



# The Bond Briefing

The Science and Art of Living the Way Nature Intended

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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:** Acne is Optional. **Human Behavior:** Childhood – Forager Indulgent or Modern Discipline? Part III. **Hints:** Avoid Products with Food Labels. **Food Ideas:** Yuletide Menu. **Q&A:** Nuts – Roasted as Good as Raw?; Hydrogen Peroxide Miracle Cure?; Tomatoes and Autoimmune Disease; Cinnamon Helps Fight Diabetes? **News:** Xylitol Slows Bone Resorption; Inflammatory Toxins, AGEs, in Babies and Diabetes. **Letter:** Diabetes Wake-up Call. **Viewpoint:** Vitamin D – From Sun or Food?.

## Question of the Month

### Acne is Optional

**Q.** My 16 yr-old daughter is downhearted about her acne. She's mostly paleo (Bond) diet and very physically active. A dermatologist prescribed an anti-biotic but after 2 weeks it has not worked and it has side-effects.

**A.** I've written about acne many times of which [February 2006](#) is a good summary.

Acne is definitely a disease of civilization and is unknown in primal peoples like San [1], Hadza [2], Aché, and Kitavan [3]



Acne-free Himba girl of Namibia

So emulating their lifestyle has to be the solution. That means strict adherence to the Bond precepts. Indeed, our clients have success with them ([November 2009](#)).

Recent studies show that the following factors have a role in acne: high insulin levels; omega-3/omega-6 imbalance; saturated fat; micronutrient deficiency; dairy; and junk food [4a,b,c,d].

A non dietary factor is sunshine starvation [5].

This translates to banning starches and sugars, stripping out omega-6 vegetable oils (like sunflower, safflower, corn, peanut)...

**Cont p 4.**

## Human Behavior

### Childhood: Forager Indulgent or Modern Discipline? Part III

In part II ([Oct 2011](#)) we saw how Daniel Everett, Christian missionary to the Amazonian Indians, couldn't reconcile the Biblical teaching 'that to spare the rod is to spoil the child', with the horror that the forager Indians felt at the beating of children.

As mentioned in [Deadly Harvest, Chapter 2](#), the farming revolution brought with it a *social* revolution too. One outcome was a shift in power within the family where the father had life-and-death power over his children.

As heralded in part I, [Sept 2011](#), I now draw on Dr Benjamin Abelow's remarkable paper [6]:

As related in writings from the ancient civilizations of the Near East (Assyrian, Egyptian, Hittite...) disobedient children would be harshly beaten, whereas obedient children would receive the father's grace.

How this cultural tradition came about is a mystery but, once started, it played a huge role in the military success and dominance of such cultures. It wired foot-soldiers to sublimate their personal needs to a charismatic father-figure war-leader.

These traditions – of suppressing child willfulness and their punishment into obedience – percolated through to the ancient Greeks and then the Romans, who took it to new extremes.

The pedagogue Quintilian hints that Roman children became so terrified during beatings that they lost bowel or bladder control.

**Cont p 4.**

## Hints & Tips

### Avoid Products with Food Labels

Every so often supermarkets, authorities and suchlike attempt to make food labels more understandable with traffic-light coding or similar.



Now the FDA wants a new nutrition rating system with symbols that classify foods by the points they get for calories, saturated fat, trans fats, sodium, and added sugars (pictured) [7].

I doubt if this will be any more successful than previous attempts; manufacturers find ways around it. Worse, a favorable rating gives the idea that the food is 'safe' when in fact many other problems (like starch, dairy) remain unaddressed.

But why would we bother? The best rule of thumb is to only buy products that DO NOT REQUIRE labels!

That's everything that comes in its natural, unprocessed state, like strawberries, lettuces, frozen spinach, fresh eggs and so on.

Such products comprise 95% of the items in [last month's Shopping List](#).

The other 5%? Well that will be the lightly processed products such as canned fish, canned tomatoes, and Canola mayonnaise where you have to check on the types of oil, salt content, and so forth.

Focus on foods that DON'T have an ingredient label!

