

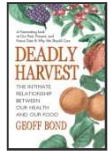


## The Bond Effect The Bond Effect The Bond Effect

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.

**PRIVATE ANNUAL SUBSCRIPTION: \$18.00 FOR 12 MONTHLY ELECTRONIC ISSUES.**

**Q of Month:** Stone-Age Grain Eating. **Sunshine is Human Food:** Rickets Girl Wore Sun Factor 50. **Misleading Media:** Claim: 5-a-day is a 'Myth'. **Famous Last Words:** Montignac: on Exercise. **Food Ideas:** Conforming Bread is on its Way. **Questions:** Relieving Prostate Troubles; Yacon Syrup; Hemp Seed is Fine; Fruit Sugar Explained. **Editorial:** Prostate Research Deficit. **A Good Month For...** Hunter Gatherers in Medical Journals. **Fitness Guru Success:** Jack Lalanne Makes it to 96. **Deadly Harvest Out-takes:** Procrustean Bed part II **Sunshine is Human Food:** Chronic Lymphocytic Leukemia; Chubbier Kids. **Web Updates:** *Natural Eating* Online in French & German.

### Question of the Month

#### Stone Age Grain Eating



100,000 year-old grinding cobbles

**Q.** What do you make of the reports claiming that Stone Agers ate grains in Africa over 100,000 years ago [1]?

**A.** Not too surprised. We've always known that hunter-gatherers will, when really desperate, grind up seeds of all kinds to keep themselves alive.

In my first book, *Natural Eating*, [Chapter 3](#), p. 42, I talk about how, in times of scarcity, the Australian Aborigine would press the millstone into service.

This study, of a site near Lake Nyasa, found grinding cobbles together with grains of wild sorghum, a native grass.

The condensed summary of the study (known as its 'Abstract') rather disingenuously says that this 'shows' that early *Homo sapiens* 'relied' on grass seeds.

However, even in scientific articles, we don't let down our guard: we check out the detail.

In the main text the author is more scrupulous: 'the data imply that early *Homo sapiens* consumed not just underground staples... **Cont p.4**

### Sunshine is Human Food

*Our bodies expect to receive sunlight to work properly...*

#### Rickets Girl Wore Sun Factor 50



Tyler Atrill, 12, lives in the seaside resort of Sandown, UK. Her mother, Lisa, says: "We live right by the beach so ... I've always ... nagged her to wear hats and sun-cream. I thought I was doing the right thing."

But Prof. Nicholas Clarke, of Southampton Gen. Hospital diagnosed Tyler with early rickets, a disease caused by lack of vitamin D resulting in soft, weak bones.

Prof Clarke, warned of an 'astonishing' resurgence of rickets. He told Mrs. Atrill that the liberal use of sunscreen likely caused Tyler's vitamin D deficiency.

**My View?** Almost ten years ago I raised the alarm in: '*Rickets Returns*', [April 2001](#).

And in my article: '*Docs say Sunshine is Not the Cause of Melanoma*' [August 2008](#) I report the British Medical Journal calling into question the received wisdom. **Cont p.4**

### Misleading Media Hype

#### Claim: 5-a-day is a 'Myth'

In recent Briefings I have focused on how daft, yet highly publicized claims, blow people off course.

I'm all for contrarian thinking – I consider myself a contrarian too. That is why I am paid good money to give CPD lectures to hospital doctors – even though they have in-house dieticians.

The medical profession trusts what I say because, in spite of being strikingly original, it is evidence-based, scientifically rigorous, intellectually honest and casts new light on old problems.

Now a 'nutrition expert', Zoe Harcombe has published a controversial article in the 24<sup>th</sup> January 2011 edition of the Daily Mail, a UK newspaper. She claims that the mantra to consume 5-a-day fruit and vegetables is a 'myth' (sic).

Here is a challenge to all my readers. Read the article here: <http://bit.ly/hhfi95>, analyse it for flaws, manipulation, half-truths, pretend science and suchlike. Then write to me with your findings. I'll do an exposé next month.

See '*Procrustean Bed*' Page 3.

### Famous Last Words

"To eat less and exercise more is dangerous. It increases obesity. Exercise has never helped anyone lose weight."

