



# The Bond Briefing

The Science and Art of Living the Way Nature Intended

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## Behavior in our Genes

### EHBEA Conference 2012



As befits its subject, the annual conference of the European Human Behavior and Evolution Association (EHBEA) took place in the beautiful, psyche-conforming environment of the ancient city of Durham, UK [1]

We had dozens of presentations bringing us the world's latest research on how our genes influence our behavior. Here are some snippets.

#### Wealth Increases Selfishness

In an African population undergoing rapid transition from forager to agriculturist, there was also a social transition from COOPERATION to COMPETITION. As wealthier individuals emerged, they used weapons of witchcraft accusation and kin solidarity to get further ahead at the expense of the weaker ones [2].

Western aid programs focus on the poorest members of the village. Fair enough you might think, but it has a perverse consequence: it provokes the wealthier groups into jealously sabotaging these well-intentioned programs...

#### Stress & Female Fertility

In [May 2011](#), 'Die Young, Live Fast: Evolution of an Underclass', I wrote: "Evolutionary theory predicts... **Cont: p 4.**

## Book Review Part I

### Schenck: Recovering Vegetarian



#### Book: "Beyond Broccoli"

Creating a biologically balanced diet when a vegetarian diet doesn't work. **Susan Schenck** [3]

Susan comes from that rare breed of person who can admit that she's been wrong.

Many years ago, in search of health perfection, she set off down the vegetarian road culminating in raw veganism. She even wrote a foodie-popular book, *The Live Food Factor*.

But after 6 years her health began to go wrong – and she started to question her assumptions.

It is a feeling I know well. I was brought up as a vegetarian and, as an adult, I went through a state of denial before I could admit to myself that it wasn't the ideal, let alone 'superior' way of feeding the human organism.

However, unlike Susan, I didn't have a devoted band of followers to disappoint.

Under the vituperation that zealots reserve for apostates, she ploughed on researching several hundred books in the quest for the ideal human regimen.

**Cont: page 4.**

## Food-Disease Links

### Starches: Breast Cancer Relapse

So you've been treated for breast cancer – what is the chance of a relapse?

According to results from the Women's Healthy Eating and Living Trial, the more you eat STARCH the more likely you are to have your breast cancer recur [4]. This is another straw in the wind. Starches (notably grains and potatoes) provoke insulin spikes which depress the immune system and increase the number of estrogen receptors. [See: **Breast Cancer**, *Deadly Harvest*, [Ch 8](#), p 234].

**Moral:** Don't dice with cancer! Live like we say and nip it in the bud.

## Thoughts from the Savanna

### Foragers are Fit to the End

"What did foragers die of if they avoided accidents and infectious disease?"

Such is a common question after one of my CME talks to physicians. They have just heard me assert that degenerative diseases like cancer, diabetes and heart disease were unknown in forager times.

Since these are the main causes of death in modern societies, doctors have difficulty understanding what else foragers could die of.

The answer will not be found on a modern death certificate: OLD AGE.

Old foragers died of 'general system failure' where all body functions wear out at the same rate and then, at the critical threshold, switch off at the same time. It is a 'cliff-edge' moment: One minute they are still independently functioning band members, **Cont: page 4.**

### Food Ideas

Thanks to reader Caroline Grossmith [5] for passing on this recipe from one of her clients. Nicole has already experimented with it: delicious!

#### Celia's Citrus Cake

**Yield: 12 servings**

2 cups almond flour  
1 orange  
1 lemon  
4 eggs  
6 Tablespoons xylitol (or fructose)  
1 tsp baking soda  
1 tsp cinnamon powder  
1 tsp vanilla

Boil the citrus fruit, in their peel, until soft. Cool and blend.

Mix dry ingredients together.

Whip eggs and mix with dry ingredients. Add blended citrus.

Lightly oil cake tin

Bake at 340° F (170°C) for 30 mins

### News from the Labs

#### Long Reach of Womb Nurture

"Human beings break down for the same reason cars break down; they're either driven on bad roads or they were made badly in the first place", says Prof. David Barker, Southampton University, UK. Barker has for many years been sounding the alarm:

The womb is NOT a bomb-proof shelter protecting the fetus from the mother's lifestyle errors.

In these Briefings I have flagged how adult illnesses like heart disease, stroke, cancer and diabetes can, in part, have roots in the womb. [See: 'Ancestor's Lapses Visited on Us', [Dec 2010](#)].

Another example: fat women are in a constant state of inflammation, which affects the formation and function of the placenta.

Fat people are in a constant state of mild inflammation.

Pregnant women have long been advised to avoid drinking, stress and smoking, and to get exercise. Now it seems, there is a whole lot more – what is she to do?

You know the answer! – Live like we say - live like nature intended.

#### Small Business Helps Health

In 'The Stress of Jobs for the Boys', [Nov 2009](#), I highlighted the fact that, back in Paleolithic times, there was no such thing as employers or employees. If you wanted to feed your family, you just walked out into the bush and started foraging.

