



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.

Meal Ideas: Daily Fruit Ration. **Lifestyle & Longevity:** How to Live to 100 Years and More. **Bond Effect Resources:** Landmark 10 Year Newsletter; Healthy Harvest Print Edition. **Q&A:** Raw Revolution Fruit Bar; Classifying Glycemic Indexes; Limits to Fat Intake?; Why Curry Paste in Recipes?; Why Coconut Milk in Recipes?; Why Soy Sauce in Recipes?; Cycling – Conforming Activity?; Plant to Meat Ratio. **Testimony:** Lisa Brown – Deadly Harvest Rescues Me From Agonizing Bad Health. **Event Report:** American Speaking Tour; Acknowledgements. **News Shorts:** Vitamin D – Diet or Sunlight?; Colon Bugs Control Disease. **Viewpoint:** The Herd Thunders Back.

Meal Ideas

Daily Fruit Ration



This is Nicole's daily ration of fruit while we were in California (see Event Report, Page 3). In particular Trader Joe's and Sam's Club are fantastic sources of good value berries.

She had great variety yet she did not overdo the quantities of glycemic fruit. There is just one half of a kiwi which is ranked "amber" in [Deadly Harvest](#).

Mildly glycemic fruits, ranked "green-amber", are there in modest amounts: unripe banana (just one third) and apple (just a quarter).

She loaded on the safest fruits (ranked "green"): blueberries, strawberries, raspberries, blackberries and grapefruit.

All these are crammed full of those wondrous micro-nutrients without which our bodies simply cannot function properly.

She did not eat them all at once. Rather, she ate them at will throughout the morning.

In contrast, see: "A Healthy Fruit Bar?" page 2.

Lifestyle and Longevity

How to Live to 100 and More

What is the secret of people who live to be 100 and more? One thing is to avoid, at least until the age of 85, major "age-related" diseases such as lung disease, dementia, diabetes, heart disease, high blood pressure, osteoporosis, Parkinson disease, cancers and stroke [Ref: 1].

Another centenarian study finds that 87% of male and 83% of female subjects delayed getting heart disease, cancer and stroke, at least until the age of 80 or escaped them altogether [Ref: 2].

Finally, yet another study shows that physical activity, non-smoking and trim weight are vital for an extremely long life in good shape [Ref: 3] (No surprises there!)

Our View? These so-called "age-related" diseases are actually diseases of poor lifestyle and so are *optional!*

So that is good news. Just live like nature intended (and we show you how). That way you give yourself the best chance to live to extreme age – and in great shape! Just like Edith Morrey, see page 4.

Bond Effect Resources

Landmark Newsletter

With the April issue of the Bond Effect Newsletter next month we will celebrate 10 years of continuous monthly publication. We expect to be back on schedule by then too!

Bond Effect Resources

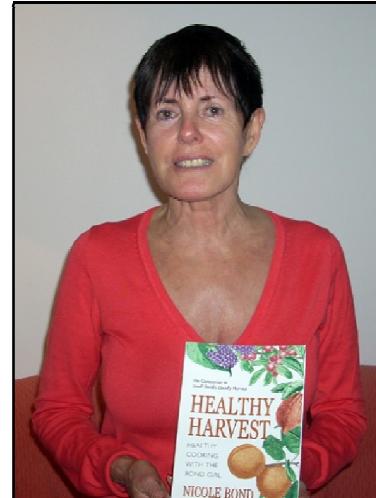
Print Edition Is Here!

HEALTHY HARVEST COOKBOOK

Matching-format companion to Deadly Harvest

Healthy, tasty food in accordance with the Bond Effect principles.

A comprehensive collection of nearly 100 delicious, fully tried and tested recipes.



Nicole proudly shows off the first copy of her new cookbook

The first copies are winging their way to those who placed advance orders.

Want to know more about Healthy Harvest? Check out our [information page](#).

Or order it directly from our [shopping cart](#) at www.TheBondEffect.com

Questions

A Healthy Fruit Bar?



