



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

**Like Nature Intended:** Strength and Fighting Ability Revealed in Men's Faces. **Health Professionals Corner:** Sweet Potato vs Regular Potato. **Hone Your Media Skepticism:** "Low Carb Diets Increase Memory Loss". **Breaking News:** Splenda Woes. **Recipe:** Pistachio Cookies. **Questions:** Weaning – What solids?; Food Pioneer Weston A Price; Lifestyle and Glaucoma. **Briefing:** Some Oily Foods Curb Hunger. **Hints & Tips:** Bond Tomato Ketchup. **Letters:** Seniors Improve Fitness – "Better Late Than Never!" - Joan & Bill Ogden. **Evolution & Human Behavior:** Part II – Forager Stepfathers. **Bond Briefing Update:** What became of the ezine? **Events:** USA Tour.

### Like Nature Intended

#### Strength and Fighting Ability Revealed In Male Faces



For our ancestors, misjudging the physical strength of a would-be opponent might have resulted in painful – and potentially deadly – defeat.

Now, a study conducted by evolutionary psychologist Aaron Sell at the University of California, Santa Barbara, has found that a mechanism exists within the human brain that enables people to determine with uncanny accuracy the fighting ability of men around them by homing in on their upper body strength. What's more, they make that assessment even when everything but the men's faces is obscured from view. [Endnote 1]

"The mind implicitly equates fighting ability with upper body strength. That's the component of strength that's most relevant to pre-modern combat.

What is a bit spooky is that upper body strength can even be read on a person's face."

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### Health Professionals Corner

#### Sweet Potato vs. Regular Potato

**Q.** As a dietician, I have clients who ask if they can substitute regular potato by sweet potato. Regular potato is glycemic and contains poisonous anti-nutrients. Does sweet potato have the same drawbacks?

**A.** You are right to think that although these tubers share the name "potato", they are quite different plants and so might have quite different properties.

Sweet potato (*Ipomoea batatas*) comes from a family that includes Morning Glory. Ordinary potato belongs to a different family, *Solanacea*, or nightshades.

Sweet potato (often incorrectly called "yam" in the USA) is just as glycemic as regular potato. So on this score (of causing harmful blood-sugar spikes) it has the same drawback.

In addition sweet potato does indeed contain low levels of a family of plant poisons called, "cyanogenic glycosides". The body turns them into cyanide.

On a scale of 1 (low) to 4 (high), sweet potato ranks 1, flaxseed 2, bamboo shoots 2, lima beans 3, and cassava 4.

Cassava (known to many in the form of tapioca) is notorious for being poisonous in its untreated form. Tropical agricultural communities learned long ago to leach out the cyanide by pounding the cassava and rinsing it in water.

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### Hone your Media Skepticism

#### "Low Carb Diets Increase Memory Loss"

Such were the headlines screamed by some of the tabloids recently. Where on earth did that come from?

They were drawing on reports of a study carried out by Professor Robin Kanarek of Tufts University [Endnote 2].

The journalists didn't trouble to read the study itself for they would have found a non news-worthy, contradictory picture.

In fact, the low-carb subjects also had IMPROVED vigilance and LESS mood confusion than the control group on a low-calorie (but carb-rich) diet.

But I also make a much larger point: the study only lasted three weeks!

So their nine subjects (yes, there were only nine) were still in the middle of carbohydrate withdrawal. It's a wonder the subjects had any cognitive skills left at all – as the Ogdens could attest (see Letters, page 3.)

That is how the media makes fools of us all – and how painstakingly acquired knowledge, can be "twisted by knaves to make a trap for fools".

### Breaking News

#### Splenda Sweetener Woes

Splenda halves the amount of good bacteria in the gut, boosts weight gain, and interferes with medications [Endnote 3].

**Continued:** Next Month.

### Recipe

#### Pistachio Cookies

**Yield: up to 20 cookies**  
(depending on size)

1 cup unsalted pistachio nuts  
1 Tablespoon rose water  
1 Tablespoon orange water  
4 egg whites  
1 pinch salt  
3 Tablespoons fructose  
2  $\frac{1}{4}$  cups almond meal (or hazelnut meal) - add up to  $\frac{1}{4}$  cup more to achieve a dough-like consistency.  
Olive oil spray.  
Optional for Christmas: 1 Tablesp. allspice, or to taste.

