



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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Bond Precepts in Practice: Geoff's Health Status. **Brave New World:** Too Fat to Join Military. **Nature Trumps Our Hubris:** Breast Milk – Nitrite Boon. **We should be Told:** Diet Gurus' Health Status. **Deadly Harvest Outtakes:** Procrustean Bed I. **Food Ideas:** Yuletide Feasting Review. **Q&A:** Cooking Canola (Rapeseed); How to Raise Bond Cakes?; Xanthan Gum is OK; Watercress Beats Breast Cancer; Play Down Magnesium Pills. **Unintended Consequences:** Ancestors' Lapses Visited on Us. **Health Policy:** Aspirin OK but Not Drug for Life. **Buyer Beware:** Agave Syrup Yes, Maple No; Jam – Diabetic vs. Fruit Syrup. **Did You Know?** Most Cholesterol is Body-made.

Bond Precepts in Practice

Geoff's Health Status



Chasing mountain goats

In [July 2010](#) I reported on Nicole's health status – now it is my turn – albeit in synopsis – for it is quickly said.

I have nothing wrong with me, vital signs are all fine, I've never been hospitalized, never had a major disease, I still have all my bits, and I'm not on any pills.

With a stocky build, I'm a good weight for my height, all systems are working normally, I've no chronic aches or pains, and I'm fully active physically.

That is to say, I am fully fit for life in the Pleistocene!

Cont. and Med stats: p 4

Brave New World

Too Fat to Join Military

USA: 5.7 million men, and 16.5 million women, (about 35%) are too fat to join the military. Moreover, Black and Hispanic females are fatter than whites, undermining ethnic diversity goals [1]. Once they are in, slim soldiers become fat [[Dec 2002](#)].

Nature Trumps Our Hubris

Breast Milk: Nitrite Boon



To researchers' surprise, the first three days of breast milk (colostrum) contain very high levels of nitrite [2]. The levels taper off over several months.

The babies use nitrite to make a vital molecule, nitric oxide. Only later in life (after many months or so) do babies fully develop the ability to make nitric oxide the normal way by conversion of nitrates. **Cont p4**

We Should Be Told

Diet Gurus' Health Status

Diet gurus don't always get it right – see: 'Atkins Had Heart Disease' [June 2004](#) and, 'Montignac: Cause of Death' [prostate cancer] [Sept 2010](#).

I don't agree with their dietary regimes anyway but, thanks to leaked documents, we know life-style diseases carried them off too young. Were they also wide of the mark on running, sunning and stress? Even now, there is a massive cover-up over their medical status.

If you are to trust the Bond Precepts, you should know how I'm doing. Hence my article 'Geoff's Health Status' on this page.

Deadly Harvest Out-takes

My editor, John Anderson, expertly pared down my Deadly Harvest script. But I regret not fighting harder to retain passages like this:

Procrustean Bed (Part I) Nature's Misfit with Modern World

This book [Deadly Harvest] has been a journey rediscovering the Owner's Manual. I then suggest strategies to navigate the challenges of modern life. When you succeed, you will have aligned the way you live with the way nature intended.

But be aware that the modern world is not structured in this ideal fashion. On the contrary, you are under pressure to contort yourself into a shape to fit the structure that is on offer. It is a situation well imagined by the ancient Greeks.

One of their legends featured a psychopathic innkeeper called Procrustes. He had an iron bed on which he compelled his guests to lie. If a victim did not exactly fit the bed, he either stretched the body or cut the legs to fit.

'Procrustean Bed', is proverbial for arbitrarily forcing someone to fit into an unnatural scheme.

Science, technology, commerce and economics are a runaway train rushing us headlong into a future which, if it conforms to human nature, does so only in parts and by accident.

In this line of thought, the original thinker Aldous Huxley wrote his famous and far-sighted 1931 satire, [Brave New World](#).

Cont: p 4

Food Ideas

Yuletide Feasting Review

Would it help you to know how we ate over the festive season? Here is a quick run-down for Christmas Eve.



This shows the aperitif nibbles accompanied by a good, dry sparkling white wine:

A simple plate of cherry tomatoes and palm hearts; Nicole's olive cake (recipe from [Healthy Harvest \[3\]](#)) and, on the 3-tier cake stand: a raw nut medley, Nicole's spicy cookies (see our [Christmas Bonus 2010](#)), and dried figs and apricots. (Dried fruit? Well it IS a special occasion!)