Q. What do you think of Raw Revolution Live Food bars? They only contain fruit and nuts, and no additives or bad ingredients.

A. Why would a manufacturer take good ingredients and then dry them, homogenize them, torture them and extrude them under high pressure into a gooey strip? Only because he can make money out of it!

He has destroyed most of the goodness but so long as he can persuade customers to open their wallets, who cares?

Forgive my usual jaundiced reaction to this kind of product. But does this one have any redeeming features?

It contains, in order of weight: dates, cashews, almonds, mango, sprouted flax seeds, and "natural" flavor. So as these things go, it's not bad.

But just look at the sugar content (mainly from the dates): 15g in the 46g bar. In other words it is 33% sugar – and it matters not that it is of "natural" origin.

You can buy a pound of strawberries for the price of just one 1.6 ounce bar – and all their goodness will still be intact. Look at the beautiful fruits pictured on page 1. How can this fruit bar compare?

Classifying Glycemic Indexes

Q. In Deadly Harvest you set the "bad" carbohydrate range at 61 and above, the "borderline" range at 31 to 60, and the "favorable" range at 0 to 31.

However, in the book "The New Glucose Revolution" the ranges are set significantly higher: bad GI: 70 or more, borderline 56 to 69, and favorable 55 or less.

A. Every author makes his own judgement about this. Indeed, when I came to write Deadly

Harvest, I set the ranges even lower than in my first book (Natural Eating).

Over the intervening years the evidence had mounted up to show that our bodies cope even less well with glycemic foods than we thought.

With regard to other authors who set the ranges much higher, I understand where they are coming from.

They want to believe that whole-wheat bread is "good" and white bread is "bad". They don't want to believe that many fruits are glycemic.

The same goes for a great range of foodstuffs that they find unthinkable to brand as unhealthy. So they fix the GI ranges to admit their fondly preferred foods.

It is a state of denial that I went through too. When I wrote Natural Eating I wanted apples, pears and oranges to be "good" and in the "eat as much as you like" category.

However, both personal experience with clients and the results of studies prove that the reality is different. Modern varieties are simply too rich in sugars and fructose. In bulk, they lead inexorably to weight gain and fructose intolerance.

Limits to Fat Intake?

Q. I was amazed to discover that one can of sardines is already 25% of daily fat allowance! This seems huge, especially if you also eat two eggs and use flax oil or olive oil on salads. What should be our total good fat consumption?

A. I don't make an issue of total fat so long as the fatty acid profile is right. It sounds like you are doing right.

Remember – the "daily requirements" are dreamed up by government authorities who hardly know what they are talking about. More, they don't go into the question of the types of fat – without which their recommendations are meaningless.

Even so, your brand of sardines is high in fat. Are they canned in olive oil? If so use it in your salad oil. If canned in spring-water they would have a much lower fat content: around 10% of daily requirements. A good brand is Brunswick.

If you are eating a truly low glycemic diet, then the body does not even absorb much fat.

Remember the skinny Cretans who drink a jigger of olive oil for breakfast? ([Deadly Harvest](#), page 93). Without enough insulin to stimulate the fat cells to take up fat, nothing happens.

In sum, don't focus too hard on total fat – the authorities mounted an anti-fat campaign some twenty years ago in an effort to combat obesity – and a fat lot of good it did them! Just focus on making sure the oils you do consume are conforming.

Why Curry Paste in Recipes?

Q. In some of your recipes you use a little curry paste. I find that a quarter of a teaspoon easily transforms many dishes in a hurry. Curry paste contains chili which you counsel against – is it a question of quantity?

A. Yes. The human body is not adapted to handling aggressive spices like chili, and it matters for the reasons we have given in various other places. [[April 1999](#); [November 2007](#); [Deadly Harvest](#), page 56].

However we are not zealots either: a little bit of mild curry once in a while is not a big deal. On the other hand always avoid pungently hot curry.

Why Coconut Milk in Recipes?

Q. I thought coconut contains saturated fat. Isn't it harmful?

A. We spoke about coconut's oil in [June 2006](#). It is unusual because it is full of the rare saturated fat called "lauric acid".