1. Take around 20 pistachio nuts and set aside for garnish. Dry-roast the remaining pistachio nuts in a small frying pan.
2. Chop the nuts roughly and put in a small bowl. Add 1 tablespoon of fructose, rose water and orange water. Leave to marinate.
3. Take a medium-size mixing bowl and, with an electric hand-mixer, beat the eggs whites with the pinch of salt to a stiff consistency. Mix in the remaining fructose and (Christmas option) the allspice.
4. Add the nut meal and blend well to obtain a smooth paste.
5. Add the pistachio nuts to the mixture.
6. Spray a cookie sheet with olive oil. Shape approximately 20 cookies by hand and lay out on the baking sheet. Garnish each cookie with a pistachio nut.
7. Bake in a hot oven at 360° F (180° C), for 10-12 minutes. Check for doneness.
8. Allow the cookies to cool down. Keep them in a box in your fridge, if you want to store them for more than 2-3 days.

You can savor nearly 100 recipes in Nicole's new cookbook Healthy Harvest. [Info.](#)



### Questions

#### Weaning - What Solids?

**Q.** *I've read much about second stage weaning. As the formula feeds decrease, they say to replace them with milk-based solids such as whole-milk natural live yoghurt, cheese sauces, and by using milk to cook fish which I then puree. I'm wary of using cow's milk given your inform [last month](#). What is the alternative to ensure that my baby is getting the same nutrients and fats?*

**A.** In the state of nature, mothers would breast-feed their babies exclusively to the age of some six months and then only very gradually introduce solids until the child had a full set of teeth [Endnote: 4].

These solids would not be cheese, yoghurt or fish poached in cow's milk and whipped up in a blender.

They would be the foods that the mother eats but in a form that the infant can cope with. That means that the mother sometimes pre-masticated whatever she was eating and gave it to the child, or she found something that the child could eat directly. For example: raw eggs, brains, and various soft fruit and vegetable parts.

In place of the mastication, take the food you would eat as a Bond Effect practitioner and puree it. There is no reason to include milk in any form.

Meanwhile, only taper off the formula milk slowly. After all, in a state of nature, mothers continued suckling for at least three years.

Cow's milk, yoghurt and cheese are unhelpful in a human diet, and certainly no one should give them to infants.

See more on this topic in *Deadly Harvest*, [Chapter 7](#), p. 280.

#### Food Pioneer Weston A Price

**Q.** *What do you make of the [Weston A. Price](#) foundation ideas? It has differences with your principles but is it better than other less natural diets?*

**A.** Weston A Price was a 1930's dentist, and a pioneering original thinker. He drew inspiration from the dental health of tribal peoples. I wrote about him at length in "Mouth Flora in Evolutionary Perspective", [October 2008](#).

In 1999 two food supply activists, Sally Fallon and Mary Enig, set up the Weston A Price foundation to promote Price's vision. They did this, in spite of the fact that Weston Price had already set up his own [Price-Pottenger Foundation](#).

In as much as Fallon & Enig promote the avoidance of all processed food, and the consumption of fresh food in its natural state, they are following in Price's footsteps.

But then they add twists of their own. I agree with them in banning soy products. I disagree profoundly about the promotion of dairy products; saturated fats like palm oil and lard; and sugars like honey and maple syrup – however "natural" they all may be.

Their arguments for including these foods joyfully into the diet don't hold water, and some recommendations are just plain barmy: e.g. salt is all right so long as it is Celtic sea-salt!

Finally they seem to have nothing to say about the biggest bugbear of all: grains.

So, to answer your question: of course anyone giving up the standard American diet for this one will be moving in the right direction. But it is still fatally flawed.

#### Glaucoma and Lifestyle

**Q.** *My aunt has glaucoma and has to take eye-drops. Is there anything she can do from a lifestyle point of view?*

**A.** Glaucoma (of which there are various types) is a condition where the liquid in the eye-ball ("aqueous humor") is at a damagingly high pressure due to blocked drainage ducts.

Until recently, conventional medical practice saw glaucoma as something that simply happened with age and that they should just manage the condition as best they could with eye-drops and the like. Now researchers are taking an interest in possible dietary measures. For example, they discover that glaucoma sufferers are deficient in the omega-3 "fish" oils, DHA and EPA. [Endnote 5].

