



# The Bond Briefing

The Science and Art of Living the Way Nature Intended

[www.TheBondEffect.com](http://www.TheBondEffect.com)



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.**

**Buyer Beware:** Nutella Fined for False Claims. **Human Behavior:** Feeding On-Demand Raises IQ. **Food/Disease Link:** Gluten- and Dairy-free Aids Autism. **Appreciation:** Diane Lewis. **Questions:** Alzheimer's & Ketogenic Diet; Ketogenic Diet Dangers. **Viewpoint:** Are Pollutants a Worry? **From the Labs:** Saturated Fats Depress Sperm Quality, Omega-3 Helps; Wine, Coffee, Fish, slow MS. **Book Review part II:** Beyond Broccoli by Susan Schenck. **Behavior in our Genes:** Sexual Selection & Handicapping; Extended Family Goes Nuclear. **Our Human Story:** Neanderthal-Human Sex Rarely Produced Kids. **From the Podcasts:** Deadly Harvest – Evolutionary Psychology/Massively Researched

## Buyer Beware

### Nutella Fined for False Claims



Ferrero, the maker of Nutella, markets it as "an example of a tasty yet balanced breakfast" when combined with milk, orange juice and whole-wheat bread. But in a class-action lawsuit, Athena Hohenberg, the mother of a 4-year old, cites her surprise and distress to learn that Nutella was in fact not a 'healthy, nutritious' food but instead "a product with the nutritional properties of a candy bar".

The judges agreed with her and condemned Ferrero to compensate American consumers to the tune of \$4.00 a pot they bought since January 2008. *You can put in your claim here:* <http://bit.ly/IwFEDi>

What is wrong with Nutella? The answer is that 55% of it is **SUGAR** and 30% of it is **PALM OIL** [see: 'Palm Oil: Friend or Foe?' [Oct 2011](#)]. That only leaves 15% for the rest.

And, in spite of Nutella being marketed as a 'chocolate and hazelnut spread', the nut and chocolate content is **NEGLIGIBLE!** They are buried in the remaining 15% which also includes soy products, skim milk, lecithin, vanillin, and whey.

Ferrero have form: their top executives vehemently opposed, with some success, the European Union's attempt to impose stricter labeling standards. **Cont: p 4.**

## Human Behavior

### Feeding On-Demand Raises IQ



A study on 10,000 UK subjects suggests that babies who are DEMAND-FED (breast or bottle) perform better academically than their SCHEDULE-FED peers [1].

IQ levels were about 5 points higher at age 8, and Scholastic Assessment Tests were likewise better at ages five, 7, 11 and 14. The study took care to control for a wide range of background factors including parents' educational level, family income, the child's sex and age, maternal health and parenting styles.

**My View?** This is about feeding on demand. In this regard we know that forager mothers not only fed on demand but also let the baby suckle the rest of the time.

The researchers don't venture an opinion about what might be going on; I can only speculate. Maybe the stress of separation from their source of security and comfort impairs babies' brain-wiring.

The lesson seems to be that, if we depart from the way nature intended, then things don't quite happen as they should.

But on-demand mothers did have lower wellbeing. In our nuclear families they don't have the stress-relief offered by the forager extended family. See 'Extended Family to Nuclear', [page 3](#)

## Food-Disease Link

### Gluten- & Dairy-free Aids Autism

Autism is on the rise, although some say it is over-diagnosed [2]. Even so, we know that there are lifestyle factors that promote it.

Casein (a dairy protein) and gluten (a grain protein) are well known allergens and have long been suspected as being part of the problem. (See: **Autism, Deadly Harvest**, [Chapter 9](#), p. 259.)

Now a new study brings more confirmation [3]. Autistic symptoms improved markedly on the casein-free, gluten-free diet. Interestingly, the researchers confirmed that it only worked if the diet was **RIGIDLY ADHERED TO**; absolutely **NO** lapses or wavering! And it has to be kept up for **SIX MONTHS** before the true benefits emerge.

