffer PMS so much more than others. It is a highly complicated matter with many biological, psychological and sociological factors.

Stress is a big factor and anything you can do to avoid stressful situations at that time and use relaxation techniques is going to be beneficial.

Good amounts of moderate intensity (not intense) aerobic

exercise is helpful, both directly and in stress relief.

Other known triggers are: caffeine, alcohol, glycemic diet, sweet tasting foods and deficiency of the sunshine vitamin, vitamin D.

Try going for an hour's steady jogging in the sunshine and finishing up with some relaxing meditation!

Tropical Fruits

Q. *Instead of the Glycemic Index as a yardstick to decide what fruits to eat, wouldn't it be more natural to eat only those fruits that can grow in the area you live? If I lived in Brazil, I could eat high glycemic mangoes, papaya, etc.*

Could it be that nature intended it to be that way and perhaps the hotter temperatures there compensate for the high glycemic indices of those fruits?

A. No. The whole point is that the human species is adapted for a strictly low glycemic diet. Even Brazilian native Indians have only been there for some 50 generations and are no more adapted to glycemic foods than we are.

As for the hotter climate, we cannot see how that might help deal with high blood sugar levels.

Q's held over to next month: Environ Face Cream; Sprouted Beans; Skeptical Spouses.

Hints & Tips

Sterile Kitchen Sponge

That highly useful kitchen sponge harbors huge numbers of bad bacteria and fungus. But there is a quick fix.

Researchers at the USDA's Food Technology and Safety Laboratory in Beltsville find that the steam generated by microwaving a damp sponge for one minute kills all known germs and fungus⁶.

This method beats hands down soaking in 10% chlorine bleach or soaking in lemon juice, both of which left over 50% of bad bugs. On the other hand, a dishwasher with a drying cycle was as good as the microwave.

Geoff's Review of Books

Part IV 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. Half starved on the return trip, the explorers seek help from the Yandruwandha Aborigines.

Part IV

The Yandruwandha showed Wills how to prepare a kind of flour from the seed of the nardoo plant which grew plentifully in the area. The Aborigines pounded the seeds into a gritty, bitter flour, washed it and then cooked it. So every day the explorers collected, pounded and consumed several pounds of nardoo seed each. But it didn't seem to help: the more they ate, the sicker they became.

Wills complained of copious yet hard and difficult-to-pass stools. He wrote that "... I am weaker than ever although I have a good appetite, and relish the nardoo much, but it seems to give us no nutriment...".

Within a further few weeks both Burke and Wills were dead; King staggered off to live with the Yandruwandha people.

Why did Burke and Wills die in spite of "ample" supplies, and of nardoo? If proof is needed that "man cannot live by bread alone", this is it. Their appalling expedition-long diet of grains, sugar, salt and dried meat is no better than today's junk food.

Just in 2006, 20 year-old Scott Martin of Sunderland, UK died from a fast food diet – the immediate cause was liver failure and unstoppable bleeding. (see "Killed by Bread and Fries" [February 2006](#)).

Burke and Wills with their almost total absence of plant food, certainly suffered from a terrible deficiency of micro-nutrients. (See last Newsletter).

The main culprit is thought to be vitamin B1 (thiamine) deficiency which gives rise to the fatal disease of beriberi: overwhelming fatigue, leg paralysis and then death.

What went wrong with nardoo? What happened to King? Find out next month or see the full review on www.TheBondEffect.com and www.amazon.com (The Dig Tree)

Laughter the Best Medicine

Lawyer Cross Questions

More questions actually asked of witnesses by Massachusetts attorneys during trials :

1. "Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?"
2. "The youngest son, the twenty-year old, how old is he?"

SUBSCRIBE TO THIS NEWSLETTER!

DOWNLOADABLE BOOKS and other VITAL INFORMATION: www.thebondeffect.com
email: geoffbond@naturaleater.com ; Cancer Support Site: www.beatcancernaturally.com
Tel: +357 99 45 24 68; Skype: gvlbond; fax: +1 360 851 3662

1 AP Simopoulos and N Salem, Jr

Egg yolk as a source of long -chain polyunsaturated fatty acids in infant feeding, Am. J. Clinical Nutrition, Feb 1992; 55: 411 - 414.

2 Maria M akrides, Nutritional effect of

including egg yolk in the weaning diet of breast-fed and formula-fed infants: a randomized controlled trial, Am. J. Clinical Nutrition, Jun 2002; 75: 1084 - 1092.

3 Simopoulos, A.P., and N. Salem Jr. "n -3

Fatty Acids in Eggs from Range -fed Greek Chickens." N Engl J Med 321:20 (1989): 1412.

4 Blood Lipids in High Egg, Low Fat Diet; Vorster et al; AJCN; 1987; 46:52 -7

5 Michael F Leitzmann ; Dietary intake of n -3

and n-6 fatty acids and the risk of prostate cancer ; Am J Clin Nutr; 2004; 80; 204-16.

6 Sharma and Mudd; www.ars.usda.gov/is/pr/2007/070423.htm