



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

www.TheBondEffect.com

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10th Year of Publication

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

Subscriber update: 10th year Newsletter Arrangements. **Living Like Nature Intended:** Low Sunshine, More Prostate. **Quote of the Month:** Success and Failure. **Sign of the Times:** Obesity Hits Crematoriums. **Q of Month:** Partner with Attitude. **Recipe:** Nacho Cheeze Sauce. **Q&A:** Retinol Face Creams; Nutrition of Sprouted Beans; Fruit Juice vs. Bottled Water; Sunscreen and Sun Protection. **Editorial:** "Sunlight as Human Food". Evolutionary Well Being: Landscapes/Mental Health. **Hints and Tips:** Table Manners Matter. **Geoff's Review:** The Dig Tree part V. **Laughter:** Japanese Microsoft Haiku.

Subscriber Update

10th Year Newsletter Arrangements

This newsletter is the 109th monthly newsletter that I have edited and published without a break since May 1998. That is to say, we now commence our tenth year.

During that time the newsletter has passed through several formats, adapting each time to advances in the way we communicate.

Several matters are leading us to reevaluate what we are doing. First, we recognize that there is always a place for this formal typeset four page letter which can be printed off and used for presentational purposes. However, it is labor intensive.

With the publication of Deadly Harvest, and greater focus on public speaking and media interviews, my time is at a premium.

Secondly, the public is now accustomed to receiving its information embodied within an email. (Known as an "ezine".) It has the advantage of enabling the use of clickable hyperlinks.

We will now test a hybrid solution which fulfils both objectives. We will continue to publish The Newsletter in its current format on odd months (so the next one will be in July 2007) alternating with the ezine format on even months.

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Living Like Nature Intended

Low Sunshine, More Prostate



The darker the red, the more the prostate cancer

Prostate cancer is far more prevalent in the northern latitudes of the USA. Researchers like Dr William Grant of Sunarc¹ infer that sunshine deprivation is a major culprit.

In fact similar charts suggest that sunlight deficiency is a major factor in a whole range of cancers (e.g. breast and colon) and other degenerative diseases like cardio-vascular disease, osteoporosis, arthritis and even multiple sclerosis.

See Editorial, p 3

Quote of the Month

"Success is going from failure to failure without losing enthusiasm" – Winston Churchill.

Sign of the Times

Obesity Hits Crematoriums

Britain's Lewisham council has had to order a specially wide cremator from America (where else?) to cope with the oversize bodies that are now coming in. A standard coffin is 16 to 20 inches wide. Now they have to cope with coffins up to 40 inches wide.

Question of the Month

Partner with Attitude

Q. Recently I started The Bond Effect. However, my partner is freaking out at what she thinks is my latest fad. I'm already vegetarian, and she hated it when I stopped eating meat.

She cooked for me the other night and said "If I can't do potatoes I might as well not bother". In the end I compromised and had one new potato. The same when we went for a curry and she looked at me like I was mad for not eating my usual nan bread or pilau rice. We usually share dishes so it was like I was letting her down.

I am making good progress: I have lost weight, feel better and look better - she is still consuming huge amounts of sugar and starchy foods. I know I cannot change her habits, but coping with her attitude to me is presenting a real problem. Any suggestions?

A. Seemingly you and your partner have fallen into a dynamic that is quite common. What follows is my speculation – so do interpret it in whatever way seems appropriate to your particular circumstances.

First of all, sharing a meal can have great symbolic value. It is a reaffirmation of "the couple". Your partner feels that you are withdrawing from this sharing experience – and that she is "losing" you (in this matter at least). **Cont: Page 4**

Healthy Harvest Recipe

This sauce has a cheese-like flavor and is a recipe that will also appeal to vegans.

Nacho Cheeze Sauce



Yield: 1 1/2 cup

Ingredients

- 1/2 cup pine nuts (about 2 ounces)
- 1/2 cup sesame seeds (about 3 ounces)
- 1 large clove garlic, crushed
- 1 red bell pepper, seeded and roughly chopped
- 1 tablespoon fresh lemon juice
- 1 1/2 tablespoon nutritional yeast flakes
- 1/4 teaspoon salt, or to taste
- freshly ground black pepper, to taste
- 4 drops Tabasco sauce, or to taste

Method

1. Soak the nuts and seeds overnight (or at least for 3 hours) in water.
2. Rinse nuts and seeds in a sieve (not a colander).
3. Put all the ingredients in your blender or food processor and purée until you obtain a smooth consistency.
4. Chill and serve.
5. Refrigerate any leftovers.

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

Questions

Retinol Face Creams

Q. Have you heard about Environ face cream? It claims that by putting retinol (vitamin A) on the face, it rejuvenates the skin and makes you look younger. Can it have any side effects?

A. Environ is just one of many creams making similar claims. Various studies have indeed verified the beneficial effect on fine wrinkles brought about by

the application of lotions and creams containing retinol².

