



The Bond Briefing

The Science and Art of Living the Way Nature Intended

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Example to us all

Centenarian Edith Morrey



We are delighted to report that Edith Morrey celebrated her 100th birthday on May 5th.

For many years she had a business as a creative fashion designer and dressmaker. Remarkably she has no disabilities, drives her own car, and is always looking glamorous in the clothes she designs and makes herself.

Edith has been a faithful supporter for many years and indefatigable crusader against the health disaster (as she sees it) that is overwhelming her beloved United States.

What is her secret for longevity? The 1920s and the 1930s were burgeoning with revolutionary ideas about health and fitness.

After WWII, agri-business vigorously promoted the convenience and supposed nutritional benefits of processed foods. It swamped and buried much of this knowledge.

Only now are we rediscovering truths that were in the air 80 years ago! During the 1930s Dr McCarrison ([Natural Eating, Chapter 3](#)), an eminent research scientist, tirelessly lectured about the virtues of the diets of primal peoples. **Cont: page 4**

Spreading the Word

Deadly Harvest Hits Number 1



We are delighted to report that Deadly Harvest, Kindle edition has been holding number one best seller spot for some weeks in Amazon's rankings for 'PREVENTIVE MEDICINE'. See it here:

<http://bit.ly/Bond-Best-Seller>.

What is going on? Our best guess is this: in the final analysis, *Deadly Harvest* is an original and authoritative Paleo lifestyle book, and Paleo has moved from the fringes to the mainstream. The blogs and bulletin boards are abuzz with chat about *Deadly Harvest*, particularly in the Paleo fraternity. See: 'The Book has Zero 'Fluff'', page 4.

But whatever the reason, we are pleased that our message is getting out to a wider audience!

Letters

Nutella False Claims - Outrage

[Last month's](#) article provoked quite a response. Here is one:

"It's amazing that Nutella looks like chocolate, tastes like sugar, leaves your teeth tingling if you eat too much... and people STILL believe the adverts that it's healthy. My aim is to teach children to open their eyes a little more. If I do a good enough job the adults will know how to do the occasional bit of THINKING."

- Imogen Vasey, teacher, UK

Human Evolution

Worldwide IQ Variation: Are Parasites a Factor?

Our ancestors in Africa (some 3,000 generations ago) lived in a small cluster of forager bands. No doubt some individuals were brighter than average and some duller.

But when they walked out of Africa and dispersed around the world, we find marked differences in AVERAGE 'cognitive ability' (or IQ) in various regions [1].

In particular some African countries have IQ scores in the 60s; south Asian, Latin American, and other African countries score in the 80s; Europeans and North Americans score around 100; and East Asians score around 105. See the detailed list here:

<http://bit.ly/KVOKq1>

A number of theories have been put forward to explain how evolution might have selected for smarter people: surviving the Ice Age, surviving the farming revolution, surviving and managing dense urbanization etc.

All these, and many more, focus on the known link (called 'The g Factor') between genes and IQ [2]. 67% of one's IQ rating is reckoned to be inherited.

But the search is on for more palatable explanations. Researchers have looked for a link between parasite infestation and IQ.

The rationale is that babies' growing brains absorb 80% of available energy...

Cont: page 4



Amoebic dysentery parasite

Questions

Kelp Noodles

Q. *What do you make of kelp noodles? They are said to be fat-free, gluten-free, and very low in carbohydrates and calories.*

A. They seem to be all you say. They are made from seaweed have some fiber, small amounts of sodium and micronutrients. In fact they seem to consist of very little at all!

So they do look as though they could replace rice noodles or pasta. We will test them out shortly.

Cold Sores

Q. *Any advice for the quick healing of cold sores?*

A. A high percentage of the population carries the herpes (cold sore) virus and for most of the time it lies dormant. Until, that is, your immune system drops its guard – when it is depressed. So the main defense is to avoid being run-down - by, yes, eating right, getting your sleep, proper rest, sunshine and avoiding being over-stressed.

But once a cold sore has broken out, seemingly, you just have to let nature take its course.

But I understand that prescription medications can help a bit if you catch the cold sore just as the tingling starts.

Viewpoint

Soft Science*: Rigor & the Heart

"This is right," says my reason. "I want the other," says my heart. My reason gives way.

It is a truth rarely acknowledged, that scientists, being human, tend to interpret their results to confirm their prejudices.

But the scientific method's strength is to allow alternative evidence to be aired, such that, after a period of to-and-fro, one zeros-in on the answer.

At least, that's the theory. But in the 'Soft Sciences' *, where

* "Hard Science" concerns fields of study that lend themselves to rigorousness, accuracy and objectivity. Examples are: physics, applied mechanics, chemistry and computing science. **Cont:** next column.

measurement is imprecise and where preconceived ideas are powerful, it can take generations to change the prevailing paradigm.

