



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing

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Rational, intelligent, evidence-based comment for a knowledgeable general public and for health professionals. Independent of commercial pressure, we say exactly what we think.

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Question of Month

Dr Peat Fish Oil Fallacy

Q. Do you know Dr. Raymond Peat? www.raypeat.com. He seems to disagree with most health claims regarding fish oil.

A. Dr Peat has closely wrought views on the role of oils in human nutrition. I agree with some of them, notably the advent and subsequent mischief of vegetable oils (see *Deadly Harvest*, [page 68](#)).

However, Dr Peat does entangle himself in the welter of detail to lose sight of the big picture.

Fish oil is a clear example. He finds studies which suggest that fish oil intake might increase some kinds of ill-health since, under one circumstance, the body oxidizes fish-oil to form toxic substances called "lipid peroxides".

I start from the other end of the picture. Fish oils were an all pervasive part of our Pleistocene past. So what are we doing wrong if they make us sick?

The answer is very simple, and is one that is completely overlooked by Dr Peat's tunnel vision: antioxidant deficiency!

In our Pleistocene past we *always* consumed copious amounts of anti-oxidant rich plant foods. So our body's biochemistry is designed on the assumption that they will always be there. They work as a team to prevent "peroxidation" and keep the fish oil healthy for us.

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Human Heritage

Walking Saves the Masai



The Masai are warrior cattle herders who live in the savannas of east Africa. They have some very unhealthy habits, notably eating much animal fat, and drinking 2 pints of milk a day.

In our newsletter [April 2001](#) we reported that they do suffer arteriosclerosis [Endnote 1].

Even so, they have healthy cholesterol levels of 135 mg/dl [Endnote 2], and now Dr Julia Mbalilaki Karolinska Institutet, Sweden, finds they have good triglyceride profiles and low blood pressure. [Endnote 3].

Dr Julia observes that the Masai are very skinny and they walk a lot – on average 12 miles a day. Their daily energy expenditure of 2,500 calories is way above the average office worker (350 calories) – and even a San hunter (1,000 calories).

So we learn that semi-starvation and extreme physical activity can delay cardiovascular disease due to bad nutrition. But it's a high risk strategy! Jim Fixx, the founder of the jogging boom, ran 12 miles a day, ate junk food, and died of a heart attack at age 52 [[Natural Eating p. 185](#)].

Living Like Nature Intended

Sunshine Benefits Heart Failure, Type 1 Diabetes, Colon Cancer

Sunshine was omnipresent in our evolutionary past – and our bodies have come to expect it...

Heart Failure: Robert Simpson Ph.D. of University of Michigan Medical School finds that the sunshine vitamin D improves the condition of heart hypertrophy (enlargement) in people with congestive heart failure [Endnote 4].

Type 1 Diabetes: Cedric Garland, Ph.D. of University of California finds that the incidence of type 1 diabetes in children goes from zero in the sunniest parts of the world to its maximum in the gloomiest parts of the world. [Endnote 5]

Colon Cancer: Kimmie Ng, MD of Dana-Farber Cancer Institute, Massachusetts finds that colon cancer patients with high levels of the sunshine vitamin D were 50% less likely to die afterwards. [Endnote 6]

Bogus Health Score

"Nuts in Pregnancy Increase Asthma In Children"

So screamed many newspaper headlines. The articles went on to report a Dutch study [Endnote: 7] which found that children of mothers who had "eaten nuts" during pregnancy were more likely to "wheeze".

It took a hardened skeptic like me to read the fine print.

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Food Savvy

We don't have space for a recipe this month. But you can savor nearly 100 recipes in Nicole's new cookbook *Healthy Harvest*. [Info](#). Order from [shopping cart](#).



Acceptable Sweeteners

Many of our readers are confused by the many different forms of sweeteners and sugar aliases. Last May I gave a schedule of "Bad" sweeteners.

Here is a check list of "Acceptable" sweeteners which you can cut out and keep in your purse. It is adapted from *Deadly Harvest*, [Chapter 6](#), page 154.

Newcomers to the Bond Effect will be surprised to see artificial sweeteners as "acceptable".

This is where we apply the principles of *prioritization*.

The evidence is incontestable: artificial sweeteners, in spite of the hysteria surrounding some of them, are quite safe. Whereas sugar (and its aliases), albeit "natural", is a mass killer.



ACCEPTABLE SWEETENERS

Bulk, Natural Origin

(Use frugally)

agave "nectar"
fructose

Intense, Natural Origin

stevia

Bulk, Artificial

(Use frugally)

isomalt
lactitol
maltitol
mannitol
sorbitol
xylitol

Intense, Artificial

acesulfame K
aspartame
saccharin
sucralose

Questions

Canola (Rapeseed) Oil Hysteria

Q. We have received an email vilifying Canola (rapeseed) oil. It is even being blamed for Mad Cow disease and for use as an insecticide and a chemical warfare agent. Is there any foundation?