One, using 0.4% retinol, found that: "Topical retinol improves fine wrinkles associated with natural ageing³." The researchers think that the effect is obtained by boosting collagen production and improving water retention in the skin.

Retinaldehyde, a retinol variant, is even more effective⁴.

However, it has the drawback that some people suffer skin reactions with it.

Doctors already prescribe the use of retinol-based lotions and creams to treat a number of skin conditions from acne and psoriasis to rosacea and even skin tumors. On the whole, the treatment is remarkably safe.

Retinol has the beneficial side effect of rejuvenating the skin too.

Our View? As far as we know, our ancient ancestors were not plastering retinol-rich animal fat on their faces. Did their skin get all the vitamin A it needs from what they ate?

We don't know, but suspect that using retinol rich cream is a way of gilding the lily – but why not?

It hardly matters how you get the retinol onto the skin, so any lotion or cream will do. Just ensure that it has an adequate concentration of around 0.4%. If you can tolerate it, retinaldehyde is even more effective.

Nutrition of Sprouted Beans

Q. You say that beans are not human food and their anti-nutrients compromise our health. Does sprouting the beans make any difference?

A. Yes. One study showed that sprouting of mung beans and chick peas reduced phytic acid (an antinutrient) and enhanced the nutritional profile of vitamins, proteins and fatty acids⁵.

Dr L Camacho found that germination of a wide variety of beans and lentils had similar good results. In addition, it

reduced "oligosaccharide", one of the compounds responsible for flatulence⁶.

However, Belgian researchers find that sprouting of kidney beans severely reduced their level of "lysine", an essential amino acid (protein)⁷.

Indian researchers find that the longer the germination, the better the removal of anti-nutrients⁸.

Two more Indian studies find that sprouting reduces the levels of antinutrient polyphenol, saponin and trypsin inhibitor in pigeon peas^{9, 10}.

Our View? If you must eat beans, then certainly well-sprouted ones are the least bad. But why bother?

Fruit Juice/Bottled Water

Q. After kidney stone surgery, I have been drinking gallons of bottled water. However I also juice lemon, grapefruit, or orange. Are fresh, natural fruit juices, with their vitamin rich nutrients, as good – or should I stay with bottled water?

A. Yes. If you are going to be drinking large volumes of liquid, then stay with water.

In any event we advise against juicing fruit. It causes unhealthy blood sugar spikes, especially if you are tempted to down it by the gallon.

In passing, we question your focus on drinking large volumes of water as a response to kidney stones. In [December 2006](#) we describe that response as a red herring. We go on to set out the various lifestyle measures that are indeed relevant and that do indeed get to the root of the condition.

Sunscreen and Sun protection

Q. English people that travel abroad on holiday inevitably spend more time in the sun than usual - surely we must protect ourselves? Would chemical sunscreen be better than non-chemical?

A. False choice! Dr Sorenson (see Editorial) makes a powerful

point: most sunscreens only filter out UVB (tanning) rays. They allow through UVA rays which do the damage to the lower layers of skin – and which increase the risk of melanoma.

Perversely, by switching off the reddening alarm, sunscreen increases over-exposure and thus risk of melanoma.

No, the recommendation is to allow the skin to tan of its own accord. (Tan is the best protection!) Just avoid burning: cover up after a sensible interval using wide brimmed hats and light cotton clothing.

Editorial

"Sunlight as Human Food"

This is the title of a subsection of Chapter 8 in *Deadly Harvest* (page 195).

I made the point that humans evolved naked in the tropical sun. Probably the body came to depend on it.

The health movements of the 1920's and 1930's instinctively recognized the benefits of sunlight. They encouraged the pale, sickly, stunted populations of industrial cities to get out into the sun, countryside and fresh air. Public health experienced a dramatic improvement.

Now there is now a massive volume of research that confirms the vital role that sunlight plays in human health.

In spite of that, there is a modern irrational fear of sunshine. This avoidance of sunlight has led directly to the reappearance of sunshine deficiency diseases like cancer (even skin cancers!), osteoporosis (yes really!) and rickets.

In *Deadly Harvest*, I cited the pioneering campaigning of Dr William Grant¹¹. Now Dr. Grant has introduced me to a fascinating book by Dr. Marc Sorenson called "Solar Power"¹².

Here, in one powerful work, Dr Sorenson draws together the mountain of hard evidence and

describes how, by depriving ourselves of sunshine, we are making ourselves sick in so many ways.

In this issue of the newsletter and over the next few issues, I will feature some of Dr Sorenson's key points.

Evolutionary Well-being

Countryside/Mental Health

Humans evolved in an environment where they developed a deep attachment to the land. Without this contact, humans suffer a deficiency which profoundly affects the emotions. In other words we feel at ease in the environment to which we are naturally adapted. We talked about landscapes and their impact on ADHD [July 2005](#) and mood, [October 2006](#).