Famously, Margaret Mead, with her faked study "*Coming of age in Samoa*" sent the social sciences on a 70-year wild goose chase. (See *Deadly Harvest Chapter 8*, p 191.) My background is in the Hard Sciences, where wishful thinking is swiftly disabused by hard, flinty facts.

In the Soft Sciences of evolutionary lifestyle and human behavior I find myself bringing a rare jolt of rigor and objectivity to the research and received ideas. **See:** '*The Changing Face of Africa*', page 3.

From the Labs

Oral Bacteria: Joint Pain Link

The culprit behind worn hip or knee joints might be found in the mouth.

A study found that the same bacteria involved in gum disease were also found in the '*synovial fluid*' that lubricates the joints [3]. This applied to artificial joints too. The dental researchers suggest it might be the reason why artificial joints fail within 10 years when no bacteria can be detected by the routine lab tests.

But this time the researchers used a sophisticated DNA tracking procedure to discover previously undetectable species like '*Fusobacterium nucleatum*' and '*Serratia proteamaculans*'. They found these bugs both in the diseased gums and also in the joint fluid.

"For a long time, we've suspected that these bacteria were causing problems in arthritis patients, but never had the scientific evidence to support it," say the researchers.

Our View? In a state of nature, foragers do not have gum disease. On the other hand there is lively debate about what mischief might be caused by gum disease (see next article).

However, it surely can't be good to have the mouth's bad bacteria

From: previous column: "Soft Science" concerns fields of study that are not 'Hard science'. Examples are: social science, economics, anthropology and most aspects of medicine.

streaming out into the body carrying a payload of inflammation. As the researchers say, if you have any joint pains, get any gum disease fixed.

Jury out: Gum Disease/Atherosclerosis Link.

An American Heart Association panel has had a good look at all the evidence about a possible link between gum disease and disease of the arteries [4].

They find that the two are often found together but that there is no proof that one (notably gum disease) CAUSES the other.

The panel does however observe that, when gum disease is fixed, short term studies find that there is a reduction in body-wide inflammation and in endothelial (artery wall) dysfunction.

Our View? We still think it a good idea to get your gum disease fixed anyway! See previous article.

White Rice Provokes Diabetes II

A major review panel finds that white rice increases the risk of diabetes [5].



Well you knew that, didn't you!

Rice, whether white or brown has a high glycemic index and it is bound to have that effect.

But just to rub it in, the panel finds that:

- a) The risk of type II diabetes increases by 11% for every additional 5½oz (158g) serving of white rice eaten per day.
- b) In a final irony, Asians suffer more from white rice's mischief than Westerners! (One reason seems to be that Asians develop insulin resistance much quicker than Europeans.)

Breast Milk's Fiber Feeds Infant Gut Flora

In '*Unravelling Breast Milk*', [Nov 2008](#), I reported on how indigestible and seemingly useless 'fibers', *oligosaccharides*, in breast milk were important to baby's healthy gut flora [6].



Now, a recent study adds to the knowledge. It finds that the flora (good bacteria) make short chain

fatty acids (e.g. *butyric acid*, *propionic acid*) without which the infant is more at risk from food allergies, asthma and depressed immune system [7].

Moreover, and this is the clever part, the COMPOSITION of the fibers changes as the months go by so as to change the PROFILE of bacterial species in a healthy and appropriate way.

Our Changing Food Supply

Cattle Descend from 80 Aurochs



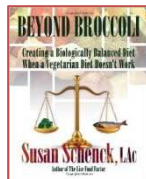
Giant aurochs-like cow, 6ft at shoulder Modern Cows

A remarkably precise study of the DNA from the earliest cattle bones (10,500 years-old) finds that all the cattle in the world are descended from just 80 female wild, cantankerous, oxen (aurochs) domesticated all that while ago [8]. It was an incredible feat by those early farmers in what is now northern Iran. See 'Taming Giant Cattle' [May 2008](#).

See also: Deadly Harvest, [Chapter 3](#), page 58.

Book Review Part II

Schenck: Recovering Vegetarian



Book: "Beyond Broccoli" by: Susan Schenck [9]

Continued from [last month](#)

... For Schenck, dairy is not totally off the menu so long as it is raw and fermented. (That is not my view of course: dairy in ANY form is alien and harmful to health.)

In fact rawness still permeates Susan's thinking. She understandably struggles with eating raw steak and liver. I see this as an unnecessary, perhaps dogmatic, extreme.

Foragers routinely roasted meat, nuts and tubers. And the evidence supports the idea that, under normal conditions, our bodies cope pretty well with the levels of aggressive substances produced (See 'Heating Omega-3 Oils', [Sept 2011](#); 'Second-guessing Fats' and 'What are AGE's?', [Jan 2012](#)).

That is not to say that I go as far as primatologist Richard Wrangham in his book *Catching Fire*. He posits that cooking was a VITAL NECESSITY in our forebears, *Homo erectus*, evolving into us (*Homo sapiens*). See my critique: 'Cooking Helped Evolution?', [July 2009](#).

