



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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Nutritional Heritage: Study: Bond Effect Best for Diabetics. **Object Lesson:** Maggots Cure Diabetic Ulcers. **Points to Ponder:** Fat Workers Cost Employers. **Living Like Nature Intended:** Sunshine Vital for Health – Asthma – Senior Fitness. **Quote of the Month:** Food's Impossible Complexity. **Recipe:** Chicken & Thai Basil Stir-fry. **Q&A:** Gout and Shellfish; Foie Gras – Why "Danger"?; Intestinal Virus; Scheduled Meals; Coca-cola and Phosphorous; Supplements in Extremis; Unleavened Bread. **News Shorts:** Fish Oil From Plants. Hints: Salt Substitute. **Urban Myths:** Hydration Obsessed Culture. **Geoff's Review:** The Dig Tree part VI. **Laughter:** Microsoft Haiku.

Study: Nutritional Heritage

BondEffect Best for Diabetics

Diabetics put on a Bond Effect (Paleolithic) type diet dramatically improved. They had normal glucose control within 12 weeks.

Meanwhile, diabetics put on a Mediterranean diet had no improvement – contrary to dietary doctrine. That is the result of Dr Staffan Lindeberg's study, Lund University, Sweden¹.

Patients in the Paleolithic group ate lean meat, fish, fruit, vegetables, root vegetables and nuts. They ruthlessly cut out grains, dairy foods and salt.

The Mediterranean-like diet included whole-grain cereals, low-fat dairy products, fruit, vegetables and refined fats. Dieticians often recommend the Mediterranean diet to diabetics – mistakenly it now seems.

Opines Lindeberg: "... to prevent or treat diabetes type 2, it is more efficient to avoid some of our modern foods than to count calories or carbohydrate."

Of course, we have been beating this drum for a long time: first in our book *Natural Eating* (published 2000) and most recently in *Deadly Harvest* (see "Diabetes", page 264).

Points to Ponder

Fat Workers Cost Employers

Compared to fit workers, the fattest workers had 13 times more lost work days and 7 times more in medical expenses².

Object Lesson

Maggots Cure Diabetic Ulcers



Professor Andrew Boulton of Manchester University is ridding diabetic patients of the superbug MRSA - by treating their foot ulcers with maggots³.

Foot ulcers, often leading to gangrene and foot amputation, are common complications of diabetes.

Boulton's team obtained cure within three weeks average - much quicker than the 28-weeks for conventional treatment.

Maggots have been used since the Napoleonic and American Civil wars to gobble up infected dead tissue.

We think this picture is newsworthy for another reason. Look at it! Who wants to have a diabetic foot ulcer?

No one – and yet they are indeed optional. No one needs to be diabetic – and if you have already got diabetes, there is hope. See "BondEffect Best for Diabetics", on this page.

Living Like Nature Intended

Sunshine Vital for Health

In *May 2007*, we praised Dr Marc Sorensen's myth-busting book, *Solar Power*⁴. Sunshine deficiency is responsible, wholly or in part, for a great number of the illnesses we suffer today. Here are two more confirmations:

Asthma

Two studies find that children born to mothers who lacked the sunshine vitamin, vitamin D while pregnant suffer abnormally from asthma and wheezing^{5,6}.

Our View? Our bodies expect adequate sunshine in order to function as nature intended. In this case, even the child in the womb is affected.

Senior Fitness

In a series of physical performance tests, such as hand grip, ability to rise from a chair, and so forth, seniors (average age 74.8 years) who had low levels of sunshine and vitamin D had significantly lower muscle strength⁷.

Quote of the Month

Food's Impossible Complexity

"Even the simplest food is a hopelessly complex thing to study, a virtual wilderness of chemical compounds, many of which exist in complex and dynamic relation to one another, and all of which together are in the process of changing from one state to another." *Michael Pollan, New York Times*⁸.

See also: "Supplements in Extremis", page 3.

Recipe

This recipe is contributed by reader Peter Harris who lives in Melbourne, Australia.

Chicken & Thai Basil Stir-Fry



Yield: 2 Servings

Peter Harris writes:

My wife and I have modified our stir-fry over the last couple of years to keep it healthy while being tasty. We avoid the thick and salty sauces sometimes found in stir-fries. We have designed it to avoid the need for noodles or rice – and you can taste all the herbs!

We feel really comfortable with it. It combines bits of this and that, plus input from Nicole's cookbook on ingredients and cooking method.