There is mounting evidence too that antioxidant deficiency predisposes to glaucoma. In this, the disease is in the same stable with other eye diseases like macular degeneration.

Here the evidence is already well established. I wrote about it in my first book, *Natural Eating Chapter 8*; and in the *Bond Bulletins: October 2006; November 2006; January 2008*. The tentative conclusion is that, if you live like we say, you will reduce your chances of getting these eye diseases. There is even some evidence that existing conditions can be stabilized and put into remission.

Of course your aunt should continue to monitor progress under the guidance of her medical practitioner.

### Briefing

#### Some Oily Foods Curb Hunger

Foods rich in the olive oil fat "oleic acid" – such as avocados, nuts and olive oil itself – send an important message to your brain: "stop eating, you're full". So finds University of California, Irvine, pharmacologist Daniele Piomelli [Endnote 6]

Oleic acid triggers production of a messenger compound called "OEA" in the small intestine. OEA then finds its way to nerve endings that carry the hunger-curbing message to the brain. There, it activates a brain circuit that increases feelings of fullness.

### Hints & Tips

#### Bond Tomato Ketchup



*Ketchup does not have to be a junk food. On the contrary, the basic ingredients make for an extremely healthful sauce. Here is a simple recipe that even your children will not distinguish from a commercial variety. Bottle it in an empty ketchup bottle and the subterfuge is complete!*

#### Ingredients:

- 1 can (approx 14oz, or approx 400g) tomato paste, unsalted
- 1 can (approx 14oz, or approx 400g) chopped tomatoes, unsalted
- 7 Tablesp. (120 ml) vinegar (any except Balsamic)
- 3 teasp. (15ml) lemon juice
- 6 teasp. equivalents of approved sweetener (e.g. saccharine, stevia, fructose: see *Deadly Harvest Chapter 6*, Food Group 10, p 154.)
- level teasp. garlic powder
- level teasp. celery powder (optional)
- pepper to taste

Blend all the ingredients together in a power blender to obtain a smooth home-made tomato ketchup. Makes about 1 US quart (1 liter). Store in the refrigerator.

#### Comment:

Commercial ketchups typically contain a teaspoon of sugar and a day's supply of salt in one dollop. In our recipe we replace the salt by lemon juice and garlic powder, and the sugar by the approved sweetener. Follow these guidelines and you have a ketchup that is safe to use for all occasions. You can even try it as a salad dressing!

### Letters

*We are delighted to receive letters but might edit them for clarity and brevity.*

#### Seniors Improve Fitness "Better Late than Never!"

"We are drifting around in your Stage 2 at the moment [*Deadly Harvest, Chapter 7*, p. 174] but are extremely happy with the effects of your advice.

"Although it was never our prime objective, Bill's weight has fallen from 97 kilo [214 lb; 15 stone 3 lb], at the time of our enlightening at your talk in Droushia in May, to 85 kilo [187 lb; 13 stone 5 lb].

"The transition was not pain-free, as you warned (strange headaches as the fat dissolved into the bloodstream), but it was well worth it. He is now feeling much fitter as he approaches his 70th birthday. Walking has become much more of a pleasure than the chore it used to be.

"Our digestive systems seem much happier now that we start meals with the fresh fruit first, then the large portion of good veg before the meat or fish. We wish we had learned that years ago!" – *Joan and Bill Ogden, Cyprus.*

*You make an interesting point about eating the veg before the meat or fish. Whilst it is not vital from a digestive point of view, it is a good strategy. That way you fill up, and begin to satisfy appetite, with the low density, eat-as-much-as-you-like foods before tackling the ones where you have to exercise restraint.*

### Evolution & Human Behavior

**Part II: Forager stepfathers**  
*Last month* I wrote about the evolutionary origins of step-father violence in the wake of the "Baby P" murder. Now we see what happens in tribal forager societies.

The Hadza of Tanzania is such a tribe studied by Professor Frank Marlowe [Endnote 7]. Typical of such tribes, men frequently take

on new wives and so find themselves being responsible for children by other husbands.

Marlowe found that on a wide range of criteria, step-children received less contact time, less talk time, less playing time, less nurturing and less food provisioning.