What about raw meat parasites and illness? Schenck addresses the question head on. She breezily assures us that, once we are buying quality meat fed its natural diet, disease organisms will be rare and our healthy immune systems will swiftly mop them up.

True, foragers from Eskimos to Hadza [[Jan 2012](#)] eat putrefying meat and, on the whole, get over any unpleasant consequences. Gut worms? Hey, they may even be beneficial! Indeed, as I have written, some species do seem to be symbiotic with us and are even important for gut health. (See 'Worms are Good for You', [Nov 1999](#)).

[Next Month](#): Part IV and finish

Behavior in our Genes

African Men now Prefer Thinner Black Women



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

Ideas of physical attractiveness vary across cultures. At least that was the supposition of a study of black South African female students.

To the researchers' surprise, they found that black African males preferred lighter skin tone and skinnier women than would be predicted by 'traditional African values'.

The speaker and lead researcher, Dr Vinet Coetzee (white and female) blamed (yes, the researchers had a value judgment here) – blamed the influence of the FASHION MEDIA .

In their view, the media was 'driving' African women into desiring Western norms.

In the Q&A session I opined to the meeting:

- "- that the media rarely tries to FORCE trends on anybody, on the contrary, they go with the flow, they go with what SELLS."
- "- If the media has uncovered a market for a skinnier image (which, after all, the men strongly prefer) they must be touching some deep instinct."
- "- Since this is an evolutionary behavior conference, did the researchers have any INSIGHTS into the EVOLUTIONARY ORIGINS of these preferences?"

My question rather spoiled the party. Dr Coetzee had no answer, smiled not too sweetly, and moved on to the next question.

See: 'Soft Science: Rigor & the Heart', page 2.

News Shorts

Tetracycline Zaps Sperm



In an animal study, researchers found that the antibiotic tetracycline sharply reduced sperm viability and that the fathers passed this vulnerability on to their sons [10]. This is the 'trans-generational effect' [See: 'Ancestors' Lapses Visited on Us', [Dec 2010](#)]. See also articles on sperm quality [last month](#).

Tetracycline is still commonly used as an additive in animal feed – of all things! So who knows what mischief it is still doing to us.

Fast foods Provoke Depression

According to a recent study eating commercial baked goods (fairy cakes, croissants, doughnuts, etc.) and fast food (hamburgers, hotdogs and pizza) is linked to depression [11].

The results reveal that consumers of these foods, compared to those who eat little or none, are 51% more likely to develop depression.

Our View? This is not so surprising. There is a well known effect of high insulin levels (generated by high GI foods) depressing mood. Of course, other factors play a role too. See **Brain Health**, *Deadly Harvest*, [Chapter 9](#), page 251

Continued from Page 1

Centenarian Edith Morrey

My grandmother was a guardian of this lost knowledge (see [Natural Eating](#), [Acknowledgements](#)).



And Edith too is still PRACTISING this knowledge having made it her principle since early adulthood. That is Edith's secret: she has a lifetime of eating abstemiously and following a primal diet.

Of course she has all the other healthy lifestyle behaviors too: not smoking, creative work, and ample physical activity.

In other words, Edith was living a Paleo lifestyle long before anyone had given a name to it!

More about Edith Morrey:

- **Media reports:** [12]
- **Briefings:** [March 2008](#); [May 2011](#); [Feb 2011](#); [March 2012](#).

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Worldwide IQ Variation: Are Parasites a Factor?

Parasites compete for this energy in many ways and that would be enough to stunt brain growth.



Sure enough, the researchers find that the heaviest parasite load (chiefly dysentery and malaria), is endemic in areas of low IQ [13].

There is a second issue. **ALL** wealthy economies have a high IQ score [1]. Are they wealthy because of high IQ? Or is it the other way round - do they have high IQ because they live in areas of the world without nasty parasites?

The researchers believe that this second possibility merits thinking about. They suggest that if we (the wealthy ones) can reduce the parasite burden in low IQ countries (who are all dirt poor), their IQ will rise and so they will get richer.

The debate will rage on and this is not the forum to get into this highly charged subject. I would just observe that great minds like Adam Smith (*The Wealth of Nations*) and David Landes with his brilliant modern-day perspective (*The Wealth and Poverty of Nations: Why Some Are So Rich and Some So Poor* [14]) find plenty of other factors too.

Deadly Harvest Web Buzz

The Book has Zero 'Fluff'

"... Everyone, without exception, from college professor to restaurant manager, to whom I have turned [Deadly Harvest](#), has been riveted and fascinated by it. If you can only read one book about this fascinating topic, it should be this one!

"... The book has zero "fluff" and is packed with truly interesting facts. I recommend it without reservation." *Steve Gibson*

Web: <http://bit.ly/JKxBrS>

See: Steve Gibson, [last month](#)

See: 'Deadly Harvest Hits Number One', page 1.

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