



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.

Our Fickle Earth Environment: Climate warming Cycles; Carbon Dioxide Down the Ages. **Intellectual Honesty:** Canute - Tide Only Turns When It's Ready. **Christmas Gift:** Deadly Harvest. **Recipe:** Rich Christmas Cake. **Questions:** Chili; Periodontal Problems; Do Prawns Feel Pain? **Health Professionals' Corner:** Plant Diarrhea; Sugar Addiction. **News Shorts:** New Way Omega 3 Fights Prostate Cancer; Ritalin Stunts Growth. **Hints:** Cutting Onions; Taboo Tactics. **Opinion:** Climate Changes and Humbug. **Events:** American Speaking Tour. **Web Update:** Geoff Bond Demo Video. **Help Support Our Mission:** Books and Speaking; Contribute via Amazon System

Our Fickle Earth Environment

Climate Warming Cycles



The Orkneys Islands lie far to the north of Scotland. Today they are bleak, windswept and barren. However, 4,000 years ago they were some 4°F warmer, (yes, warmer!) allowing Bronze Age farmers to grow wheat and barley (ref. 1) (see artist's impression above.)

But 2,500 years ago, ice and snow came in a "Little Ice Age" to drive them out.

Then 1,800 years ago warmth returned -- enough for the Romans to grow grapes in southern Britain and for the Vikings to find fertile farming in Greenland.

But 700 years ago the cold came back. In another Little Ice Age, famines prevailed in Europe and the Greenland Vikings starved to extinction (Ref.2).

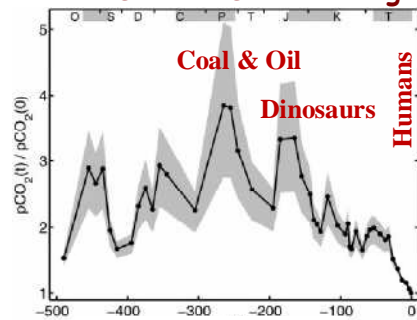
Finally, from about 1850, the climate began to warm up again and is still going strong.

But these changes are just small blips on forces that are working to much longer time scales.

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Our Fickle Earth Environment

Carbon Dioxide Down the Ages



Millions of years ago Today

In the global warming debate, much is made of rising carbon dioxide (CO₂) levels. However, over the history of the planet, they are now at an all time low!

In the past, (see chart above) CO₂ was many times greater than what it is today (Ref.3). This is not surprising. Plants feed on carbon dioxide and so, over the eons, they sucked a great deal of it out of the atmosphere and locked it up as coal, oil and gas. That happened several hundred million years ago when CO₂ levels were some seven times what they are today. The dinosaurs breathed air with four times the CO₂ of today.

Then there is a second, huge, factor: plankton and other sea creatures. They use CO₂ to make their skeletons of "calcium carbonate" which we know as chalk and limestone. Over the millions of years, billions of tons of their remains form beds thousands of feet thick. This CO₂ is locked up for ever. Scientists even suggest that plants today are starving for want of carbon dioxide! **See "Opinion": Page 3**

Intellectual Honesty

Tide Turns - When It's Ready



The wise Viking monarch, King Canute, deliberately placed his throne in front of the incoming tide and ordered it to turn back. It ignored him and Canute got his feet wet. He thus showed his courtiers the limitations of a king to command Nature.

It is a matter of surprise that the name of Canute does not crop up more often in the debate about global warming. As we outline on this page, CO₂ levels have been much higher in the past and cycles of warming and freezing have occurred in blithe ignorance of man's presence or absence.

There is no doubt that the climate is in a warming phase. It's just that, like Canute, I view it as an unstoppable natural force. **See "Opinion": p 3**

Last Minute Christmas Gift



For that difficult-to-find Christmas present!

Deadly Harvest by Geoff Bond, ISBN: 978-0-7570-0142-0

Check: www.TheBondEffect.com
Order in your local bookstore or your country's Amazon.

