



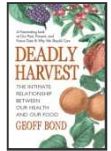
## The Bond Effect The Bond Effect The Bond Effect

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

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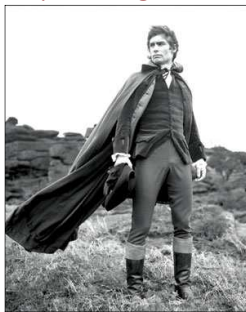


Rational, evidence-based comment for an intelligent general public and for all health professionals. Independent of commercial pressure, we say exactly what we think.

**HUMAN NATURE:** Story Telling In Evolution. **LETTER:** Doughty Girl Braves Dairy Herd. **Q. OF MONTH:** Heart Association Advisory: Facts & Fallacies. **FOOD IDEAS:** Moroccan Tomato Sauce. **Q&A:** Greek Centenarians – Facts and Fallacies. **BUYER BEWARE:** American Heart Association Logo. **LETTERS:** Chronic Fatigue On The Mend. **SIREN SONG:** Latest Miracle Antioxidant – Pterostilbene. **NEWS FROM THE LAB:** Type I Diabetes Linked To Wheat. **HEALTH POLITICS:** Swine-Flu Bonanza. **BIZARRO:** Colas Cause Potassium Deficiency. **CHRISTMAS IDEAS:** Deadly Harvest & Healthy Harvest. **UPCOMING EVENTS. FROM THE WEB:** Blogs & Websites.

### Human Nature

#### Story-telling in Evolution



Timothy Dalton as Heathcliff in the 1970 film of Wuthering Heights

"Around the forager campfire, children listen in rapt attention as the tales unfold, laughing in glee at the antics of some ancient trickster, or gasping in dread at some tragedy. This time together, sharing the common folklore, is a strong force knitting the members of the band together" [Ref 1].

We find that all peoples around the world do the same. If group story-telling is universal, does it have any evolutionary advantage? So wonders Dr John Johnson, an evolutionary psychologist at Pennsylvania State University, USA [Ref 2].

If that is the case, do modern industrial societies continue the tradition for the same reason? Literature could continually condition society so that we fight against base impulses and work in a cooperative way.

Johnson studied how Darwin's theories of evolution apply to literature. Over 500 scholars provided analyses of some 200 "canonical British novels of the longer 19<sup>th</sup> C. (Jane Austen to E. M. Forster)". **Continued: p. 3**

### Letter

*We receive many emails from readers. We might edit them for readability and space. Please indicate if you do not wish us to identify you.*

#### Doughty Girl Braves Dairy Herd



"My 10-year old daughter Alysia is studying the human body this term. The teacher asked them to write down what foods are good for you and which aren't.

"She stood up for herself and insisted that dairy should go in the "Not Good" column!

"I was very proud as she put across her and your point of view!"

Joanne, London, UK

**Geoff Bond says:** It takes courage to be the odd one out and defy the "common wisdom".

Alysia follows in the footsteps of Alexander who managed a similar exploit [Sept 2005](#). See too: [July 2000](#).

It is also important to know that milk production is incredibly cruel.

Calves are, from their mother's love, untimely ripped – and the mother cow turned into a captive milk production machine. For more see: [Milkmyths.org.uk](http://Milkmyths.org.uk)

### Question of the Month

#### Heart Association Advisory: Facts & Fallacies

**Q.** An American Heart Association "advisory" [Ref 3] promotes the unrestricted intake of omega-6 oils. Isn't this contrary to what you say?

**A.** Yes – and it just goes to show how one has to keep a cool head even with pronouncements from scientific bodies (see 'Mass Information and Hokum' [August 2009](#)).

As far as I am concerned, the American Heart Association (AHA) lost much credibility when it began selling its 'heart-check' logo (see Buyer Beware, page 2)

Wags say that a camel is a horse designed by a committee. Here a panel of experts, no doubt all honorable men, has produced a dromedary.

First: the only criterion taken into consideration is effects on cardiovascular disease (CVD). So it ignores the impact of their advice on other serious conditions such as cancer, osteoporosis, diabetes and other degenerative diseases.