In other words, everyone was SELF-EMPLOYED. Everyone had MASTERY of his livelihood. That is the natural way of things – and the loss of mastery in a world where one has to have a 'job' imposes stresses that our brains are not designed to cope with. Now we find that this goes out into the community too. Counties and parishes with a greater concentration of small, locally-owned businesses have healthier populations with lower rates of mortality, obesity and diabetes [6].

### The Human Story

#### Iceman's Genes Decoded



Ötzi's likeness based on his genetic make-up.

Remarkable insights come from rare glimpses offered by the discovery of ancient preserved bodies. Such is the case of Ötzi the Iceman who lived 5,300 years ago. He was discovered deep-frozen in an Italian Alpine glacier in 1991.

It is over ten years since I wrote about the lessons we learnt: [*'Iceman used natural remedies'*, [Jan 1999](#); *'Salads for the Iceman'*, [Oct 1999](#); *'Iceman's Last Supper – Goat'*, [Jan 2001](#).]

The scientists are still working away on him and recently they announced that they have completely decoded his DNA. It reveals that his ancestors had migrated from the Middle East.

This confirms the idea that farming spread to Europe by invasion of farmers rather than by the spread of the technology to the indigenous peoples.

Ötzi had brown eyes and brown hair. This is not surprising: blond hair and blue eyes are rare and due to a mutation which arose in Scandinavia some 11,000 years ago. [*'Blondes got the Blokes'*, [March 2003](#)].

We also know he had blood group 'O', and had no genes which might have conferred lactose tolerance. Neither of these two features is particularly surprising. 'O' group is widespread and has ancient roots. The same can be said of lactose toleration. It only arose as a rare adaptation in the milk-drinking cattle herders of northern Europe.

### Buyer Beware

#### Soy Tablets Don't Help Bones

Soy isoflavone tablets do not reduce bone loss or menopausal symptoms in women within the first five years of menopause [7].

What was the idea here? Unlike calcium tablets, estrogen tablets do have some positive effect on bone health, notably in menopausal women.

Soy beans contain estrogen-like substances – isoflavones. Some companies hoped that by bottling the isoflavones they would have a market for an estrogen 'bio-identical' hormone.

Well, it doesn't work according to this study – and don't even think of just eating the soybeans! – See *Deadly Harvest*, [Ch 5](#), p 131, for the lowdown on soy's mischief-making.

### Human Behavior

#### Prejudice & Aggression Different for Men and Women

Prejudice against people from groups different to their own is linked to aggression for men and fear for women, confirms new research led by Michigan State University scholars [8].

"There is evidence going back thousands of years of bands of men getting together and attacking other bands of men, eliminating them and keeping the women as the spoils of war," said

Carlos David Navarrete, evolutionary psychologist at MSU. Women, meanwhile, live under the threat of sexual coercion by foreign aggressors, and display a "tend-and-befriend response" toward members of their own group, while maintaining a fear of strangers in order to protect themselves and their offspring."

The behavior is seen in humans' closest relative, the chimpanzee. Just like humans, they'll attack and kill the males of other groups. They also attack females to capture them for the group.

Since the behaviors are common to both humans and chimps, they are likely to have existed in our common ancestor millions of years ago."

"Over eons, the deepest workings of our minds have been fundamentally shaped by these cruel realities" says Navarrete. In other words, both men and women are programmed to be prejudiced against strangers, but for different reasons. We are all xenophobic at heart.

Does this sound familiar? Yes, it's all in *Deadly Harvest*, [Chapter 8](#). See '**In-group, Out-group**', p. 197 and '**Warfare**', p 200.

Concludes Navarrete, while this deep programming is ignored, we'll never make any progress in dealing with prejudice in modern society.

**See:** Next article.

### **Men-Women Personality Chasm**

Recent ideology would have us believe that there are only minor differences in personality between men and women. However, this dogma has now been put to the rigors of scientific testing and found to be false [9].

In fact, according to the authors, there are "extremely large differences by psychological standards".

Women were much higher than men for Sensitivity, Warmth, and Apprehension .

Men were much higher than women for Emotional stability, Dominance, Rule consciousness, and Vigilance.

The differences were so great that there was only a 10% overlap

between the sexes. For example only 10% of the men and the women shared the same level of 'sensitivity': these would be the most sensitive men overlapping with the least sensitive women. There is a sensitivity chasm between the remaining 90%.

To the man in the street, all this will sound self-evident. But this solid research rolls back the unfounded theories of the sociologues who want to believe otherwise – and who would have us believe otherwise too.

**See:** previous article.

**See: The Modern Workplace for Men and Women**, *Deadly Harvest*, [Chapter 8](#), p.204

### **Health Policy**

#### **Healthy Lifespan Deteriorates**

"Health expectancy" is the number of years that a person can expect to live "in full health." In recent times this is getting WORSE.

In 1998, an American male 20-year-old could expect to live to 65 years without at least one of the main causes of death: cardiovascular disease, cancer or diabetes [10].

That number fell to 63.8 years in 2006, the loss of more than a year. For young women, healthy life expectancy fell from 69.2 years to 68 years.