## Food Ideas

### Yuletide Menu

You might like to see our fully conforming Yuletide menu:



**Aperitifs:** Canapés (above) with asparagus, cherry tomatoes, pitted olives, smoked salmon, pickled mushrooms, and palm hearts on beds of raw baby spinach leaves.  
Served with a local sparkling white wine.

**Main course:** Venison steak sautéed with a gravy made from its juices and cranberries, Bohemian red cabbage\* and green beans.  
Served with a local dry red wine.

**Dessert:** Chocolate mousse\*.



Chocolate Prune Truffles

**Supper:** Nicole's cookies\*, chocolate prune truffles<sup>A</sup>, Christmas cake\*.  
A nip of malt whisky nightcap.

#### Notes:

\* Recipe from [Healthy Harvest](http://bit.ly/healthy-harvest).  
<http://bit.ly/healthy-harvest>

<sup>A</sup> Recipe to be published soon.

## Questions

### Nuts: Roasted as good as Raw?

**Q.** I thought raw nuts were far superior to roasted (which I prefer). But in your [last Briefing](#) you say that baking nuts is OK.

**A.** Where nuts are concerned, my rule is: 'eat raw if you can, heat if you must'. Walnuts, which are particularly vulnerable to oil oxidation, need special care when heated.

So even if most nuts survive fat oxidation under LIGHT heat ([last month](#)), I take a raw-foodist line: you just don't know what OTHER mischief the heat is doing. For example, see 'Inflammatory Toxins, AGEs', p 4.

### Hydrogen Peroxide Miracle Cure?

**Q.** What are your thoughts on administering a few drops of 35% food-grade hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>) to 6-8 oz of distilled water three times a day to oxidize the body to kill off bacteria, viruses, etc. and to revitalize healthy cells? "The One-Minute Cure," claims that this regime can cure a host of health problems, from gum disease to cancer.

**A.** Pseudo science! In their anxiety, cancer patients often cast about to find 'fixes' – potions, procedures and whatnot. There must be thousands of 'remedies' out there, usually promoted by charlatans to profit from sufferers' desperation.

As it happens H<sub>2</sub>O<sub>2</sub> is innocent of this: it is cheap and freely available – but it is still ineffective.

**For the technical:** As its formula implies, H<sub>2</sub>O<sub>2</sub> is H<sub>2</sub>O (water) with an extra atom of oxygen tacked on. This extra oxygen atom easily detaches itself to oxidize whatever it comes into contact with.

That makes it a mild antiseptic because oxidized bacteria die. It is also a 'debriding agent', eating up dead tissue. In the trenches of WWI it was the first remedy to clean up war wounds.

Some people use peroxide as a mouthwash – a practice I deplore – it kills off the good mouth flora (see: 'Mouthwash Drawback', [April 2011](#); 'Mouth Flora not all Bad', [Sept 2008](#)). But it still can't get down to tooth roots to kill gum-disease.

It's baloney to think that peroxide survives drinking, the stomach, the digestive juices, the fraught journey through the intestine wall, to be finally absorbed in tissue to 'revitalize' cells. On the contrary, first contact with the mouth transforms it into simple water.

Anyway, why would you WANT your body to absorb peroxide? The body naturally MAKES peroxide

– as a toxic waste! See [Inflammatory AGEs](#), page 3.

As such, peroxide is a hostile agent generating aggressive free-radicals. It is an OXIDANT and that's why ANTI-OXIDANTS, are so important to our health.

For more, see Quackwatch's site: <http://bit.ly/sFQYZN>

### Tomato and Autoimmune Disease

**Q.** I've heard that tomatoes can aggravate autoimmune disease.

**A.** Yes. Tomato is of the night-shade family and as I wrote in [Deadly Harvest](#), [Ch 3](#), p 56, "tomato is not without its drawbacks: it does indeed contain low levels of plant poisons [8] and some people react to them, with arthritic symptoms, for example".

The chief toxin is tomatine, a glycoalkaloid similar to that in potatoes. Lectin is another toxin.

Between them they combine to create mischief. One effect is to make your gut more leaky. By allowing antigens to flood into the blood stream, they can trigger a range of autoimmune diseases of which Crohn's is one [9,10].

