



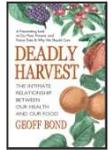
The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing

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

Recipes: Jeanne's Jam Roly Poly. **Evolutionary Human Behavior:** Psychopaths Born that Way. **Question of Month:** Electrolyzed Water for Cancer? **Our Genetic Heritage:** Attractive Neanderthals? **From The Blogs...** **Heritage Human Diet:** Turtle, Crocodiles and Hippopotamus. **Q&A:** Alcohol and Sleep; Stealthy Codex Alimentarius; Quit Smoking Medication. **Worthy Idiots:** Obesity "Caused by Poverty". **Sunshine is Human Food:** New-found Factor in Sunlight Helps Multiple Sclerosis. **Did You Know?** Last Suppers Getting Bigger. **Male Competition in Evolution:** Fights for Women Yet Fiercer. **Hints:** Sprouting Cuts Back Bean Toxins; Beware the Indulgence Effect. **Letters:** Healthy Harvest 'Masterpiece'. **SUPPLEMENT:** Jeanne's Jam Roly Poly.

Recipes

Jeanne's Jam Roly Poly



Exceptionally this month we are giving this recipe, together with photos of the procedure, as an easy-to-print supplement to this Briefing. See pages 5 and 6.

Evolutionary Human Behavior

Psychopaths Born that Way

In 'Stepfather Psychopaths', January 2009 [1] I wrote how some 3% of the population, mostly males, exhibit psychopathic behavior.

Psychopaths are characterized by callousness, inability to feel remorse, and lack of empathy. But they are also extremely good manipulators and deceivers, so they have good skills in inferring the knowledge, needs, intentions, and beliefs of other people.

A high percentage of psychopaths end up in jail – over and over again. But the clever ones learn what works with normal people and ruthlessly manipulate their way up corporate, criminal or political ladders to become tyrannical business leaders, ruthless crime bosses or political despots. Think Robert Maxwell, 'Chainsaw' Dunlop, Al Capone, Hitler, and Joseph Stalin.

Continued: Page 4

Question of Month

Electrolyzed Water for Cancer?

Q. In my six-year fight against prostate cancer, I place high value on your thoughts. I have followed your dietary precepts through this ordeal, but my doctor doesn't believe I am winning. What do you think of Kangen water? I have read your brief article in April 2008 [2].

A. Kangen water machines (and others of their ilk) are supposed to electrolyze tap water into alkaline and acid streams. It's a process invented, studied and promoted in Japan. The machines are expensive (several thousand dollars) and are sold through multilevel marketing.

When I wrote that article, a supplier had just demonstrated the machinery to me. I concluded that it did not pass the "signs and tricks of quackery" test.

Pure water is neutral and cannot be electrolyzed into alkaline and acid components. So any activity depends on the tap-water containing dissolved electrolytes such as salts of potassium and sodium.

I've had a look at the studies, all out of Japan, which demonstrate some kind of beneficial effect of the alkaline component on cancer cells in glass dishes in the lab.

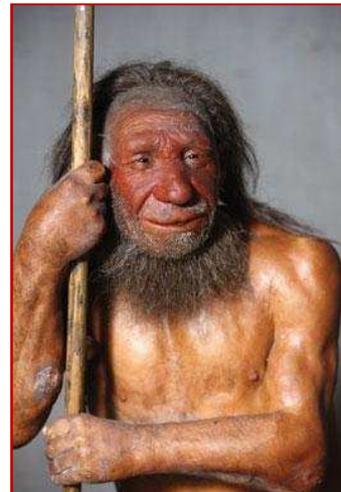
They show antioxidant activity from the water and it is this which slows down the cancer cells, not the alkalinity.

There is a mystery about where the antioxidant is coming from.

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Our Genetic Heritage

Attractive Neanderthals?



In "Neanderthal Genes in Us?" last month [3], I expressed my doubt that humans would want to mate with these creatures.

Here we have an artist's impression which, I suspect, has been 'humanized'. He certainly has a saucy glint in his eye!

The geneticist Svante Paavo (last month) said that his studies had been unable to detect whether the males mated with our females, vice versa – or both.

Well ladies – would you fancy him?!

From the Blogs

<http://bit.ly/b0xW7e> "May I recommend Geoff Bond's Natural Eating book. This is the first book that I read on the road to proper nutrition..."

<http://bit.ly/d3wp6t> "Phase 3 lebe ich nun seit 1,5 Jahren, mische das mit Natural Eating von Geoff Bond..."

Heritage Human Diet

Turtle, Crocodile, Hippopotamus



A multinational team has made remarkable discoveries about the eating habits of our early predecessors, *Homo habilis*, who lived some 2 million years ago [4]. The location is in our human homeland, the African Rift Valley in northern Kenya.