*Michel Montignac, diet guru who died early (aged 66) – but slim.*

**See:** '*Diet Gurus' Health Status*' [December 2010](#)

## Food Ideas

### Conforming Bread on its Way



Last month in: 'How to Raise Bond Cakes' and in: 'Xanthan Gum', I said we would experiment with chia flour\* and baking powder. Chia's high gum content serves to trap the bubbles. In wheat flour this is done by the dreaded gluten.

This is our first attempt at bread (thanks to [Kim Lloyd](#) for prompting us). It uses about 3 parts almond butter, to one part chia flour.

Even though this is just a first attempt, I am bringing it to you now because the results are so exciting. The dough rose nicely, and the bread has good taste and texture.

The slices also toast well and make a good platform for fried eggs for example.

We expect to have a fine-tuned recipe for you next month.

\*Thanks to [www.nuchiafoods.com](http://www.nuchiafoods.com) (Homer Hartage) for supplying the chia flour.

## Questions

### Relieving Prostate Troubles

**Q.** Do the Bond Precepts help with enlarged prostate (BPH)?

**A.** Yes. I last reported on this in [October 2008](#), but I can put it differently into this protocol:

It is essential to have:

- A low-glycemic diet (no starches or sugars)
- A high intake of micro-nutrients – salads, colored vegetables and berries (which are low sugar fruits, see 'Fruit Sugar Explained', this page)
- Vigorous physical activity at regular intervals.
- A conforming fatty acid profile.

It helps to have:

- Moderate alcohol intake

It is bad to:

- Be obese,
- Consume dairy products
- Have a high fat diet (notably butter and margarine)
- Have a high red meat intake
- Be a couch potato
- Consume cereals, bread, pasta sugars, confectionary.

In other words, follow the Bond Precepts, and the right pattern comes automatically.

See also Editorial, 'Prostate Research Deficit', this page.

### Yacon Syrup

**Q.** I have come across recipes using 'yacon syrup'. Is it low glycemic and is it conforming?

**A.** Yes. Yacon syrup is low glycemic – it gets its sweetness from inulin (a kind of plant fiber). Inulin is also the principle sweetener in Somersweet (see 'Alternative Sweetener: Somersweet', [February 2010](#)).

The yacon root is allied to Jerusalem artichoke – a root which is also conforming. See 'Non-Starchy Vegetables', **Deadly Harvest**, [Chapter 3](#), page 56.

### Hemp Seed Just Fine

**Q.** What is your opinion of hempseed? You don't mention it much in Deadly Harvest.

**A.** It's good (I give it 'green-green' status in [Chapter 6](#), pages 151-153).

But I didn't give prominence to hemp products because the USA had banned them since the 1930's on the flimsy grounds that they are of the same plant family as marijuana.

By 2001 the situation in USA had eased and Canada began exporting to USA: see 'Hemp High' [April 2001](#), and 'Hemp: Triumph of Common Sense', [March 2002](#).

Hemp products are freely available in other parts of the world but are not easily found and can be expensive.

See also 'Hempseed', [Dec 2009](#).

## Fruit Sugar Explained

**Q.** I am confused about fruit sugars. One source says that fruit extracts – such as apples and grapes – are low GI (Glycemic Index).

Last month you said that "grape juice concentrate is just another form of sugar". If not fructose do grapes contain glucose?

How many different 'fruit sugars' are there?

**A.** Broadly speaking, the sugars in fruits consist of a cocktail of three types: glucose, fructose and sucrose. Sucrose is just ordinary table sugar and is a chemical combination (called a 'disaccharide') of glucose and fructose.

Different fruits have various levels of Total Sugar content. They also have different ratios of the three sugars. As a rule of thumb, it is best to have the lowest Total Sugars, and the lowest glucose.

On this score, grape juice concentrate has a high ratio of glucose: 30% to fructose 30%. Sucrose is 1%. The Total Sugars content is 61%, the rest is mainly water.

In comparison, apple juice concentrate has 13% glucose, 35% fructose and 10% sucrose (Total Sugars 58%, the rest is mainly water). This is a better profile, but not by much.

Confusingly, fructose is often called 'fruit sugar' (which has a 'good' name) whilst on the label, food manufacturers call any type of sugar from fruits 'fruit sugar'. See also 'Fruit Sugar Smart', [April 2001](#)

## Editorial

### Prostate Research Deficit

Prostate troubles (BPH) impact hugely on the quality of life for many older men in industrialized societies – yet it hardly affects men in the third world.

We know that dogs and apes in captivity (both creatures obliged to eat what we give them) suffer from it too. So what is going on?