Ingredients

- 1 tbsp olive oil
- 3 ½ oz (100g) or as desired chicken breast fillet, sliced thinly
- 2 cloves garlic, crushed
- ½ inch (1cm) piece fresh ginger, sliced/chopped small
- 1 sliced big zucchini
- 1 sliced big bell pepper
- 1 medium brown onion 5 oz (150g), sliced thinly
- 3-4 kaffir lime leaves shredded
- big handful chopped bok choy
- 3 ½ oz (100g) button mushrooms sliced or shitake rehydrated in water
- ½ tbsp oyster sauce
- ½ tbsp light soy sauce
- ½ tbsp fish sauce
- ½ teaspoon chicken stock
- 1½ tbsp water
- 1 cup bean sprouts
- ¾ cup loosely packed fresh Thai basil leaves

Method

1. Stir-fry chicken in small amount of oil and cook. Alternatively (our method), use cooked shredded chicken

from boiling free-range chicken carcass used for making stock.

2. Heat oil in wok; stir fry garlic, ginger, lime leaves and onion until onion softens & mixture is fragrant
3. Add zucchini and bell pepper; stir fry for a few minutes. Return chicken to wok with sauces and stock; toss in bean sprouts, bok choy, mushrooms & basil leaves until soft, then serve.

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

Questions

Gout and Shellfish

Q. *I've had a couple of attacks of gout in the past few years. I have been a heavy beer drinker, eaten more than my share of red meat, dairy and grains, but eliminated shellfish completely.*

In Deadly Harvest however, shrimp, lobster and crab isn't an issue. Can I resume eating these foods safely on occasion, assuming I'm adhering to the diet and have eliminated beer from my routine?

A. The short answer is "yes". Gout is the result of many dietary errors simultaneously upsetting a wide variety of biochemical functions. Eat and live like we say and these matters sort themselves out just fine. See "Gout", [May 2006](#) for more.

Foie Gras: Why "Danger"?

Q. *In Deadly Harvest you classify pâté de foie gras (goose liver pâté) as dangerous "Red", yet goose fat as semi-harmless "Green-Amber". Why the difference?*

A. Pâté de foie gras is part of the Meat, Poultry and Eggs group; goose fat is part of the Fats and Oils group. Pâté, considered as a meat product, is not conforming: it is

very high fat – some 45% and it is very high in sodium, (some 700mg per 100g).

Goose fat, has a reasonable fatty acid profile but, like all fats, its rating is based on the assumption that one consumes it sparingly.

So pâté's "Red" category is the strong warning which tells you that if you are to eat it at all, you should eat it as sparingly as you would consume goose fat itself.

Intestinal Virus

Q. *I recently had a terrible bout of food poisoning which lasted 10 days. After tests, my doctor said it was "gastroenteritis" probably caused by a virus. How could I have become infected?*

A. "Viral" gastroenteritis is a highly contagious infection of the intestines caused by one of several viruses. It is extremely common. Basically you contract it through close contact with someone who is already infected, or by eating food or drink that contains the virus⁹. Raw shellfish are a particularly common source of infection¹⁰. (Cooking inactivates the virus.)

The main defense is good hygiene. When we eat uncooked food in a restaurant, we have to trust that: a) the kitchen staff have washed their hands, and b) the shellfish comes from unpolluted waters.

Scheduled Meals

Q. *Should we eat scheduled meals at regular intervals?*

A. It is a regrettable feature of modern life that we have to eat to the timetable imposed by the rat race.

You eat at 12:30 because that is when your employer gives you your lunch break, not when your body is ready for it.

In contrast, our ancient programming works to a different rhythm. We would eat at times when we found food and when we felt like it.

All our body's complex signals to do with appetite, stimulation of

gastric juices and so on are disrupted by eating to a rigid timetable.

If you have the opportunity, take control of when and how you eat.

Coca Cola and Phosphorus

Q. *Do colas deplete phosphorus in our bodies?*

A. No. On the contrary, colas are a major *source* of phosphorus in the western diet – to our detriment. An excess of phosphorus disturbs bone building. Cola consumption is a factor causing osteoporosis.

For more, see “Factor 5 – Excess Phosphorus”, in *Bone Health, Deadly Harvest*, p. 269.

Supplements in Extremis

Q. *Should we artificially ‘correct’ lifestyle errors with supplements? I know this is difficult territory, and I do believe that if we live like you say, we wouldn’t have to consider this.*

A. Humans evolved in a supplement-free environment. We cannot second-guess nature. Its complexity is simply impossible to reproduce by artificial means. (Check out *Food’s Impossible Complexity*, page 1)

So our first priority is to “hold a mirror up to nature”. That is, try to emulate our ancestral feeding environment.

As we point out in *Deadly Harvest*, page 44, the dysfunctional feeding environments of the 18th and 19th centuries led to diseases caused by deficiencies of particular micro-nutrients. These diseases could be cured by “magic bullet” supplementation of the missing micronutrient.

Examples are: rickets (vitamin D), beriberi (vitamin B1) or scurvy (vitamin C).

Today, particularly for the *Natural Eater*, the problem is quite different. The big diseases now are not ones of specific micronutrient deficiency.

Rather, we are disrupting the infinitely complex workings of our biochemistry by the wrong quantities and combinations of the whole gamut of macro- and micro-nutrients.