Second: they base their ideas on only one dimension: the chaotic and unpredictable minutiae of biochemistry. They draw no inspiration from what actually works in practice: for example with Eskimos or Okinawans or Greek Centenarians (page 2) nor yet the San or Aborigine. **Continued p. 4**

## Food Ideas

*This versatile and quickly-prepared sauce brings the exotic flavors of the mysterious orient to spice up a variety of dishes.*

### Moroccan Tomato Sauce

**Yield: 4-6 servings**

(Inspired by Ron Marshall, chef to [Heather Bird](#), founder of [HB Health Clinics](#). See [last month](#))

#### INGREDIENTS

- 1 tablespoon olive oil
- 2 medium white onions (about 9 oz), thinly sliced
- 3 medium cloves garlic, crushed
- 2 cans, 14-ounce each, chopped tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground cinnamon
- Freshly ground black pepper, to taste
- 1 tablespoon fructose, or to taste

#### METHOD

1. Heat the oil in a medium-size frying pan and sauté the onion until soft and translucent, but not brown. Mix in the garlic and sauté for 2 minutes.
2. Stir in the tomatoes.
3. Season with the cumin, coriander and cinnamon.
4. Cook uncovered over medium heat. When most of the liquid has evaporated, reduce the heat. Simmer, uncovered, stirring frequently, until the tomatoes start to stick to the pan (this will take up to 30 minutes).
5. Season with pepper and fructose to taste.

#### SERVING SUGGESTIONS:

**Cold:** on a bed of baked eggplant slices.

**Hot:** as a condiment on vegetables (instead of ketchup). Also use this sauce to replace the marinara sauce in Conny's Moussaka ([March 2005](#)).



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

## Questions

### Greek Centenarians: Facts and Fallacies

**Q.** *In National Geographic I read about the Greek island of Ikaria and the secrets to the extreme longevity of the inhabitants.*

*The author of the report, Dan Buettner, says that one of their secrets is the consumption of goat's milk. Doesn't this go against what you say?*

**A.** Precisely. This is a classic example of folklore masquerading as science [See "Confused Science Reporting" [2009 09](#)].

Dan Buettner describes himself as an "explorer". He is not a scientist, and he displays more of a capacity for showmanship than for rigorous or original thinking.

Buettner's other mistaken "secrets" include: Greek honey (supposedly different to American honey), herbal teas, homemade bread and, wait for it – the Greek Orthodox religion!

Nevertheless, even a blind chicken will, by chance, occasionally peck up a grain.

Correctly, Buettner does identify as helpful factors: the Mediterranean diet, the low-stress lifestyle, and the level of physical activity.

But he completely misses other vital factors. For example, the fact that today's Ikarian centenarians will have spent most of their lives skinny, hungry, and outdoors in the sunshine.

For the real low-down on living a long life in good health see "Sardinian Centenarians" [2002-11](#) and "How to Live to 100 and More" [2008-03](#).

## Buyer Beware

### American Heart Association Logo



Shoppers might be reassured to find this 'healthy' logo on a food packet.

What they don't realize is this: the American Heart Association (AHA) SELLS the rights to do so to the food manufacturer!

Does the AHA impose any conditions? Yes it does – just about the feeblest you could imagine: that the product meet the AHA's "certification criteria for saturated fat and cholesterol for healthy people".

How many shoppers read the small print, let alone understand what it means?

First of all, the criteria are limited to just two factors: cholesterol and saturated fat. It has nothing to say about sugars, starches, omega-3, omega-6, vitamins, flavonoids, soluble fibers, or any of the dozens of other factors important for health.

Secondly, it is only aiming at one illness: cardiovascular disease. It has nothing to say about cancer, diabetes, osteoporosis etc.

Thirdly, the approved products are, by definition, processed foods. Just look at a sample of the some 800 products [Ref 4] that the AHA has licensed to bear its logo:

- Chocolate drink
- Pancake mix
- Chicken tortilla soup
- Cheesecake
- Boil-in-bag rice
- Microwave popcorn,
- Oatmeal cinnamon roll

See [Ref 5] for the full brand names – they will make your heart sink, not beat joyfully!

**Our View?** Do not be taken in by the AHA logo – on the contrary, it is more likely to dupe the unwary into buying truly unhealthy fake food.

## Letters

### Chronic Fatigue on the Mend

"I've been seriously ill for over three years now. Initially I came down with Bell's palsy [paralysis of the facial nerve].

Only later did it become apparent that I had other symptoms too, in particular extreme fatigue and muscle aches that never responded to rest. It would be diagnosed as 'chronic fatigue syndrome' except that I don't buy into that name at all.

"I was particularly poor all this past summer, until I read Mr. Bond's book and started the diet immediately. I hardly expected any immediate improvement. But the turn for the better has been the most dramatic since I initially become ill, and I have to attribute it to the dietary changes.

"I'm guessing that gluten intolerance has been part of my illness, and the improvement is from eliminating all grains.