A. No. Those stories about Canola oil have been circulating for a long time on the Internet. They are total rubbish.

A long time ago I wrote a series of articles in my newsletters debunking the various idiotic arguments.

They are summarized on my website where there is a link called "Canola Baloney" in the right hand panel. This is the direct link:

http://www.naturaleater.com/Canola_Calumny_Debunked.htm

Anti Cancer Broccoli Sprouts

Q. You say that broccoli is a supervegetable and is good in the fight against cancer. On the Internet I see that broccoli sprouts are even more potent. Is this so, should I be eating them and where can I find them?

A. Broccoli sprouts do indeed contain higher quantities of "sulphurophane", the micro-nutrient most associated with cancer-fighting – (See newsletter [June 1998](#) and *Natural Eating*, [Chapter 8](#)).

So by all means eat broccoli sprouts when you can. Some specialist health food stores stock them, but most commonly enthusiasts sprout broccoli seeds themselves, often using a ready-made kit.

But it is not obligatory to go down this route (of consuming broccoli sprouts). Just follow the normal cancer-recovery strategies in *Deadly Harvest*, [Chapter 9](#).

Fiber and Bowel Movements

Q. You say in *Deadly Harvest* in various places that our bodies are designed on the assumption that the way we eat will produce copious bowel movements more than once a day. You mention in

[Chapter 9](#) under Parkinson's Disease that those who have two bowel movements a day are four times less likely to have Parkinson's disease than those who have less than one a day.

I only have one bowel movement a day. Is this acceptable?

A. Yes, just. When we study fossilized excrement (coprolites) we find that our Pleistocene ancestors were excreting high volumes of fibrous matter

(*Deadly Harvest*, [Chapter 1](#), page 22). And as we say in [Chapter 5](#), page 126, today's fruits have far less indigestible fiber. The same goes for the other vegetation we eat.

Traditional forager tribes like the Australian aboriginal had a high intake of indigestible plant fiber [Endnote 8].

In [Chapter 5](#) page 117 (*Food Choices and the Health of the Colon*) I set out the consequences of not having a high throughput of plant residues.

So how can we manage today? The reality is that we have to work with what we have got. If that translates into one bowel movement per day, so be it. All we know about these matters suggests that this is good enough. Many Bond Effect practitioners nevertheless find that, once they are up to cruising speed, they have two bowel movements a day.

Goji Berry (Wolfberry) Hype

Q. Goji juice is touted on the Internet as having miraculous health-giving powers. What do you say?

A. In common with all the other berries we mention in *Deadly Harvest*, [Chapter 6](#), page 146, Goji berries are rich in a wide variety of antioxidants and other good micronutrients.

A number of studies have been carried out (mainly by the Chinese) on non-human species such as mice and rats. They indicate that consumption of goji has a positive impact on a number of vital signs, including improving cancer cell-death.

Dr Harunobu Amagase of FreeLife International, Phoenix, carried out a trial on human subjects. The results, published in a journal of alternative medicine: "indicate that daily consumption of Goji for 14 days increases subjective feelings of general well-being, and improves neurologic/psychological performance and gastrointestinal functions".

Are you now champing at the bit to consume Goji juice? The same company that carried out the study, FreeLife, will supply it at \$174 a case!

And that is the trap. Along with various other miracle juices such as mangosteen [see newsletter [March 2005](#)] and Brazilian açai berry, it is overhyped and sold at fancy prices through multi-level marketing. Buy this juice and you are doing more good for FreeLife's bottom line than you are for yours!

The good news is that *anyone* consuming the commonly available berries such as blueberry, strawberry, blackberry, cranberry and raspberry would have improved vital signs and "feel better" [Endnote: 9].

Inspire yourself with even more variety from our checklist in Deadly Harvest, [Chapter 6](#), page 144.

Hunters Food Supply

Grey Squirrel Fricassee



It's a popular food in Oklahoma and now the British are getting a taste for it. The American grey squirrel, which is driving Britain's

native red squirrel into extinction, is receiving its comeuppance.

It is flying off the shelves faster than hunters can shoot them, with game butchers struggling to keep up with demand.

In the photo, Michelin-starred chef Kevin Viner shows off the stages of converting a squirrel into a Cornish pasty.

Gourmets say that squirrel tastes like a cross between duck and lamb.

Our View? Squirrel is low fat, free range and Bond Effect conforming (but not in a pasty!)

Reader's Letter

The Real Thing not Supplements

I believe it was a godsend to have read your comment regarding what you DO NOT promote.

For the last two years I have been paying \$150.00 every three months for fruit and vegetable supplements.

Since the 70's, I have tried to eat healthy meals. I have tried various product names touting their health benefits. I just got the latest shipment in, looked at it and said, "I am really not sure about this. Can this really be worth about \$1500.00 a year? I don't think so."

I believe I am about to rediscover the nugget that I had possession of a year ago when I heard you speak in Palm Springs with Dr. Stec and Dr. Camacho.

