



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 an intelligent general public and for all health professionals. Independent of commercial pressure, we say exactly what we think.

Thoughts from the Savanna: Female Safety. **Resources:** Book – A woman's Home Health Companion. **Sunshine is Human Food:** Deficiency – Diabetes, Dementia. **Spreading the Word:** USA Tour Report. **Intellectual Integrity:** Evidence Collides with Faith. **Health Professional's Corner:** Aspartame Wars part II. **Letters:** Deadly Harvest Compendium – Diane Lewis. **Book Review part I:** A Woman's Home Health Compendium by Rita Stec MD. **Spreading the Word:** Amazon – Call for Deadly Harvest Reviews. **Our Evolutionary Heritage:** Make of Your Gut a Herb Garden – Part II. **News Shorts:** Cholesterol Levels Mean Little. **Future Planning.**

Thoughts from the Savanna

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

Female Safety

Female chimpanzees mate with any male around. Males have no role in child-rearing. It does not matter, reproductively speaking, who does what to whom, sexually.

In contrast, an alpha-male gorilla goes ballistic if another male sniffs around his females. Powerful hormones trigger feelings of insane jealousy. He flies into a terrible rage and mangles the intruder.

In a state of nature, the human species is closer to the gorilla. Mothers need a man to protect their children. Men need to be sure about paternity, otherwise they won't make the investment. So, instinctively, they have a visceral horror of being duped – of unwittingly raising another man's genes.

But, cuckoo-like, there is an advantage for the rapist who can cause another man to do the work for him. That is why husbands have evolved to be such jealous guardians of their wives' sexuality.

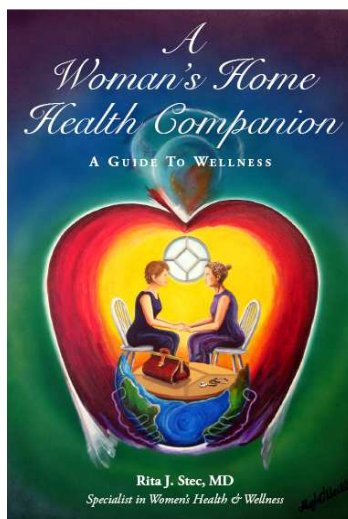
In our formative past, the fertile women (some fifteen of them) evolved to go foraging together. They stayed together not because they were worried about snakes and lions – oh no! Their greatest danger was from marauding ravishers from an out-group – a nearby band.

Cont: p.3

Resources

A Woman's Home Health Companion by Rita Stec, M.D.

Obtainable from Amazon and www.AWomansHomeHealthCompanion.com



Ever since Dr Rita Stec interviewed me on her TV show (see [video clip](#)) some 6 years ago, we have worked together to bring our ideas to the general public.

Now Dr Stec has written a useful little book for women, which encapsulates her major health maintenance advice as seen from the doctor's viewpoint.

I have posted a book review on Amazon and you can read Part I on p. 2.

Sunshine is Human Food

Deficiency: Diabetes, Dementia
Sunshine deficiency is found in 75% of diabetic youths [Endnote 1]. Sunshine deficient seniors are 50% more likely to suffer dementia [Endnote 2]

Spreading the Word

USA Tour Report

The book-signing at the stand of my publisher, Square One, at the Natural Products Expo, Anaheim was one of the highlights of the tour.



The queue stretched around the block and I dedicated some 100 books.

The rest of the Expo depressed me rather. Most of the "Natural Products" are highly-priced manufactured and denatured magic potions, vitamins, minerals, extracts etc.

I felt like shouting at the crowds of trusting hopefuls: "Just go to your local market and buy the fruits, salads etc. in their natural state and a tenth the price!"

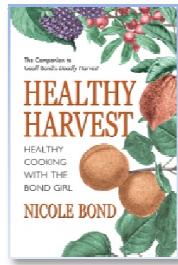
Chia Seed

However, one product caught our eye: chia seed flour. It contains 25% soluble gum fiber and 34% oil, two-thirds of which is omega-3 fatty acid.

Chia seed contains no gluten and the flour can replace wheat flour for baked goods including breads, cakes and biscuits. We intend to try it out and report in a future newsletter. **Cont: p 4**

Recipe

No space for a recipe this month but you can savor nearly 100 recipes in Nicole's new cookbook *Healthy Harvest*. [Info](#).