These Hadza stepfathers were not deliberately favoring their own offspring -- they claim that there is no difference between fathers and stepfathers.

However as Marlowe says: "...and yet the data shows there is. It seems that deception is involved in promoting the ethic that stepfathers should be good fathers."

In the words of cognitive scientist, Steven Pinker: "Many step-parents nonetheless ARE kind and generous to a spouse's children, in part out of love for the spouse. Still, there is a difference between the instinctive love that parents automatically lavish on their own children and the deliberate kindness and generosity that wise stepparents extend to their stepchildren."

**Next Month:** *Part III - How the psychopathic personality duped the social workers.*

### Continued From Page 1

#### Like Nature Intended

#### Men's Torso Judged in the Face

Both men and women accurately judge men's strength, whether they are college students, Bolivian foragers, or herders of the Argentinean Andes.

In men, this genetically wired instinct measures potential

threats and determines how aggressive or submissive they should be when facing a possible enemy.

For women, the instinct helps identify males who can protect them and their children.

What precisely is it that we detect in these male faces? Prof Sell suggests that it is probably the heavier brow ridge and thicker jaw that result from high levels of testosterone. Such men develop muscular bodies better suited for combat.

### Continued From Page 1

#### Health Professionals' Corner

#### Sweet Potato vs. Regular Potato

Symptoms of cyanide poisoning include rapid respiration, drop in blood pressure, rapid pulse, dizziness, headache, stomach pains, vomiting, diarrhea, mental confusion, convulsions and possibly death.

The cyanide in sweet potato is less of a problem than ordinary potato's plant poisons, the "glycoalkaloids".

Potato glycoalkaloids are virtually indestructible, whereas slicing/mashing, and cooking destroys most of the cyanide in sweet potato. Furthermore, our bodies are good at detoxifying low levels of cyanide anyway.

So the main problem with sweet potato is its highly glycemic nature. In *Deadly Harvest*, [Chapter 6](#), Table 2, my classification is "Amber-Red".

In other words, sweet potato is slightly less harmful than ordinary potato, but your client

should not think of it as a substitute for ordinary potato.

### Bond Briefing Update

#### What Became of the ezine?

Some time ago we trialed the Bond Briefing as a web-based ezine. One aim was to provide hotlinks to other web-pages, and our [Newsletter Archive](#). However, we still needed hard copies both for hardcopy subscribers and for marketing. Meanwhile, our new pdf conversion program preserves the hotlinks we bury in the text. So, for now, we will discontinue the ezine format and continue with newsletters in pdf format. But we are still interested in hearing your views! [email us](#)

### Listen to Geoff

#### Radio Interview

Geoff's interview with Rosie Charalambous is still online.

[http://www.cybc.com.cy/index.php?option=com\\_content&task=view&id=675&Itemid=197](http://www.cybc.com.cy/index.php?option=com_content&task=view&id=675&Itemid=197)

### Upcoming Events

#### USA TOUR:

**Feb 15/March 15 2009**

(approximate dates)

#### PUBLIC EVENTS:

**Weds. March 4<sup>th</sup> at 3:00 p.m.**

**Talk:** Title to be announced

**at:** Mizell S.C. Palm Springs, CA.

**Fri. March 6<sup>th</sup> or Sat March 7<sup>th</sup>.**

Time: TBA

#### Book signing

**at:** Natural Products Exhibition, Expo West, Anaheim, CA.

#### PRIVATE EVENTS

**C.M.E lectures for Physicians**, various hospitals, southern California.

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<sup>3</sup> J Toxicol Environ Health A. 2008;71(21):1415-29. Splenda alters gut microflora and increases intestinal p-glycoprotein and cytochrome p-450 in male rats. Abou-Donia MB

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<sup>5</sup> Prostaglandins Leukot Essent Fatty Acids. 2006 Mar;74(3):157-63. Epub 2006 Jan 10. Primary open-angle glaucoma patients have reduced levels of blood docosahexaenoic and eicosapentaenoic acids. Ren H, Magulike N, Ghebremeskel K, Crawford M

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<sup>7</sup> Marlowe, F; Showoffs or providers? The parenting effort of Hadza men; Evol Hum Behav; 20: 391-401 (1999)