



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing

Private Subscription Monthly Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00

www.TheBondEffect.com



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.

Thoughts from the Savanna: The Stress of Tidiness. **Hints:** Quick Mixed Salad. **Question of the month:** Antibiotics and Tonsillitis. **Quick Fix:** Spicy Okra (Ladies' Fingers). **Our Food Supply:** Over-neglected Okra. **Q&A:** Microwave and Cling Film. **Health Professionals' Corner:** Aspartame Wars Part I. **Humbug Busting:** Russell's Celestial Teapot. **Health Film Review:** Sicko – Part II. **Spreading the Word:** Amazon Book Reviews. **News Short:** Cancer Myth: It's Not My Fault! **Our Evolutionary Heritage:** Make of your Gut a Herb Garden – Part I. **Hints & Tips:** Sore Throat Relief; Sesame Dip; Tahini Dip. **Briefing Update:** Why Early Edition? **Events.**

Thoughts from the Savanna

Our evolutionary history designed us for life on the savanna...

The Stress of Tidiness

We all know how hard it is to get a teenager to tidy up his bedroom; how we have to train our children not to litter; how scoundrels [fly-tip](#) without scruple; even how drunk city gents urinate in phone boxes.

We are familiar, too, with the picture of disease-ridden medieval cities, where people emptied chamber pots from upstairs windows, and filth accumulated in the gutters.

Gorillas, chimpanzees and humans have a lot in common, one of which is: tidiness does not come naturally!

Gorillas and chimpanzees leave a trail of devastation as they move through the bush. Up in the trees, they defecate with careless abandon, not caring about who might be below – or even about leaving a trace of their whereabouts.

When the human forager band camps, it makes a lot of mess. Then it moves on to the next clean place – rather like the Mad Hatter in his Alice in Wonderland Tea Party.

Even when the foragers come back to the same area, they camp a hundred yards from the first. Their debris and excrement still pollute it.

We wouldn't like that place either. It is now a welcoming habitat for snakes, scorpions and horse-flies! **Cont: p.4**

Hints & Tips

Quick Mixed Salad



No need to fret about chopping, and cutting to prepare a tossed mixed salad. Just rinse: and then let the eaters do the work!

This is a typical serving for one person on a 12" plate. Note the quantities. That is the volume of plant material that we should aim to consume at a sitting.

Starting with the tomato and going clockwise we have: mackerel, radish, lettuce, beetroot, tahini dressing, field cucumber, button mushroom, and raw leek.

I used the lettuce got ready as explained [last month](#). The mackerel was canned in fresh water and drained. The beetroot was indeed home cooked (I shall write about this [next month](#)) – but pre-packed would be fine too.

You might be surprised to see the leek there – but it is great, not unlike a green (spring) onion –but less pungent.

For the tahini dressing, see Hints & Tips, page 4.

Question of the Month

Antibiotics and tonsillitis

Q. *I've got tonsillitis and my doctor has prescribed 8 penicillin tablets a day. He also says I should take a "pro-biotic" to counteract the effect on my guts. Does that sound right?*

A. No. When penicillin saved my life from tropical blood poisoning back in the 1960's it was rightly regarded as a precious, life-saving medication. Its benefits clearly outweighed any possible drawbacks. Furthermore the penicillin was *injected*.

Doctors now rarely inject, but routinely prescribe antibiotic pills. Worse some do so for trivial conditions, many of which antibiotics cannot touch – like most kinds of tonsillitis.

Take the hint: antibiotics upset the guts. In fact they create havoc. As I shall write in a [future segment](#) of "Make of Your Gut a Herb Garden", p. 3, a healthy gut needs THOUSANDS of species of "good" bacteria. In addition, they must be in the right proportions too!

Probiotics are a false promise – they only replace TWO species! Moreover, that dose will totally disrupt the balance of power with the other species.

My view is that we should never use antibiotics for trivial ailments. If it were me, I would just let nature take its course. I wrote at length about this in [March 2003](#).

See: Sore Throat Relief: p. 4.

Quick Fix

Spicy Okra (Ladies' Fingers)

If you don't like the glutinous way okra often turns out, this recipe is for you. It is quick and scrumptious!

- 1 Tbsp olive oil
- 1 medium onion, coarsely chopped.
- 1 cup water
- 4 tsp tomato paste
- 1 lb okra (frozen or fresh) chopped into ½ inch lengths.