The researchers opine that these allergens operate down in the gut to create inflammation. Says lead author Laura Klein: "A child's skin and blood tests for gluten and casein allergies can be negative, but the child can still have an immune response in the gut that can lead to behavioral and psychological symptoms."

Klein now wants to study **SOY** as another likely culprit too.

**Our View?** Nature didn't design our bodies to handle grains and dairy (or, for that matter, soy) – so of course things go wrong.

## Appreciation

*Ours is a hard row to hoe. We love occasional encouragement!*

"The world is a better place because you and Nicole are in it."  
– Diane Lewis, California

## Questions

### Alzheimer's and Ketogenic diet

**Q.** One of my clients has been giving her husband coconut oil in an effort to improve his Alzheimer's. She has noticed significant improvement. The theory is that 'ketones' act as a source of brain fuel instead of glucose. What is going on?

**A.** Since ancient times it has been known that a ketone creating ('ketogenic') diet can improve brain disorders, notably epilepsy. A ketogenic diet is one which forces the body to make energy from 'ketones' instead of glucose. See my Briefing, 'The Ketogenic Diet', [April 2010](#).

This could be important. Excess glucose in the bloodstream (as the modern western diet does to us) is a major factor in Alzheimer's.

[See: **Alzheimer's Disease and Dementia**, *Deadly Harvest*, [Chapter 9](#), p.254]

The ketogenic diet has lots of fat, some protein and virtually zero carbohydrates – that is, no starches, and sugars, and almost no vegetables or fruit. *For the risks, see next question.*

It forces the liver to make ketones in response to glucose starvation. In particular, the brain uses this new fuel in a different way, thus by-passing the damage done by a lifetime of high glucose levels [4]. So COCONUT OIL can be a useful part of the ketogenic program – and it works because it is a medium chain fatty acid (part of what a ketogenic diet can use) – not because (as far as we know) there is anything special about coconuts. To reinforce your client's experience, one study found that a dose of coconut oil after an overnight fast (which induces glucose starvation), improved cognition in some Alzheimer patients [5].

### The Genetic Connection

People carrying a particular gene, APOE variant 4, are particularly vulnerable to Alzheimer's. This study found that the coconut oil challenge worked well with them but not so well on those with other variants.

See also: 'No-carb Diet Best for Diabetes', [Sept 2009](#).

### Ketogenic Diet Dangers

**Q.** Isn't the ketogenic diet risky?

**A.** Yes and no. "Yes", because the risk of MICRONUTRIENT DEFICIENCY is dire. Those who are on it have to take supplements in an attempt to compensate for the lack of plant food.

"No", because a 'light' ketogenic diet would include low glycemic salads, vegetables and even some fruits. In that configuration it resembles the Bond precepts.

Finally, Eskimos, who have a thoroughgoing ketogenic diet (WITHOUT the benefit of coconuts!), get away with it because they get micronutrients from eating every part of the animal: brains, blood guts, skin and more. Even so, their health and longevity is compromised. See: **The Eskimo**, *Natural Eating*, [Chapter 3](#), p. 43.

## Viewpoint

### Are Pollutants a Worry?.



I'm sometimes asked why I don't demonize pesticides, toxicants and other pollutants more. There are a couple of reasons.

First, I don't see them as being the main health problem facing modern societies.

In the big picture, people are sick and dying because of the way they eat (and overeat), stress, and the lack of physical activity and sunshine. That is obvious, incontrovertible and catastrophic.

Second, there are already plenty of pressure groups complaining loudly about pollutants. On the contrary, I often feel the need to bring their more outrageous-and-alarmist claims down to earth.

So should we be worried? Up till now I have adopted an attitude of watchful waiting. Certainly avoid gratuitous exposure, but not to obsess about it.

Nevertheless, on the horizon "there ariseth a cloud, no bigger than a man's hand". I'm thinking here of two things:

a) Whilst our bodies cope well with eliminating low levels of most pollutants, we know little about the effect of adding together NUMEROUS low levels of pollutants.

b) More worryingly, we could be storing up major problems for future generations. These are "trans-generational epigenetic effects". That is when pollutants permanently switch on genes which are then transmitted in sperm and eggs to future generations. [See: 'Ancestors' *Lapses Visited on Us*, [Dec 2010](#)].