We have more canapé ideas in [January 2004](#), [January 2008](#) and on our food idea page: www.naturaleater.com/recipes/recipe-index.htm

For the main course we had pan-seared saddle of venison in a thick Hunters Gravy. The gravy had no flour of course, but was thickened with agar-agar (see 'Xanthan Gum OK', later). It was served with [Healthy Harvest](#) recipe Bohemian Red Cabbage and dry red wine.



The dessert was my favorite: the [Healthy Harvest](#) recipe, Chocolate Mousse with strawberries and raspberries.

Questions

Cooking Canola (Rapeseed) Oil

Q. You say not to use Canola oil for cooking. What about 'cooking grade' Canola oil. Is it toxic when heated?

A. Oxidation and auto-oxidation of oils is a remarkably complex phenomenon [4]. However Canola oil does contain a number of anti-oxidation compounds of which vitamin E is the most protective. In addition, the manufacturers usually dose Canola oil with extra vitamin E.

My view is that cooking grade Canola oil is all right, but I wouldn't use it for high heat cooking, for example deep frying or roasting.

However, to put this in perspective, fast-food outlets, keep their frying tanks at high heat for 16 hours a day for up to eight days!

In comparison, us sautéing lightly, using fresh oil each time, is no big deal.

How to Raise the Bond Cakes?

Q. Is there a problem with baking powder not working in gluten free recipes?

A. Yes. To cause a dough to rise (leaven), it needs gluten (a gluey substance) to trap the bubbles of carbon dioxide made by the baking powder.

Only wheat flour has the right gluten content for leavening. For example, pumpernickel (made from pure rye) is like a brick. Also it is impossible to make bread from rice flour (which has no gluten at all).

Of course, we studiously avoid gluten and grain flours of any ilk. In this regard, we wonder if the baking powder in Kim's recipe [last month](#) serves any purpose.

See 'Xanthan Gum OK' next.

Xanthan Gum is OK

Q. Is Xanthan gum OK?

A. Yes. Soluble plant fibers like agar-agar and xanthan gum are conforming. They are useful substitutes for flour when thickening of sauces and gravies is wanted (see Hunter's Gravy in 'Yuletide Feasting Review', this page).

We will experiment soon to see if they provide the glueyness needed to cause one of our conforming cakes to rise. (See 'How to Raise the Bond Cake' previous article).

Chia seed flour (see 'Chia Seed Flour Update', [June 2009](#)) is also rich in plant fiber and has a gluey consistency. That should work too with baking powder – we will give it a try – but tell us how you get on too!

Watercress Beats Breast Cancer

Q. What do you make of the [press release](#) about watercress helping beat breast cancer?

A. I agree – along with just about every other plant food you can name!

This press release is an overhyped account of a modest pilot study which identified a chemical "linked to the inhibition of cancer cell survival" [5].

So fine: if you just want to dance around the maypole, focus on watercress along with the other special pleading products I've reviewed: blueberries [[Feb 2008](#)], walnuts [[Aug 2003](#)], pomegranates [[July 2006](#)], mangosteen [[March 2005](#)], açai berry [[Sept 2008](#)], goji berry [[July 2008](#)], and cranberries [[April 2003](#)].

They are all fine in themselves – but don't forget broccoli, cabbage, cauliflower, Brussels sprouts, tomatoes, onions, and garlic too! [[March 2009](#)]. But it's the big picture that's vital:

The Micronutrient Symphony

The bottom line is that our immune system expects to receive a huge variety of micronutrients all working together like a symphony orchestra. And a copious intake of a wide variety of plant-foods feeds it in just the right amounts and combinations

Without them it doesn't do its job and cancers break through the defenses. See: 'Degenerative Disease/Plant Flavonoids', [May 2003](#).

Play Down Magnesium Pills

Q. You speak of widespread magnesium deficiency [[Aug 2004](#), [Jan 2005](#), [Sept 2006](#), [April 2009](#), [April 2010](#)]. Should we supplement?

A. No. Not unless you have a clinical problem which requires a special medical intervention.

The problem is that cherry-picking supplements rarely works in isolation (see 'Micronutrient Symphony', above).

For example we know that various mineral and vitamin deficiencies are correlated with many ailments yet supplements do not fix the problem.