Homo habilis predated even the Neanderthals and other varieties of *Homo erectus*. See 'Human Heritage', October 2006 [5].

Homo habilis (them)

➡ Became

Homo erectus

➡ Became

Homo sapiens (us)

The team meticulously reconstructed the environment, identifying numerous fossilized plant remains and extinct species that showed that these early humans lived in a lush, warm, wet and possibly marshy environment. (That is in contrast to conditions today, where it is even hotter, very harsh and extremely dry.)

The team found that, using stone tools, *Homo habilis* butchered at least 10 different animals – including turtles, fish, crocodiles, hippopotamus and antelopes.

In *Deadly Harvest*, ch 4, p106 [6] I wrote how early man must have obtained good brain-building material, notably the 'fish' oils EPA and DHA, from eating aquatic creatures [7].

However, we did not realize that this could extend to such large aquatic animals as crocodiles and hippopotamus.

It is probable that *Homo habilis* scavenged carcasses rather than killing the creatures themselves. And, since their descendants, *Homo erectus*, would not master the use of fire for another million years, they ate the flesh raw.

Questions

Alcohol and Sleep

Q. *I have trouble sleeping. I go to bed at midnight and sleep soundly until 4.00am when I wake up. I drink herbal tea, and then read for an hour. I'm not a drinker but I then drink a glass of red wine, to knock me out. I promptly go back to sleep for two hours, waking at 7am. feeling slightly hung-over. Is this injurious to my mind and health? Am I assaulting my body with toxins?*

A. Alcohol does disturb sleep patterns so, in the end, the glass of wine is not helping you. The slightly hung-over feeling is probably due to some of the natural compounds in red wine.

Presumably you are doing all the right lifestyle things: eating right, good physical activity, adequate fresh air and sunshine, keeping stress under control. Also make sure you have a good prelude to sleep. See "Sleep Patterns and Campfires", [March 2005](#) [8].

Alcohol is a part of nature and its smell serves a purpose in guiding primates like us to sources of ripe, fermenting, fruit. See 'Fruit Alcohol', [September 2001](#) [9]. The body handles modest amounts perfectly well. I wouldn't worry over-much about toxins.

See also 'Ancient Tipplers', [February 2000](#) [10].

Stealthy Codex Alimentarius

Q. *What do you make of the Codex Alimentarius? www.codexalimentarius.net It seems to be a shadowy body secretly manipulating what we can and cannot buy in terms of over-the-counter remedies.*

A. The Codex is a creation of the United Nations, operating through the Food & Agriculture Organization (FAO) and the World Health Organization (WHO).

Originally it was set up to ensure universal good and uniform standards in food production, fight adulteration, promote good labeling and so on.

However, it has tried to extend its reach into regulating herbal remedies and supplements, but so far restricting itself just to guidelines.

Actually a bigger villain is the European Union which has enthusiastically proposed a string of directives to hamstring the availability of a huge range of products from herbs like St John's-wort to high dose vitamin C. Herbal remedies, such as garlic capsules, would have to be licensed, and go through the same regulatory hoops, as pharmaceutical drugs.

Predictably, Big Pharma is behind these manoeuvres and activists have lobbied hard against this interference, so far successfully.

Even though I don't place a high priority on herbal remedies and vitamin supplements I am solidly in favor of protecting our individual liberties in this regard.

Quit Smoking Medication

Q. *I have been a Natural Eater since August 2009 and have lost 102 pounds to date. Thank you for that. However I have been struggling to quit smoking. Now I might have to try prescription drugs. What do you think of Wellbutrin or Chantix?*

I greatly respect your opinion and it will have a tremendous weight in my decision. I am a little worried about side-effects.

A. First of all, congratulations on your remarkable weight loss!

Secondly, thank you for your confidence in my opinion. I try very hard only to give it if I have some special insight and expert knowledge on the matter. I regret that this is not the case when it comes to quitting smoking.

I just had a look at the drugs you mentioned and, to my mind, the list of side-effects is blood-curdling.

If it is any consolation, you have probably already done more for your health simply by losing 102 lb. Furthermore, smokers who live the way I say seem to escape most of the bullets.

The longest lived person in the world, Jeanne Calment, lived to 122 and only stopped smoking at the age of 100; in general the Japanese, great smokers, survive it well.

Of course, health is not the only reason to quit: cost, social stigma,

skin pallor, smell, mess, and nuisance to others are all good reasons too.

I wish you well in your endeavors to break the habit.

Worthy Idiots

Well-meaning scientists sometimes draw silly conclusions.