"I must tell you how grateful I am to have stumbled upon Mr. Bond's work. His book is very thorough and clear, and also compelling in its arguments - I only wish I had found it sooner, especially when I think of the small fortune I spent on various supplements trying to treat the chronic fatigue, when I might have done something much more simple and fundamental!"  
- *Claudio Vanin*

**Geoff replies:** We are still uncovering the mischief done by the consumption of grains. See Type I Diabetes Link, this page.

**Siren Song**

**Latest Miracle Antioxidant: Pterostilbene**



Brace yourself for the high pressure sales of a new kid on the block: pterostilbene. Researchers at Tufts University, Boston, USA found that a diet rich in this berry and grape compound reversed brain ageing and behavioral performance [Ref 6]

Pterostilbene is a variety of resveratrol, the 'miracle' antioxidant in red grapes and red wine.

Now the race is on to capture pterostilbene, bottle it and sell it via multi-level marketing. Thus it will join the other products like açai berry [Sept 2008](#), goji berry [July 2008](#) and mangosteen [March 2005](#). They are designed to separate the gullible from their money.

**Our View:** Just eat berries! Nature will do the rest.

**News from the Labs**

**Type I Diabetes linked to Wheat**

Early in life, the immune system is supposed to learn to attack foreign invaders such as viruses and bacteria, while leaving the body's own tissues alone (including food in the gut).

When this process goes awry, autoimmune diseases and allergies develop. Type 1 diabetes is an autoimmune disease that occurs when the immune system mistakenly attacks the pancreas, the organ that regulates blood sugar.

The research of Dr Scott, professor of Medicine at the University of Ottawa, Canada shows that immune system T-cells from type 1 diabetics over-react to wheat [Ref 7].

**Our View?** Is there no limit to the mischief we can lay at the door of grain consumption? See also "Chronic Fatigue on the Mend" page 2; and "Make of your Gut a Herb Garden, part III" in [April 2009](#), where I first reported on this diabetes-I/wheat link.

**Health Politics**

**Swine Flu Bonanza**

SARS, Bird flu, Swine flu... you can always tell when pharmaceutical companies need a boost to their income.

First they plant alarmist press-releases, which are eagerly taken up by the media in search of the dramatic and the new (see "Confused Science Reporting", [Sept 2009](#)).

Then comes a steady drone of "statistics" talking up the risks of a pandemic with thousands of deaths.

Finally, the government is stampeded into ordering hundreds of millions of flu shots from the likes

of Novartis, GlaxoSmithKline, MedImmune, CSL and Sanofi-Pasteur. Total contracts amount to over \$2,000,000,000! (\$2 billion).

Am I against vaccinations in general? No, I've lived in places where diseases like yellow fever are endemic and which has a 50% fatality rate - I took the shots!

But with the annual flu season scares, I consider that sophisticated commercial forces are bamboozling the average healthy person to the point where he is incapable of a healthy and rational response to the threat.

**Bizarro**

**Colas Cause Potassium Deficiency**

Dr Moses Elisaf, University of Ioannina, Greece was puzzled by a pregnant woman's symptoms: fatigue, appetite loss, persistent vomiting, intermittent paralysis [Ref 8].

Blood tests showed she had dangerously low potassium levels. Cause: she had been drinking 7 liters (7 quarts) of cola a day for the last 10 months! And she is not alone. Bizarrely, the doctors' surgeries are full of patients consuming colas by the bucketful.

Cola washes potassium out of the body, levels fall to danger level, a condition called "hyperkalemia".

"In addition, excessive consumption of any kind of cola leads to tooth problems, bone demineralization and the development of metabolic syndrome and diabetes", says Dr Elisaf.

**Human Nature (from Page 1)**

**Story-telling in Evolution**

The team found that the novels' characters fell into groups that mirrored the dynamics of hunter-gather society, in which individual selfishness is suppressed for the good of the band.

"Protagonists" embody cooperative motives and behaviors, such as Elizabeth Bennett in Jane Austen's *Pride and Prejudice*. She scores highly on conscientiousness and nurturing.

Antisocial behavior, such as that of Bram Stoker's *Count Dracula* scored highly on status-seeking and social dominance.

The political dynamic at work in all the novels is the basic opposition between good neighborliness and selfish dominance. Dominant behavior is powerfully stigmatized.

**Next Month:** Part II - Shared cautionary tales and how they might help forager band survival.

### Q of Month (from Page 1)

#### Omega-6: Facts & Fallacies

Even with the studies there are flaws. Inexplicably the panel did not consult the flagship study in the field, the Lyon Diet Heart Study conducted by Dr Serge Renaud and which I highlight in *Deadly Harvest* [Ref 9].