Some health enthusiasts praise coconut oil for certain healthful properties. However, lauric acid was rare in our ancestral environment and clearly our bodies don't know how to handle it easily [Refs: 4, 5, 6]. The

judgement is therefore more ambiguous.

Coconut milk and grated coconut have much lower concentrations of lauric acid. In [June 2006](#) we say that we can use these ingredients "with caution".

That is what we do in our recipes: when you look at the quantities of coconut milk or grated coconut, you will see that they come to only about a teaspoon or so per serving. In the great scheme of things, this is quite acceptable.

Why Soy Sauce in Recipes?

Q. Presumably soy sauce is from the soy bean. You discourage soy bean because of its plant poisons and allergens. Is the sauce of soy nevertheless acceptable?

A. Soy sauce is made from soy beans by fermenting them with yeast in strong brine. The result is a salty concoction whose content of soy antinutrients and allergens is minimal. Most of the taste comes from the salt. The rest is the so-called "umami" fermentation-induced flavor.

Again, we use soy sauce with caution, the main concern being its salt content.

Cycling - Conforming Activity?

Q. If diet from the Pleistocene times suits us, should exercise also be from that era – how healthy is cycling? Is that why our knees go?

A. Yes. There is indeed a Pleistocene physical activity pattern too – it's in Chapter 8 of *Deadly Harvest*.

The knee joint needs to feel jogging activity. That stimulates healthy cartilage maintenance and lubrication. Most sedentary people simply haven't worked their knee joints enough, so they "go" as you say.

Activities which involve running, lunging and sudden changes of direction (like tennis, squash and badminton) are good. Cycling does not cut the mustard

Plant to Meat Ratio

Q. Loren Cordain, author of *The Paleo-Diet*, says that, in terms of

energy, 65% of our diet should be of animal origin and the rest plant food. This seems to conflict with your figure of only 25% animal matter.

A. Surprisingly, on this matter, we are both recommending the same thing! The critical words are: "in terms of energy". Cordain is measuring *calories*.

I talk in terms of *volume* which, to my mind, is more meaningful when you are looking at the food on your plate. Since plant food is much less calorie dense, you need to eat a much higher volume of it to get the same *calorie* intake.

In fact my 25% animal matter by volume equates to about 65% measured by calories.

Testimony

Deadly Harvest Rescues me from Agonizing Bad Health

From Lisa Brown

"I should be your spokesperson. I have had bouts of intense pain for a period of 11 years. I have gone screaming into emergency rooms, screaming into my doctor's office. I was told I needed colonoscopies, hysterectomies, laparoscopic surgery... you name it, I have successfully avoided all those.

"I just kept pressing for, "isn't there something I can do with my diet?" The answer always came back I could eat whatever I want.

"The pain I had was at my right side near my pelvic region. I knew it was digestive because of how the pain came on. I was told for years it was endometriosis.

"Then I went to Dr Rita Stec [founder of the Women's Wellness Center in Palm Desert and a great supporter of our work. See Acknowledgments, page 4].

"I saw your book [Deadly Harvest](#). I started to read the book, bought the book, finished the book. I tried what you said to do in the book. It worked.

"Now you have to understand that for years I've taken out many things in my diet to try and find what worked.

"I am pain free for three weeks which is a milestone. I completely understand and believe that what you say is true. I have researched enough on nutrition with my Master's Degree to know a lot. You know more, and thank you for writing this book."

View Lisa's full case history: [Link](#).

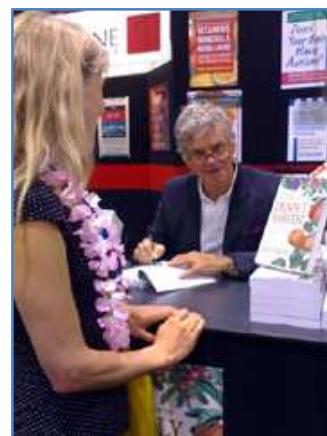
Event Report

American Speaking Tour

Geoff successfully toured southern California during March. He had a radio interview on the [Joey English Show](#) and he spoke to both general audiences and to the physicians in a number of hospitals in their Continuing Professional Education programs. The most popular title? "Degenerative Diseases are Optional" (Especially relevant for those who want to live to 100 and in good shape! See page 1.)