Thank you again.

- Irene Farber

News Shorts

How Cranberry Helps Cystitis

Cystitis is an infection of the urinary tract and is often caused by the bacterium E. Coli. It afflicts most women (and a few men) at some point in their lives and it can be a devilish thing to clear up.

In Newsletter [April 2003](#) I report how researchers find cranberry to be an effective remedy, the active micronutrients being called "proanthocyanidins".

Now researchers at Worcester Polytechnic Institute, Mass. have discovered how they work [Endnote:10]. Cranberry juice creates a microscopic energy barrier which prevents the bacterium's little tentacles from hooking to the urinary tract wall.

Our View? Cranberries and their juice are very tart so many manufacturers sweeten it heavily with sugar. Avoid these.

Use diet juice (which uses artificial sweetener) or buy the pure juice and (if you must) sweeten it yourself, again with artificial sweetener (see "Acceptable Sweeteners", p 2). Dilute with water to taste. About half a cup a day of the pure juice seems to be an effective dose, but find out what works for you.

As a bonus, cranberries are a wonderful source of micro-nutrients equal to or superior to the much hyped goji juice examined on page 2.

Fish Oil Benefits

Prostate Cancer, Motherhood, Brainpower, Rheumatoid Arthritis,

We know that in our evolutionary past, omega-3 oils (notably fish-oils) were ever-present and our bodies came to depend on them. Here is more evidence.

Prostate cancer. Yong Q. Chen, Ph.D., from Wake Forest University School of Medicine, North Carolina experimented on mice with prostate cancer.

Survival was 60 percent in animals on a high fish-oil diet, 10 percent in those on the low fish-oil diet and 0 percent in those on the high omega-6 diet [Endnote 11].

Motherhood. Dr William Lassek of University of California finds that fish-oil intake is even more important for women. Compared to men, women also store omega-3 fats on their hips and thighs in preparation for nurturing the brains of their future babies.

"The lower-body fat is like a bank into which deposits are made during childhood and only withdrawn during pregnancy and nursing." [Endnote 12].

Brainpower: Omega-3 fatty acids improve learning and

memory and help fight mental disorders such as depression, mood disorders, schizophrenia, and dementia, finds Gómez-Pinilla, UCLA's Brain Research Institute and Brain Injury Research Center.

Children who had increased amounts of omega-3 fatty acids performed better in school, in reading and in spelling and had fewer behavioral problems. [Endnote 13]

Fish oils also accelerate brain recovery after traumatic injury. [Endnote 14]

Rheumatoid Arthritis: Annmarie Wesley of the Institute of Environmental Medicine, Stockholm, Sweden, finds that those who consume oily fish several times a week are 30% less likely to develop rheumatoid arthritis [Endnote 15].

Interestingly, smokers were not similarly protected. Smoking adds extra demands on the available antioxidants and so smokers suffer more from "lipid peroxidation"

Our View? These beneficial results reinforce our view of Dr Peat's Fish Oil Fallacy, p. 1.

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Dr Peat Fish Oil Fallacy (Cont.)

And that is the way it should be today. But the average American is starving for antioxidants.

He is filling up on pizza, French fries, pasta, waffles, Danish pastry, Black Forest gateau, ice cream, hamburgers, hot dogs and French toast. How much broccoli or berries (page 2) is he eating? Far too little or none at all!

We have to deal with our life-style as a complete package. Eat like nature intended, include oily fish AND copious amounts of micronutrient-rich plant foods. For a list of them see Deadly Harvest, [Chapter 6](#), page 144, Food Group 3, non-starchy vegetables; and page 146, Food Group 4, Fruits.

Meanwhile, contrary to Dr Peat's theories, the evidence for the necessity of fish-oils in the diet continues to pile up.

See previous article, Fish Oil Benefits, Page 3.

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Bogus Health Score (Cont.)

The "nuts" in question were peanuts and peanut butter!

So a slap on the wrist to the reporters who don't know a peanut from a tree nut. (Peanuts are actually legumes from the bean family.)

A second slap on the wrist for the sloppy researchers. They

only "surmised" that people were eating peanuts and not nuts. They failed to ask the question and had no proof either way.

Mark you, peanuts are not human food and they are highly allergenic, so their surmise is probably right.

But that is not the point. Here we have an unnecessary, highly misleading health scare, increasing doubt and anxiety in pregnant mums.

Our View? Everybody would have been far better off if the study had been abandoned as worthless and the journalists kept their counsel.

Meanwhile, pregnant moms can continue eating "proper" tree nuts like almonds and walnuts with a clear conscience. They are normal human food. For a check list see Deadly Harvest, [Chapter 6](#), p 151.

Upcoming Events

September: Talks in UK & France (private participants)

Long Range Planning

October: University of Nicosia (private participants).

Feb/March 2009: US Tour. Medical teach-ins (private participants).

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