With regard to tomatine, the greener the tomato, the worse it is. This table from ref [11] gives descending order of priority (less is better).

<b>Tomatine content mg/kg</b>	
Red ripe tomato/ Roma	0.3
Canned tomatoes	1.1
Red cherry tomatoes..	2.7
Tomato juice	2.8
Ketchup	8.6
Unripe immature green	10.0

Ripe red tomatoes have very low levels of tomatine, and they are rich in vitamins, minerals and micronutrients.

My view is that only people with an autoimmune disease or allergies should consider limiting their fresh ripe tomato intake. We should all avoid green tomatoes.

### Palm Sugar: Jury's Out

**Q.** What do you think of the ballyhoo over palm sugar?

**A.** Not a lot. It seems to be the latest fad, health-nut product. I've seen all kinds of starry-eyed claims made for it but without a shred of evidence (so far).

If the hot air is to be believed, it is low GI, it is an agave replacement, it is a cornucopia of wondrous micronutrients. According to one source it even aids an amazing range of ailments from arthritis to leprosy! [12].

However, to date, palm sugar's GI has not been measured and we don't know its sugar profile (fructose, sucrose, glucose). It does contain 'traces' of micro-nutrients – but that's no reason to eat an unknown sugar.

So the jury is out; we just don't know yet. The odds are it is just another sugar, so stay away from it until we know any different.

### **Cinnamon Helps Fight Diabetes?**

**Q.** *I have diabetes and a fellow sufferer claims that cinnamon helped him. All I have found are cinnamon rolls that have tons of sugar in them. How to choose?*

**A.** Cinnamon is helpful – but not THAT helpful.

A comprehensive study [13] of all the literature found that: 'cinnamon has a possible modest effect in lowering plasma glucose levels in patients with poorly controlled type 2 diabetes'.

The studies use massive doses of cinnamon extract in the form of capsules – not as condiment quantities in cinnamon rolls!

My view? If you really like the flavor, sprinkle cinnamon on your coffee or food. It won't harm and you'll feel better.

### **News**

#### **Xylitol Slows Bone Resorption**

Xylitol is a naturally occurring low GI sweetener [14]. We have begun to use it in cooking, so one wonders if it has any other effects, whether good or bad.

Bone cells are continuously tearing down (resorbing) worn-out bone to make way for new, strong bone.

Problems arise, as is so common in the West, when bone resorbing outpaces bone rebuilding. Happily xylitol SLOWS DOWN bone resorbing [15]. This is a good thing – unlike Aspartame which increases calcium loss (but not as much as sugar or starch) [16a,b].

#### **Inflammatory Toxins, AGEs, in Babies and Adult Diabetics**

Researchers have found high levels of food toxins called Advanced Glycation End products (AGEs) in infants [17].

AGEs are generated in cooking of fats and proteins at high heat. Combined with sugars, notably fructose, the effect is multiplied.

Mothers with high AGEs pass them on to their embryos. Baby formula has high levels too. They can significantly increase children's risk of diabetes.

#### **Adult Diabetics**

A study of AGEs in diabetic adults found that strictly avoiding fried and grilled, fatty foods, (which are high in AGEs), dramatically improves diabetic prognosis [18].

**Next month:** What AGEs are, their diseases, what to do about them.

### **Letter**

#### **Diabetes Wake-up Call**

*This is an extract from a longer, fascinating letter posted at: <http://bit.ly/Bond-Sellin>*

"November 4, 2011 was a bad day for me as I was told by my doctor that I had type 2 diabetes.

"Fortunately, I can get rid of it and I intend to do so, with the help of people I know and trust... For that reason I have entrusted Geoff Bond... to assist me...

"Geoff's shopping list helps... he has given me the do's and don'ts of the diet I have to follow... This is priceless information... I would be lost without it...

"I'm guilty of drinking too much soda, eating too many doughnuts, and candy. I used to have 6-8 sodas per day.

"Sometimes I would have a big bag of candy at my side for hours. Now all of that has changed... and to snack on I have a fruit cup filled up with the fruits that Geoff has told me are good..."

- Steve Sellin, California

### **Viewpoints**

#### **Vitamin D: From Sun or Food?**

Humans spent every day, stark naked, under a tropical sun for eons, so we can be sure that our

bodies came to depend on the sun.