That's for killer diseases. It is the same picture for MOBILITY. A male 20-year-old today can expect to spend 5.8 years over the rest of his life without basic mobility, compared to 3.8 years a decade ago – an additional TWO YEARS unable to walk up ten steps or sit for two hours.

A female 20-year-old can expect 9.8 years without mobility, compared to 7.3 years a decade ago. Meanwhile, in the European Union, there are major disparities in Healthy Life Years (as they call mobility and disease combined). Estonians have the lowest 'years of healthy life': 59 years (men), and 61 (women). Danes have the best: 73 years (men) and 74 years (women) [11]. France, Germany and UK come in just under Denmark's score.

I deal with the notion of **Health Expectancy**, in *Deadly Harvest*,

[Chapter 4](#), p 86. But these studies introduce a new notion – that if trends continue – as they surely will, people will be spending more time disabled than ever before.

**But it doesn't have to be like this!**

Foragers lived able-bodied until everything wore out at once. We can do the same!

**See** '*Foragers Fit to the End*', p1.

### **Viewpoint**

#### **MAD Food Supply: Just Say No!**

*Thanks to Dr Rita Stec [14] who inspired this article.*

MAD stands for the Modern American Diet. It's the culmination of the eating evolution that began as our hunting and gathering ancestors emerged from the bushes and began cultivating crops (particularly grains) and domesticating cows and pigs.

As I relate in *Deadly Harvest*, [Chapter 2](#), it sped up considerably with the Industrial Age and the refinement of flour, corn and sugar for mass consumption.

Today we have jumped ahead of our species' ability to adapt to dietary changes (12). We are on the verge of a mass health collapse because of what we're eating. Worse, with globalization of food, this culture has spread its tentacles around the world.

We pay lip-service to eating authentic food such as fresh produce and wild, unprocessed seafood. Yet, as a culture, we gobble up a slice of starch-and-salt-laden pizza, a sugary soda or a pre-made frozen meal.

Want a refresher course?

**Check out:** my paleo-conforming shopping list, [Oct 2011](#) and at: <http://bit.ly/Bond-shopping-list>

### **Acknowledgements**

#### **USA Lecture Tour Spring 2012**

This tour, where I gave a series of CME lectures for physicians, was only possible thanks to the support and encouragement of many benefactors.

They all have a mission to save the American population from its headlong rush into self-destruction.

[**See:** *Viewpoint*, p. 3.]

Special thanks to **Art Brigman & Yona Aroesti** of [Club Trinidad](#), Palm Springs, who were most generous with their lodging [13]. Thanks too, to **Dr Rita Stec** [14], **Gregg Juarez** [15], **Diane Lewis, Jim & Dana Melton** [16], **Dr Alain Fymat** [17], **Richard Greene** [18], and **Edith Morrey** [[Feb 2011](#)] for their unfailing and generous support in all their diverse and various ways.



Glamorous, fully functioning and car driving: **Edith Morrey**, who will be 100 years old in May 2012

This certainly applies to women who have grown up with childhood 'psychosocial stress'. But stress in young adulthood (16 and older) had the opposite effect: such women had their first baby later than average [20].

The author describes this as 'paradoxical'. But maybe not: an older adolescent has more sense. If she can't cope with a child she doesn't have one.

[Next Month](#): More snippets...

**Continued from Page 1**

**Recovering Vegetarian Schenck** ...The result is this book, *Beyond Broccoli* [3]. It quite naturally bears the marks of the author's journey to her 'epiphany' (as she dubs it).

So it is that Schenck tenderly suggests to vegetarians to keep an open mind and not to be judgemental of omnivores.

She gently leads the reader through the many arguments why vegetarianism and especially veganism is risky - notably how deficiencies can take many years to build up. "Don't delude yourself into thinking that vegetarianism is always most healthful", she warns.

Schenck has little time for the vegan argument that one can easily compensate for dietary

deficiencies of, for example, vitamin B12 and DHA fish-oil by taking them as supplements.

"How many vegans ruined their brains and nervous systems before these nutrients were discovered?" she asks.

Animal food probably contains many other undiscovered nutrients, - or yet others which need to work in unknown combinations.

So an unusual and most useful aspect of this book is its thorough exploration of the fallacies of vegetarianism and the debunking of its various myths and totems.

[Next Month](#): Part II

**Continued from Page 1**

**Foragers Fit to the End**

... the next minute, the time comes and the life-force shuts down.

That is the end I describe in *Deadly Harvest Ch 1*, p 26. That is the way that is right for us too. It is not normal to spend many years at the end of our lives disabled.

**It doesn't have to be like that!**

**See:** Edith Morrey, this page.

**See also:** *'Healthy Lifespan Deteriorates'* p 3.

**Continued from Page 1**

**EHBEA Conference 2012**

"...that if you are growing up in a harsh, unpredictable environment where you are susceptible to disease and might die young, then you should follow a "fast" reproductive strategy - grow up quickly, and have offspring early and close together before you become ill or die" [19].

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