It is hard to believe that nature intended this to happen and we do have enough evidence to confirm that lifestyle has everything to do with it. See 'Relieving Prostate Troubles' p.2.

However, in spite of the fact that BPH is so widespread, it is scandalous how little priority has been given to studying the lifestyle link.

I cite the most credible studies - the case controlled ones - in references [2]. Their results I have distilled into the protocol in: 'Relieving Prostate Troubles', page.2 .

Even so, the researchers often remark that: 'We need further analysis to identify novel prevention and treatment of BPH'.

And therein lies the problem. In whose interest is it to carry out these expensive studies? Not the pharmaceutical companies - and not the alternative medicine industry either: the sale of herbal remedies and dietary supplements is a multi-billion dollar industry!

Last month I revealed aspects of my own health status. I can add that I have never suffered from prostate troubles either. So, if one test case is anything to go by, the Bond Precepts work!

#### A Good Month For...

...mainstream medical journals carrying articles about hunter-gatherer fitness.

Thanks to [Dr Rita Stec](#) for pointing out Dr O'Keefe's review published in The American Journal of Medicine [3].

Dr O'Keefe says we would all be a lot healthier if we emulated the type and amount of physical activity prevalent in the Stone Age. He sets out how in the [full article](#) (Item 17). For example, forager gathering of plant food corresponds, in energy terms, to us weeding the garden.

For my own presentation of Pleistocene exercise, check out 'Physical Activity' *Deadly Harvest*, [Chapter 8](#), page 187.

#### Fitness Guru Success

*Diet gurus Atkins and Montignac didn't live up to their expectations [Diet Gurus' Health Status, [December 2010](#)]. Here I am pleased to report on one who did.*

#### Jack Lalanne Makes it to 96



Imagine an 8-year-old seeing this advertised in his kids' magazine. I was captivated and wanted to be like Jack Lalanne. Only trouble was my weekly pocket money, of 6d ('sixpence' in old money - now 2½p, or 4 cents) came nowhere near buying into his program! That was back in Lalanne's heyday in the early 1950's

Lalanne ate two meals a day and avoided snacks. His breakfast, after working out for two hours, consisted of hard-boiled egg whites, a cup of broth, oatmeal with soy milk and seasonal fruit. Dinner was typically raw vegetables and egg whites along with fish. He did not drink coffee.

**My View?** I'm amazed Lalanne had any followers with such a stern program - unnecessary in my view to deprive himself of egg yolks (omega-3 of course!) and coffee. He could have cooked some of his vegetables.

The oatmeal and soy milk is a small lapse, but what the heck, he did live to 96. Just think what he could have done on the Bond Precepts!

#### Deadly Harvest Out-takes

*My editor expertly pared down my Deadly Harvest script. But I regret losing passages like this. [Last month](#) ended with:*

"...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..." - Aldous Huxley

#### Now: Procrustean Bed, Part II Nature's Misfit with Modern World

In his imaginary world, set in the 26th century, Huxley ironically set out the solution. If the "Procrustean Bed" could not be changed, then human nature must be engineered to fit.

Already (in 1931) Huxley observed that Ministries of Propaganda, newspaper editors and schoolteachers were conniving to brainwash the population into accepting the current situation as normal.

In the future, states would use greatly improved techniques of suggestion and conditioning to control a population "who do not have to be coerced, because they love their servitude".

All this might sound apocalyptic yet, as we saw in [chapter 5, \[Deadly Harvest\]](#), since 1931 psycho-marketing techniques are all-pervasive. They manipulate us to behave in ways that serve the interests of the Procrustean Bed, rather than our own best interests as human beings.

The plains of the Midwest produce huge quantities of grain; someone must consume it. Similar observations go for beef, sugar, potato, tobacco, soybean, milk, sunflower oil and many more.

That is: what is on offer, people must be persuaded to want and buy it. And the best way to persuade them? Make them feel good about it - make them "love their servitude".

But it is an illusion: in reality it makes them sick, obese, neurotic and, in the longer term, dissatisfied and unhappy.

When I wrote that passage, I hadn't realized just how much everything we do is riddled with these dysfunctional messages.

The latest is the Zoe Harcombe article (page 1). Guess what? - she has a book to sell!

### Sunshine is Human Food

*Our bodies expect to receive sunlight to work properly...*

#### Chronic Lymphocytic Leukemia

A Mayo Clinic study finds that vitamin D deficient patients suffering from chronic lymphocytic leukemia were twice as likely to die as patients with adequate levels of vitamin D [4].