Intellectual Integrity

Evidence Collides with Faith

*An Israeli publisher approached me recently with a view to publishing *Deadly Harvest* in Hebrew. However, he first wanted my reaction to one of his reviewers who had made the following comment:*

"I think his recommendation to avoid ALL grains, legumes, and almost all nuts/seeds is DANGEROUS in the long run.

He FIRMLY BELIEVES in the SAVANNA Hypothesis, which has been completely DISPROVED! His entire model is based on the Savanna. So this is WRONG ANTHROPOLOGY!"

My reaction? With its exclamation marks, capital letters, and frenzied condemnation, this has all the hallmarks of an urban myth-maker in a state of denial. (See "Aspartame Wars", this page). My reply might help readers who have to deal with such die-hard, reactionary views.

GB Reply: "It is often difficult for people to accept that foodstuffs – ones that have formed an honored part of their cultural heritage for thousands of years – are not human food – and can actually cause harm.

"To paraphrase Schopenhauer: 'All truth passes through three stages: first, it is ridiculed; second, it is fiercely opposed; third, it is accepted as self-evident!'

"Here in America we are between stages two and three. I am currently on my fourth annual tour, where hospitals employ me to give in-service lectures for the benefit of their

physicians. At least two medical doctors, to my knowledge, have been inspired to write books based on my principles.

My work is credible in the scientific community, because I base it on evidence, not faith: it is not a question of my "firmly believing" anything.

Of course, my proposals are a counsel of perfection. The average healthy person can get away with minor compromises.

But compromise, where consumption is concerned, is a rare commodity in affluent societies – and our societies are self-destructing on their own food supply.

On a point of detail, I am not against tree nuts: on the contrary, they are good human food and an important constituent of a healthy diet. As for seeds, only the grass seeds [grains] are a problem. "

The Israeli publisher is still considering his options... Hebrew speakers looking for a healthier life should hope for a courageous decision.

Health Professional's Corner

Aspartame Wars Part II
Last Month, I addressed the rumor mill churning out hysterical urban myths about Aspartame. Now for the hard rigor of scientific evidence:

When I search the scientific literature for evidence of aspartame toxicity I find none. On the contrary, I find article after article studying aspartame to exhaustion without finding any adverse effects. [See Endnotes 3 for a sample].

The prestigious British Medical Journal and The Lancet, amongst others, can find no evidence to denigrate aspartame. [Endnotes: 4, 5].

Finally, even if you have your doubts about the FDA, such skeptics as the European Union find that aspartame is safe. [Endnote 6]

If there were indeed any evidence that would stand up to

scientific scrutiny, then you can be sure that the class-action lawyers in the USA would have long ago sued Searle (the maker) and enriched both themselves and their allegedly Aspartame-diseased clients.

It is always possible that one individual in a million might have some paradoxical reaction. But then life is full of trade-offs, something that doctors (and politicians) are reluctant to admit.

Does Aspartame have drawbacks? Certainly: for example it slows down bone building -- but no more than does sugar itself.

And that is the trade-off that I make: In the grand scheme of things, sugar substitutes are the lesser of two evils by a country mile.

Letters

Deadly Harvest Compendium

"Women are searching; men are stubborn. I was writing a book but it will now never be written – yours has everything in it!

"Your book lit an explosion under me. It is the Webster's Dictionary – there is no other place to go!

"It's well spelled out – now we know what we need to know and it's available to everyone!

Diane Lewis, California

Book Review

A Women's Home Health Companion by Rita Stec, M.D.

Obtainable from Amazon and www.AWomansHomeHealthCompanion.com

Freethinking Doctor Brings Unique Insights to Managing Women's Health.

Part I. Some of us can still remember the days when the doctor actually came to the sick person's house. Moreover he had few remedies in his bag.

Instead he took charge of the sick room: ordained that the patient get fresh air, that sunlight be let in, that fires be lit to dry out the damp bedding,

that a certain feeding regimen be followed.

In other words, his high priority was to assist the body to mobilize its own powers of self-repair.

Dr Rita Stec is a doctor in this honorable tradition. She firmly eschews the role assigned by much of modern medicine – that of being a pill-dispensing automaton. Pills have their place of course, but only if needed after the patient has adopted a healthy lifestyle.