Direct link to Amazon.com.

Recipe

Yes, your Christmas can still have its cake – and you can eat it too!



Rich Christmas Cake



Yield: 10 - 14 Servings (slices)

This recipe contains all the special Christmassy ingredients, but avoids the pitfalls of bad fats, starches and sugars. Your guests won't know the difference.

- 1 medium orange, preferably organic
- 5 tablespoons raisins (2 ounces)
- ½ cup chopped dried figs (about 5 figs)
- 3 tablespoons rum, dark and flavorful
- 5 eggs
- 2 tablespoons olive oil
- 2 teaspoons vanilla extract
- 2 teaspoons orange extract
- ½ cup almond milk
- 2 1/3 cups almond meal (about 8.5 ounces) - more if needed for the thickness of the cake
- 5 tablespoons diabetic orange marmalade
- 2 cups mixed raw nuts (chopped almonds, walnuts and pecan nuts in pieces - about 9 ounces)
- ½ cup stoned and chopped dates (about 8 small dates)
- 1 tablespoons (or to taste) allspice (or mixed spices), or more to taste
- 2 teaspoons fructose, or to taste
- Olive oil spray
- Optional:** 1 dollop of almond cream (see [April 2003](#))

1. Grate the orange skin and set aside the gratings. Squeeze the orange to obtain about ¼ cup of juice. Set aside.
2. In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins. Put back in the bowl and add the chopped figs. Add the rum and mix well. Set aside.
3. Meanwhile take a medium-size mixing bowl, and with an electric hand-mixer, beat the eggs with the

olive oil, the vanilla extract and the orange extract.

4. Mix in the almond milk and orange juice. Fold in the almond meal. Add the orange marmalade, the orange peel gratings, the mixed nuts, dates, raisins and figs with the rum.
5. Add the allspice (or mixed spices) to taste. Add the fructose to taste.
6. Spray a loaf mold (10-inches long, 5-inches wide, 3-inches high) with the olive oil and fill with the mixture. Bake in a hot oven at 360°F (180°C) for about 40 - 45 minutes.
7. Check for doneness (the center of the cake should be cooked).
8. Allow the cake to cool down. De-mold (or serve in the loaf mold).
9. Optional: serve with a dollop of almond cream.

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

Questions

Chili

Q. *What do you think about green and red chilies? They are so popular but I wonder if they too strong for the system.*

A. You are right; chilies are too strong for the human system. Even if you feel nothing, the consequences are hidden and slow acting. This is an extract from page 56 of *Deadly Harvest*: "The chili pepper, however, irritates the lining of every part of the digestive tract: it causes the colon to become more porous, allowing germs, fungi, and food particles to enter the bloodstream. This can lead to a whole range of conditions from allergies to migraines to a depressed immune system."

Periodontal Problems

Q. *My oral surgeon says I have gum/bone problems called "pyogenic granuloma" and "ossifying fibroma" caused by periodontal disease. She feels this should be removed*

surgically. Do you have any other suggestions?

A. No. In this matter you should be guided by your medical practitioner. The gum disease has become deep-rooted and is beyond the body's ability to fix by itself.

It is a relatively straightforward procedure and the outcomes are usually excellent.

Nature designed mouths to be self cleaning, but it only works if we eat how she intended. Once your oral health is restored, think about eating like we say.

Do Prawns feel Pain?

Q. *I've always been worried by the thought of seafood like prawns and lobsters being boiled alive. Yet we are commonly told that they feel no pain. What do you think?*

A. Of course they feel pain! As a general principle, any creature capable of moving out of harm's way must have reflexes that tell it to move when harm threatens. By definition, these reflexes must be unpleasant, so that the organism seeks relief from the sensation. Boiled prawns have nowhere to go, so they suffer agonies until death supervenes. Robert Elwood, PhD at Queen's University, Belfast has actually tested prawns and finds that they do indeed feel pain (Ref.4).