In 'Doc Rethinks Food/Disease Link', [August 2010](#), I report how Dr Mozaffarian wrote an excellent article in JAMA criticizing the 'magic bullet' approach to nutrition. We need to get our nutrients in complete food!

With magnesium we know that this is particularly true. Moreover, we cannot even tell where the magnesium is going in the body. It can show good blood levels but be deficient in the cells. If you are really deficient, the doctor has to give a kick-start just to get the body to absorb magnesium.

The only honest (and sure) way is to get our magnesium naturally – and what do you know - the chlorophyll in green plant food is a rich source!

Unintended Consequences

Ancestor's Lapses Visited on Us
I've spoken frequently in the past of 'trans-generational epigenetic effects' where, with some lifestyle error, a close ancestor switches on a 'bad' gene which you then inherit.

The latest is that a father's high fat diet increases daughters' diabetes risk [6].

In the past I've cited how folate supplements encourage obesity in sons [[July 2006](#)]; Mom's low sunshine exposure encourages multiple sclerosis in her children [[May 2009](#)]; grandmother's high-fat diet is tied to breast cancer in granddaughters [[Oct. 2010](#)].

My View? Bad Genes Don't Doom Us [[April 2010](#)] – but they make it harder!

However, it is the future that worries me. With almost half of our children obese, what sickness are they spawning in future generations?

Health Policy

Aspirin OK but Not Drug for Life

Professor Rothwell of Oxford University finds that people who had taken a daily aspirin for many years (typically more than 10 years) were less likely to suffer a variety of cancers [7].

Laudably, Rothwell is cautious. He says that we are still a long way from recommending that everyone should take a daily aspirin, even if it reduces heart attack too.

After all we know that aspirin does have a downside: it is well known to provoke intestinal bleeding – a major issue. It is also linked to Crohn's disease [8] and brain hemorrhage [9].

My View? Aspirin, and its metabolite salicylic acid, is a phenomenon of nature – after all, aspirin was originally extracted from willow bark. In fact it is so all-pervasive in plants that we can expect our bodies to depend on it being there.

Sure enough, studies show that people on plant-focused diets have up to 12 times as much salicylate in their blood as regular meat eaters [[10](#)] – and they are all the healthier for it!

And that's the moral: the reason aspirin-taking works on disease is because it is making up for our dietary errors. Far better to fix the dietary errors than pop a powerful pill every day!

See also: 'Aspirin Supplement' [August 2001](#).

Buyer Beware

Jam: Diabetic vs Fruit Syrup

This is the wording of a label from a real pot of jam.

"Naturally Sweetened Jam"

"We use white grape juice concentrate to sweeten this peach jam. No sugar added!"

Beware. Grape juice concentrate is just another form of sugar. Watch out too for apple juice concentrate. Less bad (more of the sugar is fructose) – but still avoid.

In a study on fat five-year olds, all-natural apple juice was as fattening as Kool-Aid (a powdered

fruit drink containing 16g of sugar per serving). ([March 2005](#)) [11]

Some of our recipes call for 'Diabetic' Jam. This is deliberate: jam made for diabetics is low-glycemic and we use the type that receives its sweetness from a sugar alcohol like sorbitol or maltitol (see: 'What is Sugar Alcohol?' [Jan 2001](#)).

Agave Syrup Yes, Maple No

We saw a low-glycemic cake recipe which, misleadingly, called for a sweet syrup – "either agave or maple". But the two syrups are not interchangeable!

Agave is indeed low glycemic. But maple syrup is high glycemic, is no better than regular sugar, and should be avoided.

Did You Know?

Most Cholesterol is Body-made

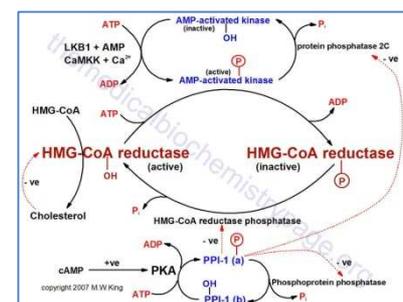
Where does cholesterol come from - what we eat? No, contrary to what you have been taught to believe, our bodies MANUFACTURE most of it.

Normal healthy adults make around 1 gram per day. They ONLY EAT around 0.3 gram per day. The body maintains a constant level of blood cholesterol by topping up on what we eat.

So if our cholesterol levels are 'too' high, it is because our bodies are making it when they shouldn't. It is futile to restrict cholesterol intake since dietary errors instruct the body to make up the difference!