What is a healthy lifestyle? Dr Stec draws her inspiration from the way of life that our evolutionary history designed for us. In other words, the human species is naturally adapted to a particular lifestyle.

The mismatch with the way we live today is at the root of most of the big diseases (e.g. obesity, diabetes, cancer, heart disease, osteoporosis, dementia etc.) as well as many ailments (e.g. PMS, allergies, migraines etc).

So the right nourishment, the right amounts of sunshine, the right kind of sleep and the right type of physical activity are all factors in living in a way that our bodies (and minds) recognize.

On these matters, Dr Stec generously acknowledges the debt she owes to my own work [Deadly Harvest](#)...

Next Month: [Part II](#)

See my complete review on [Amazon](#), and on our [site](#).

Spreading the Word

Amazon: Call for Deadly Harvest Reviews

If you believe in our message please help us to get the message out! Either post a new review of Deadly Harvest on Amazon or click the "yes" box on an existing review to say it was helpful. [Direct Link](#)

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

Our Evolutionary Heritage

Make of Your Gut a Herb Garden - Part II

The Battle of the Bugs

These intestinal microbes live, for better or for worse, on the food residues we send down. Send down the wrong residues and the bad bugs take over; send down the right residues and the friendly ones thrive.

Why does that matter? Over the millions of years, our bodies have come to depend on the benefits that the friendly bugs bring us. For example, without them our immune systems don't develop properly and we will be deficient in essential nutrients such as vitamin K. Furthermore, good bacteria fiercely defend their citadel (our colons) from the bad bugs that are forever battering at the gates.

Over 100 TRILLION bacteria inhabit a healthy gut. We now know that the balance of power between the species is critical. But what have we got today? Bad bugs have invaded and infested the colons of people on the classic western diet. Right in the heart of our bodies we are harboring a vicious, evil-doing enemy.

What does it take to drive out the hostile forces and welcome in the good guys? I'll come on to that later, but first let us look at some of the latest discoveries about the benefits that a properly functioning bio-mass brings us.

Infection Fighting

Dr. Gerard Eberl, at the Institut Pasteur, France, shows that good bacteria communicate with the immune system to generate lymphoid tissue [Endnote: 7]. This tissue produces antibodies which are vital agents in fighting bad bacteria and infection. Without them the bad bacteria and infections get a foothold.

Next Month: *Inflammation and Auto-Immune Diseases*

News Shorts

Cholesterol Levels Mean Little

Some 75% of patients hospitalized for heart attacks had cholesterol levels within the guidelines. So finds Dr Gregg Farrow at the David Geffen school of Medicine, UCLA. [Endnote 8]. Dr Farrow concludes that the guidelines need to be tightened up.

I don't agree: an alternative conclusion is this: that the level of cholesterol is no guide to the risk of heart disease!

Many studies have shown that cholesterol-lowering drugs have no effect. [see Endnotes 9, 10 and [July 2005](#), [April 2002](#)].

Indeed there is much myth, humbug and deception surrounding the role of cholesterol – much of it happily abetted by makers of cholesterol-lowering drugs.

High cholesterol levels are undoubtedly an indication of bad lifestyle. But that is all they are – an *indication*. They do not *cause* anything!

I do my best to set the record straight in "The Role of Cholesterol", *Deadly Harvest*, [Chapter 9](#), Page 239.

Continued From Page 1

Thoughts from the Savanna

Female Safety (cont)

Every such woman also had backup – her man. He would deal out terrible revenge on anyone molesting her.

The upshot was, in this balance of power, women were safe from violation.

Today we have unwittingly upset this equilibrium. Women expect to be able to walk the streets on their own; women do not expect to need a male protector. Moreover, our laws forbid men from carrying out fearful retribution.

Today, the vast majority of men behave themselves. Nevertheless, in a small percentage, the temptation of a free lunch over-

whelms social conditioning. We hear every day of serial rapists being caught only after molesting hundreds of women. I have no answers to this example of modern society malfunction – except to observe that the female victims were not in a group with fifteen other women; they did not have a male protector.

Spreading the Word

USA Tour Report (cont)

Unbelievably, few of the sales-people in Anaheim looked as though they benefited from their own products...