Obesity "Caused by Poverty"

A University of California, Davis study finds that minimum-wage employees are more likely to be obese [11].

Professor Paul Leigh, lead author of the study intones: "The outcome leads us to believe that raising minimum wages could be part of the solution to the obesity epidemic."

There might be good reasons for increasing minimum wage, but reducing obesity is not one of them: obese people are already, by definition, spending too much on food!

Moreover, as I reported in 'Changing Food-buying Behavior', April 2010 [16], more money "only encouraged mothers to ... treat the family to chips and soda pop!" See also 'Beware the Indulgence Effect', page 4.

Professor Leigh's observation is a classic case of confusing correlation with causation.

After all, if poverty caused obesity, then sub-Saharan Africans would be the fattest people in the world.

Sunshine is Human Food

New-found Factor in Sunlight Helps Multiple Sclerosis

Anyone who reads this column will be familiar with the beneficial effects of sunlight via its production of vitamin D in the skin, and its stimulation of mood hormones in the brain.

However, it has long been suspected that there are other factors at work too.

It has long been noted that people who live in sunnier places suffer less from multiple sclerosis. But vitamin D supplements do not improve the disease.

In a carefully controlled study Professor Hector Deluca of Wisconsin University finds that sunshine's ultraviolet light,

independently of vitamin D, improves multiple sclerosis [12].

Deluca says, "We honestly don't know what is going on. Somehow sunshine activates mechanisms that block autoimmune damage."

Well I don't know either. But one thing I do know, "there is more in heaven and earth than is dreamt of in your philosophy."

We cannot second guess the complexities of natural processes and it is best policy to emulate living the way nature intended. Get your sunshine!

Did You Know?

Last Suppers Getting Bigger



Last Supper, Gustave Doré

The sizes of the portions and plates in more than four dozen depictions of the Last Supper -- painted over the past 1,000 years -- have gradually grown bigger and bigger, according to a Cornell University study [13].

Author Brian Wansink thinks that the phenomenon of larger portions on larger plates -- which pushes people to overeat -- has been going on for a thousand years. Wansink is also the author of the book: *Mindless Eating: Why We Eat More Than We Think*.

Male Competition in Evolution

Fights for Women Yet Fiercer

In *Deadly Harvest*, page 208 [15], I talk about how the size difference between males and females in mammals (at least) is: "a reliable indication of the amount of physical male competition for females. The biggest gorilla (or reindeer stag) is the one that fights off the male opposition to mate with females."

I used the commonly quoted figure of 20% for this difference in humans and it is based on stature. This falls between male gorillas who are twice the size of females and who ruthlessly guard a large harem, and male and female bonobos (a kind of chimpanzee)

who are the same size. They operate a free love system and the males don't have to compete.

Now Dr David Puts of Pennsylvania State University argues that human males should be placed at the gorilla end of the range [14].

Stature is only a crude measure which underestimates physical sex differences in humans. He points out that human women are unique amongst primates in having copious fat stores compared to men.

But what really counts in fighting is lean muscle mass. On this score, compared to women, men on average:

- Are 40% heavier
- Have 60% more lean muscle mass
- Have 80% greater arm muscle mass
- In the lower body, have 50% greater muscle mass and 65% greater strength
- Have 90% greater upper body strength -- on a par with gorillas

And the average man is stronger than 99.9% of women

Furthermore, Puts reiterates the well rehearsed facts that most physical aggression today is male generated, and that it has been ever thus. (See 'Warfare', *Deadly Harvest*, page 200 [15])

Puts concludes that human mating is 'complicated' but that, in evolutionary history, male fights must have been very important in determining men's reproductive success.

See also 'Toys: Boys will be Boys', April 2010 [16].

Hints & Tips

Sprouting Cuts Back Bean Toxins

Last month [3] I talked about beans, green beans, and their toxins (antinutrients).

Antinutrients such as amylase inhibitors, lectins and trypsin inhibitors are present in legume seeds and protect them against predators.

It is worth knowing that by sprouting beans you can reduce considerably their harmful plant toxins [17].

For example, seven-day sprouted white beans have decreased

lectins by 85%, lectin blocking of intestine membrane decreased by 91%, and trypsin inhibitors decreased by 76% [18].

Beware the Indulgence Effect

In a series of studies on food choice, author Juliano Laran (University of Miami) discovered that consumers exert more self-control when they make choices for themselves [19].

Moms will buy apples for themselves but potato chips for their kids. "When making choices for others, people mostly choose indulgent foods."

That is the danger: we want to indulge our loved ones – even buy their affection. It is only human, but we have to fight it when others are dependent on our food choices.