It is not for the fainthearted, but I did examine in depth a sample of the studies the panel cites in support of its arguments. I found a range of objections. For example:

- A study might not draw the conclusions that the panel claims, or;
- A study's results could be interpreted in quite different ways, or;
- A study might be carried out only on rat's livers and the results extrapolated to human arteries, or;
- A study might be very old, e.g. 1963 (with its rudimentary methods) and never verified since, or;
- A study might be done on a small sample of unrepresentative subjects.

...and so on – you get the idea.

**My view?** This is a case of "analysis paralysis". Fatty acid biochemistry is so complex that it is easy to get lost in the minutiae. If you can't see the wood for the trees, you have to find the bird's eye view – which is what we give you.

So strap yourself to the mast and sail past this particular siren song. Hew not only to what we know works for humans in practice but also which works for all aspects of human health. That's where we come in!

### Christmas Ideas



*For that difficult-to-find Christmas present!*

**Deadly Harvest** by **Geoff Bond**, ISBN: 978-0-7570-0142-0

Check [www.geoffbond.com](http://www.geoffbond.com) for details. Direct link: [Deadly Harvest](#)  
Order in your local bookstore or your country's Amazon. Click on this direct link to the book on [Amazon.com](#).

### Healthy Harvest

by **Nicole Bond**,

ISBN: 978-0-9712-8526-2

Check [www.geoffbond.com](http://www.geoffbond.com) for details. Direct link: [Healthy Harvest](#). Or order on [Amazon.com](#).

### Upcoming Events

#### Public Lecture

**Date:** Weds, February 3<sup>rd</sup> 2010

**Title:** To be announced

**At:** Green Templeton College  
Oxford, UK

**For:** The Speedwell Trust

**Info:** Mary Perryman,  
[mary.perryman@speedwellbeing.org.uk](mailto:mary.perryman@speedwellbeing.org.uk)

### USA TOUR Feb 10 to March 15

#### Private Events

- CME Lectures for physicians, southern California

- Educational talks for junior schools, southern California

#### Public Lecture

**Date:** Sat. March 6, 2010

**For:** The Walter T. Stec Memorial Education Foundation

**Title:** To be announced

**Venue:** Greater Palm Springs, California

**Info:** Dr Rita Stec,  
[ritajstecmd@dc.rr.com](mailto:ritajstecmd@dc.rr.com)

### From the Web

*Every month we discover people writing about us:*

#### BLOGS

<http://cavemanforum.com/index.php?action=printpage;topic=1503.0>

"Interesting site on paleo-anthropology"

<http://www.wannabebig.com/forums/showthread.php?t=47732>

[http://www.polar-chat.de/topic\\_40600\\_2.html](http://www.polar-chat.de/topic_40600_2.html)

Sind viele Dinge unserer Ernährung erklärt die für die Menschen an sich nicht optimal oder sogar schädlich sind...

#### WEBSITES

[http://www.naturalnews.com/024643\\_fruits\\_antioxidant\\_antioxidants.html](http://www.naturalnews.com/024643_fruits_antioxidant_antioxidants.html)

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Tel: +357 99 45 24 68; Skype: [gvlbond](#); fax: +1-801-659-7358

1 *Deadly Harvest*, [Chapter 8](#), Myths & Rituals, page 220

2 *Evolutionary Psychology*; [www.epjournal.net](http://www.epjournal.net) – 2008. 6(4): 715-738; [Hierarchy in the Library: Egalitarian Dynamics in Victorian Novels](#); John A. Johnson et al.

3 <http://www.americanheart.org/pressenter.jhtml?identifier=3063253>

4 <http://checkmark.heart.org/>

5 *Chocolate Moose-All Natural Premium Milk Chocolate Drink*; Bruce's Sweet Potato Pancake Mix;

Campbell's Select Harvest Healthy Request Mexican Style Chicken Tortilla; The Father's Table New York Style Cheesecake; Uncle Ben's Boil-In-Bag Rice; Orville Redenbacher's Mini Bags Smart Pop Butter Microwave Popcorn.

6 *J Agric Food Chem*. 2008 Nov 26;56(22):10544-51. Cellular and behavioral effects of stilbene resveratrol analogues: implications for reducing the deleterious effects of aging. Joseph JA

7 *Diabetes*. 2009 Aug;58(8):1789-96. Diabetes-specific HLA-DR-restricted

proinflammatory T-cell response to wheat polypeptides in tissue transglutaminase antibody-negative patients with type 1 diabetes. Mojibian M et al.

8 *Int J Clin Pract*. 2009 Jun;63(6):900-2. Cola-induced hypokalaemia: pathophysiological mechanisms and clinical implications. Tsimihodimos V et al.

9 *Deadly Harvest*, [Chapter 4](#), 'Testing the Cretan Diet' page 94