Sugars in Sour Fruit

Q. *Many fruits taste sour rather than sweet. Are they low in sugar (and fructose)?*

A. Not necessarily! Often the sourness masks quite high sugar levels.

For example grapefruit are 7% sugars (of which fructose is 2.3%). Sour apples like cooking Bramleys are 9% sugars (of which fructose is 6%), and Granny Smith are 11% sugars (of which fructose is 6%). In comparison, sweet-tasting oranges are 9% sugars (of which 2.4% is fructose).

Health Professionals Corner

Questions from dieticians' and doctors' consulting rooms

Plant Diarrhea

Q. *Does a high glycemic diet stimulate diarrhea? Could vegetable soup provoke diarrhea?*

A. There is a multitude of reasons why your patient might suffer from diarrhea but a high glycemic diet is not one of them. On the contrary, when patients start consuming large volumes of low glycemic plant food, rich in soluble fiber, then they do pass through a period of intestinal disturbance.

On this score, quaffing vegetable soups and smoothies could lead to a temporary bout of diarrhea.

Sugar Addiction

Q. *I have a patient who seems to be addicted to sugar. Is there such a thing?*

A. Yes. Many studies have established the addictive nature of sugar. The latest, by doctoral candidate Magalie Lenoir of Bordeaux University, France demonstrates that sugar is more addictive than cocaine! (Ref.5) Lenoir makes the same point that we have made many times: that sugar was rare in the ancestral diet, so our bodies never had to develop mechanisms to say "enough".

On the contrary, sugar triggers "reward" mechanisms in the brain, just like an addictive drug (Ref.6). Notably sugar releases the brain chemicals "opioids" (opium-like substances) (Ref.7) and "dopamine" (Ref.8). Dopamine generates feelings of pleasure and is dubbed the 'courier of addiction'.

The net effect is to generate dependency (Ref. 9), withdrawal symptoms (Ref.9), and sensitization (increased responsiveness with repeated use) (Ref. 10). Worse, sugar dependence can increase dependence on alcohol and amphetamines (Ref.8).

News Shorts**New Way Omega 3 Fights Prostate Cancer**

Isabelle Berquin PhD of Wake Forest University, North Carolina finds that omega-3 oils (e.g. fish oil, Canola oil) reduced prostate tumor growth, and increased the patient's survival (Ref 11). On the other hand, omega-6 fatty acids (e.g. sunflower oil, corn oil) "had the opposite effect".

Omega-3 oils are already known to have a beneficial effect by the way they boost the immune system.

However, Berquin found a new twist. The genes in normal cells instruct them to self-destruct when they grow old, a process known as apoptosis.

The genes in cancer cells fail to do this so the cells multiply out of control. Berquin found that omega-3 switches the apoptosis genes back on, thus causing the cancer cells to self-destruct.

Our View? We are only just scratching the surface of immense complexity of our biochemistry. But we only need to hold on to the simple principle: live like nature intended and the body will look after itself.

Ritalin Stunts Growth

Dr Sally Poulton, University of Sydney, finds that children dosed long term on Ritalin (for hyperactivity "disorder") are likely to have their growth stunted (Ref. 12).

Our View? Drugs are never without side effects. What are we doing to our youngsters that they are hyperactive? Is it abnormal anyway? Why do we think it normal to fix them with chemicals like Ritalin?

Hints and Tips**Cutting Onions**

Try this way to avoid the unpleasantness of cutting onions. Place them upright (the way they grow) and slice downwards vertically from top to bottom through the root.

In this way you cut "with the grain" and minimize rupturing the little cells containing the eye watering vapours.

Taboo Tactics

In the days of wooden sailing ships, the first tot of rum for the day was not issued until the "sun was over the yardarm". This rule of thumb helped officers and men from drinking too early in the day.

Think about ways you can provide little rules about when and what you can eat and drink and thereby gain control over your consumption. For example:

- Only eat when you are seated at a table.
- Only eat with a knife and fork.
- Only drink alcohol after sunset.