Now a study by the University of Essex finds that country walks (dubbed "ecotherapy" by the mental health charity, "Mind") reduce depression and raise self-esteem¹³. Mind is calling for doctors to consider prescribing "ecotherapy" rather than pills for mental health problems.

Hints and Tips

Table Manners Matter

The upper classes developed many ways of distinguishing themselves from the lower orders. This achieved its most exquisite expression in table etiquette.

Most of the rules had no rational explanation: they were difficult, subtle and senseless – that was the point.

However, one recent British poll caught our eye: only 3% of the British population now think it necessary to lay down their cutlery while chewing.

What! This was the test "par excellence" by which the middle classes demonstrated their station in life. Now they've stopped doing it. Does it matter?

This etiquette rule is one that proves the exception: it is useful!

As we have said on numerous occasions, we need to slow down our eating to allow our "feeling full" reflex to catch up.

You can kill two birds with one stone: put on middle class airs and control your food intake at the same time.

Don't load up your fork until you have finished chewing the last mouthful.

Geoff's Review of Books

Part V 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. Taking their cue from the Aborigines, the explorers fed on nardoo, a ground up seed. Unlike the Aborigines, Burke and Wills nevertheless died from malnutrition.

Part V

It seems that Burke and Wills took short cuts in preparing the nardoo. They failed both to rinse it and then bake it like the Aborigines showed them.

There are two issues here: the rinsing would have got rid of the poison which blocks digestion of vitamin B1, and starchy foods need cooking to be digestible. Just try eating ordinary flour raw and see what happens!

So Wills was right, they might just as well have eaten sawdust for all the good nardoo was doing them. It had a fatal lack of certain nutrients, and the starch calories passed right through them undigested. A classic case of "junk in equals junk out".

Meanwhile King, living with the Aborigines, survived. Some two and a half months later, a rescue party led by the competent bushranger Alfred Howitt, marched up to Cooper Creek with embarrassing ease and found him. Life on the Yandruwandha bush-tucker diet had stabilized King's condition.

Howitt found the remains of Burke and Wills, buried their

corpses and recovered their diaries and letters.

Why did Burke take such foolhardy risks? Evolutionary psychology has an interesting explanation. Find out in the next issue – or see the full review on www.TheBondEffect.com and www.amazon.com (The Dig Tree)

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Subscriber Update

New Newsletter Arrangements

We will enclose a printout of the previous ezine for the print subscribers.

Give the system time to bed down – and let us know what you think! Write to us at: bondinfo@naturaleater.com

Question of the Month

Partner with Attitude

Secondly, she is probably feeling threatened by your unconventional ideas. She gets some feeling of self esteem from “doing what everybody does” -- and what she knows best: dishing up standard fare. By rejecting her offering, she feels rejected too. She doesn't want to listen to rational argument – it's too painful for her – so she goes into denial.

There might be all kinds of other undercurrents: Perhaps she thinks herself overweight (all those “sugar and starchy

foods”) If so, maybe she feels guilty about not doing something positive like you are. Or indeed that she would rather drag you down to her level.

Getting through this is not always very easy. Probably the main thing is to be as reassuring as you can be to her. Reassure her that you are not rejecting her, that there is nothing wrong with her in being conventional.

Then you have to sidle very delicately into suggesting that it would demonstrate her affection for you if she could start by humoring you with your funny ideas. In due course, you could suggest that she might even find you are better with your new healthy, slimline look.

Finally, I suggest that you – and she – check out my new book “Deadly Harvest”. In Chapter 8 I set out the exciting insights into human psychology provided by an understanding of our evolutionary past. It talks about how our modern living arrangements cut across these evolutionarily installed reflexes – usually making us unhappy and frustrated – and how to get out of it.

Think about these ideas and let us know how you get on!

NOW PUBLISHED

Deadly Harvest Geoff Bond

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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

Laughter the Best Medicine

Microsoft Error Haikus

Haikus are Japanese poems with a special format. They have only three lines, with 5 syllables in the first line, 7 in the second, 5 in the third. A haiku communicates a timeless message, achieving a wistful, yearning and powerful insight through extreme brevity. In Japan, they replace the impersonal Microsoft error messages with Haiku messages:

The Web site you seek
Cannot be located, but
Countless more exist.

Chaos reigns within.
Reflect, repent, and reboot.
Order shall return.

Windows XP crashed.
I am the Blue Screen of Death.
No one hears your screams.

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email: geoffbond@naturaleater.com; Cancer Support Site: www.beatcancernaturally.com
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¹ www.sunarc.org

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¹¹ www.sunarc.org

¹² Marc Sorenson; Solar Power for Optimal Health, ISBN1-4243-1387-2. available from www.sunarc.org or www.amazon.com

¹³ Mind; Ecotherapy: the Green Agenda for Mental Health; <http://www.mind.org.uk/>