The range of pollutants is very wide and it is impossible to keep track of them all, let alone avoid them.

See next article.

## From the Labs

### Pollutants Switch on Bad Genes Permanently

Michael Skinner of Washington State University, is a leading researcher in the field. On pregnant rats, he tested a range of "endocrine disruptors" (which mess with your hormones). They included: dioxin, jet fuel, DEET (an insect repellent), permethrin (an insecticide), and plastic admixtures Bisphenol A (BPA) and phthalates.

He saw females reaching puberty earlier, increased ovarian cysts, lower numbers of ovarian egg follicles and, in males, increased rates in the decay and death of sperm cells [6].

Said Skinner, "What your great grandmother was exposed to when she was pregnant may promote these conditions in you, and you're going to pass them on to your grandchildren."

This could be a factor in the drop in sperm counts, conception problems, and increase in ovarian cysts over the last few decades.

**My View?** The main danger is to pregnant women and small babies. Already health authorities in most countries discourage BPA in babies' plastic bottles. But better: use glass ones to be sure.

The next danger, where the doses have to be very high, is to crop sprayers, aircraft de-icers, pest control operatives and so forth. Nevertheless, it remains within our power to avoid DEET insect repellent and many other household products (such as shampoos, creams, and hand-washes) which can contain a wide range of

endocrine disrupters. See 'Myth of a Germ-free World', [April 2011](#)  
See also: 'Bad Genes Don't Doom Us', [April 2010](#).

### Saturated Fats Depress Sperm Quality, Omega-3 Helps

Men consuming the most saturated fats had a 35% lower total sperm count than men eating the least, and had a 38% lower sperm concentration [7].

"The magnitude of the association is quite dramatic and provides further support for limiting saturated fat intake", said lead author, Prof Attaman.

Frustratingly, Attaman's study does not specify the **TYPES** of saturated fat. Those of plant origin (like coconut and palm oil) are usually less harmful. However, Attaman did also find that dreaded HYDROGENATED FATS ('Trans-fats') also reduce sperm quality sharply. Another study found that men who had low omega-3 levels had sharply reduced sperm counts [8]. Another found that DHA (an omega-3 fish oil) is vital to turn an immature sperm cell into a pointy-headed super swimmer with an extra long tail [9].

**Our View?** Sperm quality has been declining in industrialised countries for many years. There are many theories as to why. (See [previous article](#).)

Here is another factor: fatty acid profiles not in conformity with what nature intended - in particular omega-3 deficiencies and animal fat overload.

### Wine, coffee, fish, slow MS

Patients with relapsing onset Multiple Sclerosis (MS) who consumed alcohol, wine, coffee and fish on a regular basis took four to seven years longer to reach the point where they needed a walking aid than people who never consumed them [10].

However the study did not observe the same patterns in progressive onset MS patients.

The authors speculate that the beneficial effects came from the suppression of inflammation and a boost to the immune system

**Our View?** So far, so good. But many other factors are fingered in triggering MS including wheat,

gluten, milk, sunshine deficiency, and omega-3 deficiency. Inter alia, Eskimos, who don't eat grains or dairy but do consume plenty of omega-3, don't suffer from MS. See: **Multiple Sclerosis**, *Deadly Harvest*, [Chapter 9](#), p 249.

See also: 'New-found Factor in Sunlight Helps Multiple Sclerosis', [June 2010](#).

### Book Review Part II

#### Schenck: Recovering Vegetarian



Book: "Beyond Broccoli"  
by Susan Schenck [11]

Continued from [last month](#)

... Then Schenck gets stuck into the meat of the question. She fingers grains as our well-being's major evil doer; she identifies our forced starvation of omega-3 as being a health disaster; she exposes the cholesterol myth [which I support: *Deadly Harvest*, [Chap 9](#), p 239].

In all this Susan speculates that dark forces are conspiring to dumb down the American population. She sees a combination of government policy to make the population more docile and manageable; she sees scheming agribusinesses like Cargill hooking stupefied consumers onto their grain and soy products.