It is simply impossible to correct this by blindly and simplistically supplementing.

Indeed, disconcertingly, we are discovering that supplementing can aggravate, even *cause* disease.

For example, last month ([June 2007](#)) we highlighted how heavy multivitamin use made advanced prostate cancer worse.

In our online Cancer Special, www.beatcancernaturally.com, we cite the evidence that vitamin A doses increase lung cancer¹¹; that esophageal cancer is aggravated by dosing with calcium, vitamin B12, selenium and retinol^{12,13,14}; and that prostate cancer generally is aggravated by calcium.

Articles in earlier newsletters talk about high vitamin C doses feeding cancer cells ([October 2005](#)); and excess iron (triggered by excess vitamin C) causing congestive heart failure. The latter also oxidises LDL – leading to hardened arteries ([Dec 2000](#))¹⁵.

So are there any exceptions? We repeat the words of *Deadly Harvest*, page 170: “The one nutrient that is hard to get this way [from our western food] is omega-3 essential fatty acid.”

It happens that we do not actually need to buy omega-3 supplements – just ensure that we are consuming a sufficiency of omega-3 rich foods (see “*Fats and Oils*”, *Deadly Harvest*, page 104) – at the same time cutting out omega-6 sources.

Unleavened Bread

Q. *Is unleavened bread (such as crackers and rye crisp-breads) less harmful than normal bread?*

A. No, it makes no difference whether or not the bread is “raised”. Bakers create this effect by causing bubbles of

carbon dioxide to be trapped in the dough.

Commonly, they do this with yeast, baking powder or baking soda. Their presence or absence makes absolutely no difference.

Unleavened bread is just as glycemic and just as loaded with antinutrients. **AVOID**

News Shorts

Fish Oil from Plants

When it comes to omega-3 oils, those of fish origin (EPA and DHA) have a head start. They bypass the complicated and unreliable biochemical transformation that our bodies have to perform on ALA from plants.

Now DHA can be extracted from a marine alga called “*cryptocodium cohnii*”. This alga can be easily grown in vast amounts, so the intention is to crank up bulk DHA production.

This will please vegetarians and take pressure off fish stocks.

Hints and Tips

Salt Substitute

Ideally we would eliminate salt from our diet entirely. However, while you are getting there, it is useful to use a salt substitute, sometimes known as salt “lite”.

It is a mixture of normal salt (sodium chloride) and a related compound, potassium chloride.

Studies in China revealed a good improvement in blood pressure¹⁶.

There is a small drawback: the salt lite does not taste quite as salty. So be careful not to bump up the quantities to compensate!

Better, wean yourself off salt altogether as soon as you can.

Urban Myths

Hydration Obsessed Culture

At various times we have ridiculed the modern myth that we need to guzzle water all day long¹⁷. We cite the kidney specialist, Dr Heinz Valtin who debunks this myth in his scientific articles¹⁸.

In 2005, a panel of sports medicine experts, including

Joseph Verbalis, M.D., published guidelines to avoid "water intoxication"¹⁹. This condition, caused by water overconsumption, is making people seriously ill, even killing them.

The guidelines recommend that everyone (including endurance athletes) "should only drink to their thirst."

Further, Verbalis dismisses as humbug the common platitude: "by the time you are thirsty it is too late".

Thirst kicks in as soon as losing only 1-2 percent of body water, whereas it takes a loss of 4-5 percent body water to cause dehydration.

Geoff's Review of Books

Part VI 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. It also highlights deep human drives...

Part VI

There is one other curious aspect to the story. What on earth led Burke to take such wild risks with such a sumptuously conceived expedition? He set off

in summer when it would have been quite straightforward in winter, and he decided to do the second half of the journey with inadequate supplies or backup. It was an example of futile risk taking. Where have we heard about futile risk taking before? In *Deadly Harvest* I describe how evolutionary behavioural science demonstrates:

"... that women are attracted to mate with high status men. How is this status perceived? One powerful criterion is the status that the man has with other men. Other men will accord high status on qualities that appeal to them; not what appeals to women. One of these qualities is futile risk-taking. Putting it in modern context, men will admire another man who indulges in reckless driving, skateboarding or bungee jumping. Curiously, women are not impressed by the exploits in themselves, but in the importance other men give to them²⁰..."

This is where Sarah Murgatroyd's account casts an interesting light on Burke's motivations. He was besotted with a beautiful 16 year-old

theatre actress, Julia Mathews. She did not return his love. Burke's publicly avowed intention was to show Julia that he was "worthy" of her...

Did Burke get the status he yearned for? We wrap up next month. Or see the full review now on www.TheBondEffect.com and www.amazon.com (The Dig Tree)

Flagship Book

Deadly Harvest Geoff Bond

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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

Laughter the Best Medicine

Microsoft Error Haikus

You step in the stream,
But the water has moved on.
This page is not here.

Out of memory.
We wish to hold the whole sky,
But we never will.

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