- 4 dashes Tabasco sauce
- 2 pinches black pepper

Heat the oil in a deep pan. Add the chopped onion, cover and sauté gently, stirring regularly until soft. About 3 mins.

Add the water, tomato paste and okra. Bring to a boil and cover. Simmer gently, stirring regularly. Add the Tabasco and pepper.

Continue to cook until the liquid has reduced to a thick consistency and the okra is soft. About 15 minutes for raw okra, much quicker for frozen.

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

Our Food Supply

Over-neglected Okra



Okra (also called "gumbo") is unusually rich in soluble plant fiber, just like quince (see Tangy Quince and Chicken, [Jan 2009](#)).

The plant fiber gives okra its gooey character, a property in which researchers take a keen interest.

It does a great job in restoring colon health – a subject close to my heart! See page 3, Make of your Gut a Herb Garden.

The benefits are manifold: better blood sugar control for diabetics, better cholesterol control, improved cardiovascular health and healthier triglyceride levels. [Endnote:1]

Questions

Microwave and Cling Film

Q. *Is there any truth in the scare stories about the use of cling film when cooking food in a microwave?*

A. No – in spite of the lurid and alarmist reports you might have heard. They feed on the discovery that most plastics leak minute quantities of estrogen-like compounds into the food that contains them. Heat speeds up this reaction.

Even though no one has proved this to be a problem, you should use the "microwave-safe" version developed by the cling-film manufacturers.

For more see: [September 2002](#).

For urban myths, see "Russell's Celestial Teapot", this page.

Health Professional's Corner

Aspartame Wars Part I

Q. *You say that Aspartame poses no threat [May 2006; March 2004; November 2003]. But I keep reading articles claiming the opposite. Now naturopathic doctor Michael Murray claims that aspartame is linked to diseases from brain tumors to epilepsy, M.S. and diabetes. What's your view?*

A. The trouble with this sort of allegation is that we are asked the impossible: to disprove a negative (see "Russell's Celestial Teapot", this page.)

I am no supporter of Big Pharma or of the FDA either (see Deadly Harvest [Chapter 2](#), page 43).

However, I totally support hard evidence and intellectual rigor; I am against conspiracy theories and mischievous speculation.

Michael Murray's article is speculation; and it is all the more subversive for sounding more plausible and balanced than most of the aspartame hysterias on the Web.

With a little digging, we find that Murray's notions are not well founded. His main source (which he misrepresents), is the neurosurgeon Russell L Blaylock who has his own form of speculation: that some substances can stimulate brain cells out of control to the point where they die ("excitotoxicity"). Blaylock fingers glutamate (as in MSG, the flavor enhancer) as a culprit.

But Murray, without any evidence, tars aspartate (an ingredient in aspartame) with the same brush.

Finally, Blaylock has not carried out any experiments or provided any evidence that this phenomenon exists anyway.

Murray's second source is Dr Woodrow Monte. Monte raised his query in a 1984 article in the Journal of Applied Nutrition. This obscure journal is only available to its club members.

However, I have managed to examine a copy. Monte's chief concern is the methanol content of aspartame. (Methanol is the poisonous ingredient in methylated spirits.)

But methanol occurs in nature too – and our bodies cope well with small amounts. A glass of squeezed orange juice contains more than a can of diet soda!

Next month: Part II - So much for the speculation: now for the hard evidence ...

Humbug Busting

Russell's Celestial Teapot

Bertrand Russell, the celebrated philosopher and logician, made the following point:

"If I were to suggest that between the Earth and Mars there is a china teapot revolving about the sun in an elliptical orbit, nobody would be able to disprove my assertion."

This has become known as the "Celestial Teapot Conundrum". In other words, it is impossible to prove that the teapot is not there – and this applies to a great many ridiculous – yet unprovable – assertions.

Many crackpots with an axe to grind exploit this conundrum to perplex and confuse the innocent public. Worse, the Internet enables them to achieve a much higher visibility and fake credibility than ever before. And people love to be scandalized!

So it is with the Canola (rapeseed) oil myths which I deal with on my website [Canola Baloney](#), microwave ovens [August 2002](#), cling film (see page 2), and the aspartame urban legend which I have dealt with many times, the latest being on page 2.