Sure enough, sunshine starvation is a pervasive factor in a huge range of modern diseases from cancer to osteoporosis, from dementia to autoimmune disease.

Much of it (but not all) is a want of the solar vitamin, vitamin D. But if you can't get the sunlight, what about getting vitamin D from food?

It is actually quite hard, so our evolutionary history didn't expect food to be an important source. That is why, for the sun-deprived masses, authorities require artificial 'fortification' of products like milk and breakfast cereals.

But these aren't human food so what's right for us? The richest sources are all animal matter – notably oily fish and eggs [19]. (So vegetarians really DO need their sunshine!)

#### **Micrograms Vit. D/100 grams**

Cod liver oil	250
Cod liver, canned	100
Salmon, raw	30
Eel	30
<b>Daily Recommendation</b>	<b>20</b>
Trout	19
Salmon, canned	13
Sardine	12
Herring	11
Salmon, smoked	5
Mackerel	5
Eggs	4

A modest, 100g (3½ oz), serving of trout or canned salmon gives the official Recommended Daily Allowance (RDA). Cod liver oil is so potent that two teaspoons are plenty. But this RDA (of 20 micrograms) is suspect, see: 'Vitamin D Targets Too Low', [June 2011](#)).

All this is devilishly difficult to micromanage [20]: vitamin D is toxic in excess and can do the opposite of what's intended – for example destroying (resorbing) bone instead of building it.

That is why sunshine is the ideal source: the body just takes what it needs and leaves any excess alone. Moreover the body expects sunlight for other things too. It provides an 'unidentified factor' which blocks autoimmune disease [21]; it regulates the body clock; it peps up mood.

A low-pressure tanning bed once a week is a sun substitute [22]. I don't subscribe to the demonization of sunbeds [23]. Just be sensible and avoid burning.

**Continued from Page 1**

### Acne is a Disease of Civilization

... boosting omega-3 oils (like oily fish), avoiding red meats like pork, eat volumes of salads, vegetables and low-glycemic fruits, and banning dairy.

Finally get out in the sun (WITHOUT the sunscreen!). See: 'Vitamin D: From Sun or Food?' p.3.

Acne-raisers are the usual suspects: junk food, fizzy drinks, snacks, processed cheese... [4a]

See also: 'Starches/Acne' [December 2002](#); 'Setback to Anti-Milk Group', [October 2001](#)

### Antibiotic Abuse

I think it is criminal that the knee-jerk response from the medical establishment is to prescribe antibiotics for a trivial complaint like acne.

They wreck colon flora (making acne and worse ailments more likely) and cause resistant bacteria to flourish. To cap it all, they are not even effective!

I wish you well with your efforts to raise your daughter's morale.

**From Page 1**

### Childhood: Forager Indulgent or Modern Discipline? Part III

...In parallel child *abandonment* was common: some 20-40% of live births. Imagine the trauma to the older children seeing the fate of younger, unwanted arrivals.

Our evolutionary past programmed abandonment as the child's deepest dread. Death is the likely outcome.

The myths and stories of the region are full of such situations from Oedipus to Ishmael to Sargon of Akkad.

But those stories all end happily – unlike real life. Abelow argues that these uplifting endings make the harsh reality psychologically bearable.

Meanwhile, into Quintilian's culture steps Apostle Paul who would have suffered the same childhood fears.

These traumatized brains are terrified of the father's wrath, they have 'died to the self' (killed their *disobedient* self), they hunger for father's approval, they yearn to be 'saved' from pain.

Paul put it in symbolic terms: we are born in disobedience (Adam's) and to avoid eternal punishment (Hell) we must die to the self and be reborn "in Christ".

[Next month](#): Religions & childhood traumas. Lessons from foragers.

**Media**

### Body Language Article

My draft article: *How We Lost the Way to the Good Life - and How to Find it Again*. - *An Evolutionary View*, for [Body Language](#): The UK Journal of Medical Aesthetics and Anti-Ageing, is posted online: [press article archive](#). Direct link: <http://bit.ly/Bond-BL-article>

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