Letters

Healthy Harvest "Masterpiece"

"My sweetheart and I absolutely love your cookbook, *Healthy Harvest*. We are continually amazed that you have made eating healthy not only painless but a true gourmet experience.

"Every recipe is wonderful! This is the first cookbook I could say that about (and I mean any cookbook, not just really healthy ones). We keep wondering how much work you must have done to produce such a masterpiece.

"If we had tried to follow this enlightened way of eating without your help, I don't think we could have done it, but you have made it easy. We will be eating healthy forever! Thank you from the bottom of our stomachs." - Tom Jackson MD, USA

From Page 1 Evolutionary Human Behavior

Psychopaths Born that Way

Psychopathic behavior is found in other species, particularly our cousins, apes and monkeys [20].

There can be some obvious evolutionary advantages: psychopaths get more women and make more babies. Genghis Kahn, another merciless leader, had hundreds of offspring ('Daddy Genghis Khan', March 2003 [21]

Or maybe something went wrong when the brain was wired up in childhood. But this is looking unlikely: psychologists can detect psychopathic personality in toddlers as young as three [22].

Also, people with damage to a part of the brain called the 'orbito-frontal cortex' develop psychopathic behavior [23]

The researchers speculate that psychopaths are born with damaged wiring in that area – but of course, they could have inherited genes that wire it that way too.

From Page 1 Question of Month

Electrolyzed Water for Cancer?

The best guess is that it comes from microscopic particles of platinum thrown off by the electrolyzing electrodes!

So even if this beneficial effect can be demonstrated in a glass dish, I need to be convinced that this water, when drunk, will find its way through our gastric juices, interaction with other foods, enzymes and active compounds in our gut, transmission through the intestinal wall, interaction with our blood and lymph - to a real tumor in a real body - all the time having preserved its antioxidant activity intact.

I also remain to be convinced that patent, treated, water brings something unique that cannot be obtained better and more cheaply through the consumption of antioxidant-rich foods.

For if we know anything, it is that these potent chemicals work in teams and that cherry-picking just one at a time has poor results and sometimes paradoxical ones.

In your heart of hearts you know that there aren't any magic potions to cure cancer. But there is hope! Stack the deck of cards in your favor: go cold turkey on the lifestyle I describe.

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Jeanne's Jam Roly Poly

Yield: 8 servings

Jeanne Bouvet, who is an excellent French cook and long time Natural Eater along with her husband and two children, has created this beautiful and impressive dessert. The recipe is easy and quick to do.

olive oil spray

3 large eggs

3 teaspoons fructose, or to taste

2 tablespoons olive oil

1 teaspoon vanilla extract

about 1 cup almond meal (about 3,5 ounces), depending on egg size

6 tablespoons diabetic raspberry or strawberry jam, or more to taste

2 tablespoons flaked almonds

1. Cover the baking tray with baking paper. Spray the paper with olive oil. Set aside.
2. Break the eggs and carefully separate the yolks from the whites into 2 separate mixing bowls.
3. First beat the egg whites with an electric hand-mixer, until very stiff. Set aside.
4. Add the fructose, oil and vanilla extract to the egg yolks in the second bowl and mix with the electric hand-mixer. Add the almond meal and blend to obtain a smooth paste.
5. Carefully fold the egg whites into the egg yolk mixture to make a dough. It will have the appearance of an omelet.
6. Spread out the dough mixture on the baking paper with a spatula into a rectangle of around 9 x 11 inches.
7. Bake in a pre-heated oven at 340°F (170°C) for about 7 minutes. Check the middle of the dough for doneness.
8. Take the baking tray out of the oven and slide the baked dough on the paper onto a work surface. Trim the paper if it helps to the manoeuvres.
9. Spread the jam evenly over the dough.
10. With the help of the baking paper carefully roll the gateau in a roll.
11. Place the serving plate over the roll and turn it carefully over. Remove the baking paper.
12. Spread out the remaining jam over the top and sprinkle with the flaked almonds.



Jeanne's Jam Roly Poly



Stage 3: Beaten whites



Stage 4: beaten yolks and almond powder



Stage 5: Pour whites into yolks



Stage 5: Blend the two



Stage 6: Pour mixture onto baking paper



Stage 6: Spread the mixture



Stage 6: Verify dimensions



Stage 7: Place in oven



Stage 7: Check for doneness



Stage 8: Slide onto work surface



Stage 9: Spread the jam evenly



Stage 10: Roll up using the baking paper



Stage 10: Continue rolling up.



Stage 12: Spread jam on the top of the roll



Stage 12: Sprinkle with almond flakes



Finish: Sliced and ready to serve!