Next time you hear of a superficially plausible alarm, think of the Celestial Teapot!

Health Film Review

The final part of my review of Michael Moore's documentary

Sicko - Part II

A missed opportunity to promote American health care reform.

American insurers need to reduce the number of policyholders falling sick, and of ex-patients having relapses. They therefore have a powerful incentive (not present in socialized systems) to undertake *sickness prevention* programs.

That is a good thing – and it explains how I am asked to speak in American hospitals – but not English ones! I, as a nutritional anthropologist and a Brit, find myself frequently commissioned by the American health system to give courses to doctors and their patients. That never happens in my own

National Health Service – or "National Sickness Service" as some wags call it.

The big diseases that health systems have to deal with are eminently preventable, in fact they are self inflicted: cancers, heart disease, osteoporosis, diabetes and so on.

Michael Moore certainly gives many good reasons for not falling into the clutches of the American healthcare system: the politicians in the pay of Big Pharma and the Insurance Companies, the arbitrary nature of health cover, the total absence of cover for many citizens.

But the bigger message is this: it is no fun for anyone to fall sick wherever they are in the world – and it is possible, in large part, to avoid it!

One only has to contemplate an obese Michael Moore shambling around before the camera to wonder how long before he too will succumb.

There is an intelligent, thoughtful and well researched documentary to be done on health systems (by all means hold up the American system as one to be avoided) – but this is not it.

See my complete review on [Amazon](#). (Scroll down to my entry.) And on our site: [Review Index](#)

See everything I've ever reviewed on Amazon (2 pages): [Reviews](#).

If you find any of my reviews helpful, please click Amazon's "Yes" box. (Don't click "No!")

Spreading the Word

Amazon Book Reviews

If you believe in our message please help us to get the message out! e.g. post a review on Amazon:

Andrew Haut, whose testimony I featured [last month](#), has posted a five star review of *Deadly Harvest* on Amazon. This is the link: [Haut Review](#).

News Shorts

Cancer Myth: It's not my fault!

The International Union Against Cancer laments that populations worldwide have

quite erroneous ideas about cancer [Endnote 2].

For example, most people believe that factors outside their control (such as pollution and radiation) are responsible for cancer. They resist the idea that their own lifestyle is by far the major culprit.

Our View? It is human to bury one's head in the sand. Come out of denial! For the true causes of cancer – and how to get the better of it – see *Deadly Harvest*, [Chapter 9](#), p. 229.

Our Evolutionary Heritage

Make of Your Gut a Herb Garden - Part I

Back in Victorian times, it was the common wisdom that one should empty the bowels once a day. Instinctively, those down-to-earth Victorians felt that it is not good to have this waste hanging around in the body. But as time wore on into the 1930's those ideas fell out of favor: constipation seemed to be the natural condition!

But anyone who has spent time with tribal societies will be aware that they defecate frequently and copiously.

Explorer-researchers like Dr Weston Price ([October 2008](#)) and Dr [Denis Burkitt](#) had seen how such tribes enjoyed many health benefits as a result. For the first time they thought of the colon's contents as a living thing, and gave it the name "biomass".

Even so, 15 years ago, when I started writing about gut health, (Natural Eating [Chapter 5](#), p. 89), many physicians still tended to think of the colon as a nuisance. If they thought of the colon's contents at all, they called it "excrement" and thought of it as proto-sewage.

Our knowledge has come a long way since then, and it confirms my insistence on how sympathetic biomass is a key element in good health (*Deadly Harvest*, [Chapter 5](#), page 117). Now the evidence is pouring in.

Until now, scientists had only identified some 500 species of bacteria in our guts. I had always thought that this is a gross underestimate. After all, researchers had only been able to count the few species that it is possible to grow under laboratory conditions.

Now Les Dethlefsen PhD at Stanford University, using ground-breaking DNA techniques, finds that there are at least 5,000 species of bacteria in the colon – that's TEN times as many as earlier thought! [Endnote 3]...

[Next Month](#): The Battle of the Bugs.

Hints & Tips

Sore Throat Relief

If you find the pain of your sore throat too tough to bear, try this: slowly dissolve an aspirin on your tongue. Allow the saliva to wash over your tonsils.

It does nothing to speed up a cure, but it does deaden the pain while nature takes its course. See "Antibiotics and Tonsillitis", page 1.