Somehow Schenck unerringly picks her way through the thousands of pages of diet books - including my own [Natural Eating](#). Somehow she manages to sort the wheat from the chaff; to select the genuine from the false; to sort the truth from the humbug.

So it is that she threads her path through this minefield, down to the discovery of human origins and the way we lived then.

That means [gasp!] that we are supposed to be eating animal food - and it leads to the inevitable conclusion that our ancestral ('paleo') diet is the only way to go. Even so, Schenck can't quite let go of some of her earlier preconceptions. Some of it (I feel)

is to reassure her followers that she hasn't totally deserted them. For example, using the 'metabolic typing' doctrine (which I belittled, [May 2008](#)) she reassures 'carb types' that maybe they can get away with being vegetarian - or better still, 'flexitarian' (eating animal food from time to time).  
[Next Month](#): Part III

### Behavior in our Genes

#### EHBEA Conference 2012



Continuing [last month's](#) snippets from the Evolution & Human Behavior conference.

#### Sexual Selection & Handicapping

- In *Deadly Harvest*, [Chapter 8](#), page 209 I wrote:

How do truly meritorious males convince a female that they are not bluffers? One interesting evolutionary strategy is handicapping. ... That is why cumbersome-tailed peacock genes persist in the gene pool. It is a way for a peacock to show a peahen that he really is strong: he can carry this handicapping burden around and still survive [12].

Interestingly, in a rapidly developing Ethiopian village, EDUCATION could be filling this role [13].

Education investment in sons attracted higher status marriages and they had more surviving offspring. In other words, the family showed that it can carry the 'burden' of both the education costs and of the son not being a wage-earner while studying.

Girls benefited too, but with a different mechanism. Educated girls attracted high status mates, the investment in education substituting for a lavish dowry.

**Extended Family Goes Nuclear**  
In [Sept 2009](#), 'Childhood Discipline', I wrote:

"Forager care for infants comes not only from genetic parents but also from other group members: siblings, grandparents, uncles, aunts and older members of the community. These are known as



'alloparents', a topic that American anthropologist Sarah Hrdy explored in her HBES lecture [14].

The practice of extended family care for children is still commonplace. That is the case with rural villages studied in Mozambique.

However, as populations go into the "demographic change" (suddenly multiplying and urbanizing) they become dispersed.

The family strips down to a small nucleus – like those we have in the West. They lose the extended family's mutual support, to their well-being's detriment [15].

See: 'Lessons for us Today' Deadly Harvest, [Chapter 9](#), p 223

See: 'Feeding on Demand raises IQ', p. 1.

### Our Human Story

#### Neanderthal-Human Sex Rarely Produced kids.

In 'Neanderthal Genes in Us?' [May 2010](#), we speculated that, if there was any hanky panky between humans and Neanderthals, it must have been rare and not very fruitful.

Now two population geneticists, using sophisticated computer modelling calculate that, over 10,000 years of European and Asian contact, successful interbreeding only occurred ONCE every 25 to 50 years [16].

### From the Podcasts

#### Deadly Harvest: "Evolutionary Psychology, Massively Researched"

Steve Gibson and Leo Laporte run a weekly podcast. Steve has just read [Deadly Harvest](#) and this is an extract of his podcast transcript. ([Click for Transcript](#)).

**Steve:** "...I am so impressed by this book... it is a serious piece of work. He and his wife have lived among aboriginal tribes and eaten what they eat. It is massively referenced and researched. The last third of the book is the references to everything he refers to through the book.

"For people who haven't studied, as I have, things like evolutionary psychology, there's a whole chunk about pressures like societal and familial relationships and inter-

personal relationships and how our past formed who we are today.

"Anyway, it's been a fantastic read. I recommend it without reservation for anyone who is curious about where I've gone with my reading: "Deadly Harvest" by Geoff Bond."

### Continued from Page 1

#### Nutella Fined for False Claims



In 2008, the British advertising watchdog, the ASA, forced Ferrero to withdraw its TV commercials aimed at children. Ferrero was guilty of "overstating" Nutella's nutritive benefits.