My talk at the Oaks Spa, Ojai had its largest and most enthusiastic audience of the season. Mizell S.C. in Palm Springs is in an old stamping ground of mine. It was well

attended, particularly by my established fans.

I gave a number of talks to hospital doctors as part of their in-service updating. Most of them found my perspective on the lifestyle-disease connection helpful.

Of course the aim is to help physicians in the treatment of their patients. But just like a general audience, they quickly related my insights to their personal circumstances:

“You’ve taken away the peanut butter sandwiches – so what can I put in my kids’ lunchbox!”

“If you don’t consume milk, where do you get your calcium?”

I have responded to these questions and many like them both in these Briefings and in [Deadly Harvest](#).

At the other end of the spectrum, together with Dr Stec, I gave classes to some third-grade classes.

I was deliberately provocative: in one instance I showed the picture of a woman suckling a cow’s udders.

“Ooh gross!”, they cried, and agreed that this was an abnormal thing to be doing.



I need not have worried about adverse reactions from the children or their families: the grade teachers report only enthusiastic discussion.

Finally I must thank some of the many people who helped us: **Kathy Wade** whose hospitality in her Rancho Mirage home was an important factor in making our trip possible; and evergreen **Edith Morrey** (97) and **Diane Lewis**, for their enthusiastic promotion of our cause.

Listen to Geoff

[Radio Interview with Rosie](#)

Future planning

We are working with Heather Bird, one of Europe’s leading health and beauty visionaries and founder of www.heatherbird.com/ with a view to speaking at her anti-ageing conference in London, Sept. 2009.

The dates of the USA Tour 2010 have already been set for Feb 10th to March 16th.

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

<p>1 J Pediatr. 2009 Jan;154(1):132-4. Significant vitamin D deficiency in youth with type 1 diabetes mellitus. Svoren BM</p> <p>2 J Geriatr Psychiatry Neurol. 2009 Feb 4. Serum 25-Hydroxyvitamin D Concentration and Cognitive Impairment. Llewellyn DJ</p> <p>3 Regul Toxicol Pharmacol. 2002 Apr;35(2 Pt 2):S1-93. Aspartame: review of safety. Butchko HH et al.</p> <p>JAMA. 1985 Jul 19;254(3):400-2. Aspartame. Review of safety issues. Council on Scientific Affairs. [No authors listed]</p> <p>Crit Rev Toxicol. 2007;37(8):629-727. Aspartame: a safety evaluation based on current use levels, regulations, and toxicological and epidemiological studies. Magnuson BA et al.</p> <p>Natl Toxicol Program Genet Modif Model Rep. 2005 Oct;(1):1-222. Links</p>	<p>NTP report on the toxicology studies of aspartame (CAS No. 22839-47-0) in genetically modified (FVB Tg.AC hemizygous) and B6.129-Cdkn2atm1Rdp (N2) deficient mice and carcinogenicity studies of aspartame in genetically modified [B6.129-Trp53tm1Brd (N5) haploinsufficient] mice (feed studies). Bucher JR.</p> <p>4 BMJ 2004;329:755-756 (2 October); Editorial; Aspartame and its effects on health http://www.aspartame.net/rumors/Aspartame_and_health.asp</p> <p>5 The Lancet, Volume 354, Issue 9172, Page 78, 3 July 1999; Aspartame and the inter net; Anthony Zehetner, Mark McLean. http://www.aspartame.net/rumors/Aspartame_and_the_Internet.asp</p> <p>6 www.efsa.europa.eu</p>	<p>7 Nature. 2008 Nov 27;456(7221):507-10. Epub 2008 Nov 5. Lymphoid tissue genesis induced by commensals through NOD1 regulates intestinal homeostasis. Bouskra D et al.</p> <p>8 Am Heart J. 2009 Jan;157(1):111-117.e2. Epub 2008 Oct 22. Lipid levels in patients hospitalized with coronary artery disease: an analysis of 136,905 hospitalizations in Get With The Guidelines. A, Fonarow GC.</p> <p>9 Ravnskov U. The Cholesterol Myths. New Trends Publishing, Washington DC 2000</p> <p>10 Bradford R H, et al, Expanded clinical evaluation of lovastatin (EXCEL) study results. Arch Intern Med 1991; 151: 43-49.</p>
---	--	--