Sesame Dip: Tahini Dressing

I feature a Tahini dressing in "Quick Mixed Salad", page 1. This is a useful sauce/dip in many situations.

You can find it ready-made in many outlets like Trader Joes (USA) or M&S (UK).

However, do READ THE LABELS! It should be made from just ground up sesame seed, lemon juice and garlic.

Alternatively, make it for yourself. Take 5 parts of ground sesame seed (often called "sesame butter") and mix it with 1 part lemon juice (out of a bottle if you like), 1 part water, and a teaspoon of garlic powder. Experiment with the proportions to get the consistency you desire.

Continued From Page 1

Thoughts from the Savanna

The Stress of Tidiness

The foragers could get away with messiness: they were few, and the savanna spacious. Today, high population densities force us to work against our natures. It takes an effort of will to stay tidy, to impose the discipline on our children, to battle the outside forces tending to make a mess of our world.

All this battling is not without a cost. It removes us from a care-free existence to one where we are constantly having to exert force of personality.

This is one more source of background stress that our constitutions are not designed for, and which is one of the factors undermining our health.

I have no answers to this conundrum: but it helps to understand that our society is structured with such rigidities – which we don't even think to question – they make us sick.

I evoke this theme in [Chapter 8](#) of *Deadly Harvest*. Think about ways, where you can restructure your life so as to align it

with our mentalities. e.g. move to an empty place like Montana!

Bond Briefing Update

Why this Early Edition?

I will be busy talking in America at the time I would normally do the February Briefing, so I do it before I go. There will then be a hiatus before I post the March edition at the end of that month.

Listen to Geoff

Radio Interview with Rosie

http://www.cybc.com.cy/index.php?option=com_content&task=view&id=675&Itemid=197

Upcoming Events

USA TOUR 2009

Feb 14 to March 11 2009

PUBLIC EVENTS

TALK

Fear not Cancer, Diabetes and Degenerative Diseases. How our Ancestral Nature Provides Revolutionary Insights for Avoidance and Recovery.

Date: Wednesday, March 4th

Time: 3:00p.m.

Place: Mizell S.C. Palm Springs, California.

BOOK SIGNING

Date: Saturday, March 7th.

Time: 12:00 midday

Place: Natural Products Exhibition, Expo West, Anaheim, CA.

PRIVATE EVENTS

C.M.E. LECTURES FOR PHYSICIANS

In some dozen hospitals, southern California.

TALK

How to Sustain the Gains from *The Oaks* Program in Everyday Life: Insights from our Genetic Heritage.

Date: Wednesday, Feb 18th

Time: 19:30

Place: The Oaks Spa, Ojai, CA

SUBSCRIBE TO THIS NEWSLETTER!

DOWNLOADABLE BOOKS and other VITAL INFORMATION: www.TheBondEffect.com

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

Tel: +357 99 45 24 68; **Skype:** gvlbond; **fax:** +1-801-659-7358

1. Asia Pac J Clin Nutr. 2008;17(4) :663-8. Natto and viscous vegetables in a Japanese style meal suppress postprandial glucose and insulin responses. Yamanaka-Okumura H.

Biosci Biotechnol Biochem. 2000 Dec;64(12):2543-51. Plasma cholesterol-lowering effect on rats of dietary fiber extracted from immature plants. Nishimura N.

Proc Nutr Soc. 1977 Sep;36(2):59A. The effect of okra mucilage (Hibiscus esculentus L.) on the plasma cholesterol level in rats. Woolfe JA.

J Am Coll Nutr. 1987 Feb;6(1):19-25. Evaluation of a high-fiber diet in hyperlipidemia: a review. Ullrich IH

Physiol Behav. 2008 May 23;94(2):285-92. Epub 2008 Jan 5. Water-soluble dietary fibers and cardiovascular disease. Theuwissen E, Mensink RP.

2. International Union Against Cancer. [Global survey highlights need for cancer prevention campaigns to correct misbeliefs.](http://www.who.int/cancer/prevention/campaigns/cancer-prevention-campaigns-to-correct-misbeliefs/)

3 Dethlefsen et al. The Pervasive Effects of an Antibiotic on the Human Gut Microbiota, as Revealed by Deep 16S rRNA Sequencing. PLoS Biology, 2008; 6 (11): e280.