#### Chubbier Kids

Prof. Eduardo Villamor, University of Michigan studied Colombian children. He found that those who were vitamin D deficient got fat and gained weight more rapidly than kids who had enough [5].

He said: "The kids lived in a sub-tropical zone where sunlight is abundant, but there could be many reasons they don't get enough sun".

**My View?** Yes – like using sun-block! (see p.1.) or because 99% of the population spend their lives living, working and traveling shielded from the sun.

That is the massive change that has happened just in my lifetime. How many kids today have to wait at bus-stops, cycle to school or are shooed out into the street to play whatever the weather?

### Web Updates

#### Natural Eating in Foreign Tongues German

The full text of the German edition of Natural Eating is now available online:  
[www.naturaleater.com/german.htm](http://www.naturaleater.com/german.htm)

#### French

[Full text](#) still available online at:  
<http://bit.ly/NE-French>

### From Page 1 Question of the Month

#### Stone Age Grain Eating

... but above-ground resources too'. See [Full text](#) (Item 11).

So let's get this into perspective. Of all the millions of stone tools discovered in the Old World – scrapers, ax heads and so forth – only a tiny number are hand grinders.

This is consistent with grass seeds forming only a small and intermittent part of the *Homo sapiens* food supply. Moreover, we have no idea how widespread it was: here we have only a single site from one band of hunter-gathers.

The flour obtained from wild sorghum would have been starchy, yes, but coarse and full of bran and grit.

It had to be cooked, as any starch must, but its characteristics would have been nothing like modern day bread.

In *Deadly Harvest*, [Chapter 2](#), page 40, I describe how the industrialization of milling and baking debased, in unexpected ways, the bread we know today.

The Stone Agers stone-ground patties would have had more nutrients, but it was still starchy and so, glycemc.

Sorghum has low levels of gluten (a good thing) but has high levels of substances to which we are not adapted - allergens [6].

But the clincher is this: our evolutionary history did not design our biochemistry or digestive system for grains and we do best not to consume them in any meaningful way.

### From Page 1 Sunshine is Human Food

#### Rickets Girl Wore Sun Factor 50

It gets better: in an about turn, a consensus of seven health institutions [Endnote 7] recently urged people to spend up to 15 minutes in the midday sun without sunscreen three times a week to boost vitamin D levels.  
[Full Text](#) (Item 19)

### Events – Advance Notice

For latest details, see [Events page](#), or our [Facebook Group](#).

#### Feb 2011 - March 2011 USA

Private: For information only:  
Speaking Tour  
CME - CPD lectures for doctors

#### March 5, 2011

#### Palm Desert, California

Open to Public: Illustrated Talk  
Segovia Community  
2:00 p.m. – 3.00 p.m.

#### April 30 2011

#### Paphos, Cyprus

Open to Public: P3A lecture,  
10:00 a.m. - 12:00 midday

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- 1 Julio Mercader et al. Mozambican grass seed consumption during the Middle Stone Age. *Science*, December 18, 2009
- 2 *Med Sci Sports Exerc.* 2008 Oct;40(10):1733-9. Effects of running distance and performance on incident benign prostatic hyperplasia. Williams PT.
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- *Urology.* 1999 Aug;54(2):284-90. Diet and benign prostatic hyperplasia: a study in Greece. Lagiou P et al.
- 3 *Am J Med.* 2010 Dec;123(12):1082-6. Achieving hunter-gatherer fitness in the 21(st) century; O'Keefe JH et al
- 4 *Blood.* 2010 Nov 3. Vitamin D insufficiency and prognosis in chronic lymphocytic leukemia (CLL). Shanafelt TD et al
- 5 D. Gilbert-Diamond, et al; Vitamin D deficiency and anthropometric indicators of adiposity in school-age children: a prospective study. *A J Clin Nutr.* 2010; DOI: 10.3945/ajcn.2010.29746
- 6 *Chest.* 1999 Nov;116(5):1452-8; Respiratory symptoms and farming practices in farmers associated with an acute febrile illness after organic dust exposure; Von Essen S,
- 7 Dec 9, 2010; Joint statement: Cancer Research UK, the British Association of Dermatologists, Diabetes UK, the Multiple Sclerosis Society, the National Heart Forum, the National Osteoporosis Society and the Primary Care Dermatology Society.