These physicians lectures were highly praised. The first formal evaluation (from Los Alamitos Medical Center) is [posted](#) on www.SpeakerBond.com.

Geoff had a popular book signing at the Natural Products Exhibition, Expo West, Anaheim, CA. He signed over 100 books: many were last year's customers coming back for more.



Geoff chats to a festive customer as he signs her dedication

[Link](#) to more book signing photos

Acknowledgements

We express our heartfelt thanks to those who helped to make Geoff's tour a success. We highlight **Kathy Wade** for lodging us in her lovely home in Rancho Mirage; **Dr. Rita Stec** for her moral support, hospitality and public relations; **Gregg Juarez** for pulling strings in celebrity and medical circles.

We are indebted to **Edith Morrey**. She is a remarkable,

glamorous and dynamic 96 year old in excellent state of health. All her life she led a health conscious lifestyle. Having now discovered The Bond Effect, she is enthusiastically supporting our efforts to spread our insights to the wider public.



News Shorts

Vitamin D: Diet or Sunlight?

Vitamin D is really a cocktail of compounds – and the recipe matters. Moreover, too much of any one of them is actually toxic. Dr Michael Holick of the Boston University school of Medicine finds that dietary vitamin D cannot substitute for sunlight [Ref: 7]. The body concocts the precise recipe and quantities that it needs whereas dietary vitamin D can never be quite right.

Dr Holick found that judicious use of tanning beds is an excellent substitute in circumstances

where natural sunlight is not available.

Our View? Sunlight was a permanent presence in our ancestral environment and our bodies expect to receive it to function properly. I write almost monthly on this topic since whole populations are now vitamin D deficient due to a misplaced phobia of sunshine exposure. (See the Herd Thunders Back, next column.)

Colon Bugs Control Diseases

Chinese colon bacteria are quite different to those in Americans – and it matters [Ref: 8]. So finds Professor Li of Jiao Tong University, Shanghai, China.

I am not surprised. For years I have emphasized the vital role that gut bugs play in maintaining our health.

Our bodies are built on the assumption that these good bacteria will be there and working in harmony with us. We provide the safe haven, they keep our gut wall healthy and push vital chemicals into our bloodstream.

I devoted an unusually lengthy section on this topic in [Deadly Harvest](#) ["The Underrated Colon", page 114].

Dr Li finds that the diet explains the difference between Chinese and American flora – and that Americans have more of the disease-making bugs.

Dr Li looks forward to the day when doctors can treat diseases like diabetes, cancer, heart disease and autoimmune disease by selecting the corresponding

"good" bacterium and seeding the patient's colon with it.

In our view Dr Li has his priorities back-to-front. If we simply fed our colons with the foods they expect then their contribution would be ideal. Just eat like we say and this will work out fine.

Viewpoint

The Herd Thunders Back

In [January 2008](#), I talked about how we have a herd mentality. A significant part of what I do is to point out when the herd is going in the wrong direction.

For years I have criticized the modern mania for guzzling water all day long [[September 2002](#), [March 2004](#), [July 2007](#), and [Deadly Harvest](#), page 156].

Now the media around the world have been splashing a major news story: after all, we don't need to be drinking 8 glasses of water a day. It was all a mistake! I welcome this particular herd back onto the fold. In the meantime I work on the many other herds trustingly following Judas-goats into danger.

Hints and Tips

Arugula by Another Name

Last month we puzzled American readers by using "rocket" (a kind of lettuce leaf) in the recipe. Americans know it as Arugula

Upcoming Events

Book-signing

Geoff will sign copies of [Deadly Harvest](#) on May 8, at 18:30 at Kyriakou Bookshop, Paphos.

Click here for: [Full Details](#).

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