**Moral?** Be suspicious of ANYTHING with an ingredients label [See: 'Avoid Products with Food Labels' [Nov 2011](#)].

Focus on **NON-PREPACKAGED** foods that you would recognize **OCCURRING NATURALLY.**

#### SUBSCRIBE TO THIS BRIEFING!

\$18 Electronic (with active hotlinks). \$59 Hard copy.

email: [admin@NaturalEater.com](mailto:admin@NaturalEater.com)

Tel: +357 99 45 24 68 Skype: gvlbond

Twitter: [www.twitter.com/savvyeater](http://www.twitter.com/savvyeater)

FaceBook (Geoff): [www.facebook.com/naturaleater](http://www.facebook.com/naturaleater)

FaceBook (Group): <http://tinyurl.com/Bond-FB-Group>

LinkedIn: <http://cy.linkedin.com/in/naturaleater>

- 1 A. Sevilla. Infant feeding: the effects of scheduled vs. on-demand feeding on mothers' wellbeing and children's cognitive development. The European Journal of Public Health, 2012
- 2 Bruchmüller M. Is ADHD diagnosed in accord with diagnostic criteria? Overdiagnosis and influence of client gender on diagnosis. J. Consulting & Clinical Psychology, 2012; 80 (1): 128
- 3 Nutr Neurosci. 2012 Mar;15(2):85-91. Effectiveness of the gluten-free, casein-free diet for children diagnosed with autism spectrum disorder: Based on parental report. Pennesi CM.
- 4 Pediatr Neurol. 2007 May; 36(5): 281-292. The Neuropharmacology of the Ketogenic Diet; Adam L. Hartman et al. Full text: <http://bit.ly/J0wONE>
- 5 Neurobiol Aging. 2004 Mar;25(3): 311-4. Effects of beta-hydroxybutyrate on cognition in memory-impaired adults. Reger MA et al.
- 6 Skinner M et al (2012) Trans-generational Actions of Environmental Compounds on Reproductive Disease and Identification of Epigenetic Biomarkers of Ancestral Exposures. PLoS ONE 7(2): e31901. Full Text: <http://bit.ly/JLh7K3>.
- 7 J. A. Attaman, et al. Dietary fat and semen quality among men attending a fertility clinic. Human Reproduction, 2012
- 8 Clin Nutr. 2010 Feb;29(1):100-5. Epub 2009 Aug 8. Relationship of omega-3 and omega-6 fatty acids with semen characteristics, and antioxidant status of seminal plasma: a comparison between fertile and infertile men. Safarinejad MR
- 9 M. T. Nakamura et al. Deficiency in the Omega-3 Fatty Acid Pathway Results in Failure of Acrosome Biogenesis in Mice. Biology of Reproduction, 2011; 85 (4): 721
- 10 J. De Keyser. Alcohol, coffee, fish, smoking and disease progression in multiple sclerosis. European Journal of Neurology, 2012; 19 (4): 616. Full text: <http://bit.ly/ILnliG>
- 11 Awakenings Publications, 2011, ISBN: 9780977679522
- 12 Zahavi, A. "Mate Selection—A Selection for a Handicap." J Theor Biol 53:1 (1975): 205-214.
- 13 Educational investment among the Arsi Oromo: Reproductive Trade-off or Costly Signal? Mhairi Gibson; Dept. Archaeology & Anthropology, University of Bristol, UK
- 14 Sarah Hrdy, University of California-Davis, USA. The Origin of Emotionally Modern Humans: What it means to Develop as a Cooperatively Breeding Ape; Human Behaviour and Evolution Society Annual Conference 2011, Montpellier, France.
- 15 The affects of multi-communication partner environments on joint engagement. Douglas Mastin; Tilburg University, Netherlands
- 16 Proc Natl Acad Sci U S A. 2011 Sep 13;108(37):15129-34. Strong reproductive isolation between humans and Neanderthals inferred from observed patterns of introgression. Currat M. Full Text: <http://bit.ly/K87qrc>