The main reason the body over-produces cholesterol is the high glycemic diet and its abnormal insulin levels. See 'Role of Cholesterol', Deadly Harvest, [Chapter 9](#), p 239.

Insulin provokes the enzyme HMG-CoA reductase to produce cholesterol. Click image to see full size.



Of course SOME cholesterol is necessary – that is why we have it at all. From it, the body makes steroid hormones, cell membranes and bile acids ([last month](#)).

Bile acids also have a crucial role in metabolism, liver regeneration, and fat, glucose & energy control.

Web Updates

Spirit Level Delusion Debate

My review ([Aug 2010](#)) has sparked a debate on Amazon [<http://amzn.to/Bond-review-spirit-level-delusion>].

Geoff's New YouTube Clip

Recently uploaded: a 3-minute clip introduced by [Dr Rita Stec](#):

<http://www.youtube.com/watch?v=En8PKXLEA7w>

In German:

Natural Eating Online

The full text is now posted on the German page of our website [[12](#)].

Natural Eating Audio Book

www.audible.de has done a 15 minute synopsis spoken in German. Link: <http://bit.ly/iiKs1x>

From Page 1 Bond Precepts in Practice

Geoff's Health Status

I feel fortunate that my life trajectory has been more wholesome than the average.

Inculcated from an early age, it started with a strong sense of togetherness with nature, sunshine and fresh air.

Good feeding habits were a family quirk (some would say cranky); the first twelve years of life spent on post-war austerity rations; missing out on the junk food revolution (by living many years in Africa); aerobic activity every day; and, yes, the last twenty years practising the insights of the Bond Precepts!

There is more on my [Geoff-Physicals](#) page, including some medical stats.

From Page 1 Nature's Mysteries

Breast Milk: Nitrite Boon

Now here is the interesting part. It is gut bacteria that do the conversion of nitrate to nitrite. But when babies are born they do not have any gut bacteria. It takes many months for the right bacteria to colonize the colon.

So nature has this finely tuned system which matches the nitrite content of mother's milk to the baby's ability to make nitrite for itself.

The researchers find that breast milk contains 20 times more nitrite and nitrate than hitherto thought right or necessary.

Here is another challenge for formula makers – to dose their products with just the right amounts of nitrites.

Nitrates are found quite naturally in plant foods – and we need them to make nitric oxide. Why? Nitric oxide keeps blood pressure normal, fights infection, supports the nervous system – and a shortage leads to heart attack and stroke.

From Page 1 Deadly Harvest Outtakes

Procrustean Bed (Part I)

Nature's Misfit with Modern World

...Even 80 years ago, Huxley saw that technological change was railroading human society into a way of life that was at ghastly discord with human nature.

In his words, "...the scientist will prepare the bed on which mankind must lie; and if mankind does not fit – well, that will be just too bad for mankind. There will have to be some stretching and amputations..."

Next Month Part II: Conditioning a population who: "do not have to be coerced, because they love their servitude" (Huxley).

Events – Advance Notice

See [Events](#) page

Feb 2011 – March 2011

Speaking Tour USA
CME - CPD lectures for doctors

April 30 2011

P3A lecture, Paphos, Cyprus

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1 National Bureau of Economic Research; Unfit for Service: The Implications of Rising Obesity for U.S. Military Recruitment; Sept 2010

2 Norman G. Hord; Nitrate and Nitrite Content of Human, Formula, Bovine, and Soy Milks: Implications for Dietary Nitrite and Nitrate Recommendations. *Breastfeeding Medicine*, 2010; : 101019053237064 DOI: 10.1089/bfm.2010.0070

3 www.healthy-harvest-recipes.com

4 Mechanisms and Factors for Edible Oil Oxidation; Eunok Choe and David B. MinVol. 5, 2006—Comprehensive Reviews In Food Science And Food Safety

5 Br J Nutr. 2010 Nov;104(9):1288-96. Epub 2010 Jun 15. In vivo modulation of 4E binding protein 1 (4E-BP1) phosphorylation by watercress: a pilot study. Syed Alwi SS.

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7 PM Rothwell et al, Effect of daily aspirin on long-term risk of death due to cancer: analysis of individual patient data from randomised trials. *The Lancet*, Dec 7, 2010 DOI: 10.1016/S0140-6736(10)62110-1

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