Ever since the dawn of history peoples have lived with taboo. These are practices that it is a sacred duty to observe.

Make healthy taboos (like the examples above) part of your life, and you will find it easier to navigate through the temptations of modern life.

Next Month: I will explore the whole notion of taboo in human society, with particular reference to the remarkable works of the first social anthropologist, J G Frazer, author of *The Golden Bough*, an extraordinary and mind-altering discovery of the universal and all-pervasive deep meanings in human beliefs and rituals.

Opinion**Climate Changes and Humbug Part 1 - Climate Warming**

My father was a geomorphologist – a scientist who studied the shape of the landscape and how it came to be the way it is.

We lived on the northern outskirts of London, a region lined with hills and ridges: Mill Hill, Harrow-on-the-Hill, High Barnet, Highgate Hill, Hampstead Heath, Dollis Hill, and so on. My father explained to us that these hills were rather special: they are "terminal moraines" - that is the

débris an ice sheet deposits at its melting edge. Most of Britain right down to north London was covered by ice thousands of feet thick, just 24,000 years ago.

With the disappearance of the massive weight of ice, Britain is slowly tilting like a see-saw. The Highlands of Scotland are rising higher. The south east of England is sinking closer to sea level. On the other side of the English Channel, it affects the Dutch too. They, for centuries, have been raising dykes and pumping water to protect their land as it sinks slowly below sea level. On the other end of the see-saw, the Scots could be forgiven for thinking that the sea is receding.

In 1955 Bond senior took me to see the largest glacier in Switzerland, the Aletsch. It has been retreating up its valley for the last 12,000 years. As we walked up the valley he pointed out the traces the glacier had left in earlier times. We found its moraine deposited in 1870. But we had to walk a mile up the valley to find the melting edge of the ice that year (1955). Today, some 50 years later, the end of the Aletsch is a further mile up the valley.

I grew up, then, with the idea that our climate has been warming for thousands of years and is likely to warm for many thousands of years yet. I thought everybody knew this, so it came as a surprise to me that the

general population is only now discovering this phenomenon.

This is largely thanks to the Global Warming hair-shirt obsessives who want us to believe that humans can do something to stop it happening.

What about the much publicized Intergovernmental Report produced by a panel of experts (Ref.13), "who, you all know, are honorable men"? This is where the humbug comes in.

Next Month: Opinion Part 2, The Humbug

Events

American Speaking Tour

Organization continues on a series of talks and lectures in southern California, March 2008.

Web Update

Geoff Bond Demo Video

You can now view Geoff in action. Links to his demo video are now on our main website. This is the direct link:

<http://www.youtube.com/watch?v=2cPlpVKMdLs>

Soon we expect to have some of his TV interviews available online too. Watch out for them on www.TheBondEffect.com

Help Support Our Mission

Books and Speaking

Our operation is always teetering on the edge of commercial viability. That is the price of preserving our independent free-

thinking - and not having a paymaster controlling our thoughts. So if you believe in what we are doing, you can help us by buying our books and engaging Geoff as a speaker. www.SpeakerBond.com

Help Us Continue Our Work!

In addition you can make a charitable contribution to us directly via the Amazon Honor System. There is a link on: www.TheBondEffect.com.

Put us on your Christmas list!

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Our Fickle Earth Environment

Climate Warming Cycles

The true Ice Ages come and go to their own rhythm. The last one at its height about 40,000 years ago drew to an end 12,000 years ago.

But that was just the latest Ice Age. Previous ones peaked 150 million years ago, 300 million years ago, 450 million years ago and even 700 million years ago.

We are therefore fortunate to be living in one of the warm periods between Little Ice Ages which, in turn, is in a warm period between true Ice Ages. Just on the basis on what has gone before we would expect climate warming to continue for a few more centuries before a Little Ice Age returns, and more than 100,000 years before a true Ice Age returns.

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email: geoffbond@NaturalEater.com; **Cancer Support Site:** www.BeatCancerNaturally.com
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