



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.

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Briefing: Type I Diabetes, Dairy and Antibiotics. **Spreading the Word:** Simplifying Paleo Cooking. **Letters:** Raising Public Awareness. **Forthcoming Events:** Lecture Monday September 17, 2012. **Already Happened:** Bond Paleo Theme Night. **Food Ideas:** Kim Lloyd's Caveman Mix. **Q&A:** Gluten-free Bread. **From the Labs:** Prunes for Bone Health; Autism – The Insulin Connection; Organic Tomatoes Beat Intensive; Gut Bugs Mature Immune System. **Evolutionary Behavior:** Males – Problem Discussing 'Weird'. **Evolutionary Technology:** First Use of Fire in Europe. **Spreading the Word:** Press Interview, Bond Paleo Meal. **Letters:** Diabetes Survivor.

Briefing

Type I Diabetes, Dairy, Grains and Antibiotics

We have become so obsessed by the exponential rise of Type II diabetes that Type I diabetes is often forgotten.

But Type I is increasing fast too. It is caused by the immune system going haywire and attacking the pancreas's insulin-making cells.

Moreover, the evidence is piling up that Type I is a lifestyle disease. It usually appears in infants and children and used to be fatal before the days of insulin injections.

Why would the immune system attack pancreatic cells? Many studies have implicated:

- Cows' milk [e.g. 1] which contains the allergenic proteins 'lactalbumin' and 'beta-lactoglobulin' (a hostile compound not present in human milk),
- Grains [e.g. 2,3] which contain the hostile allergen *gluten*.

These allergens trick the immune system into thinking that insulin-making cells are 'enemy'.

See: 'Type I Diabetes linked to Wheat', [October 2009](http://www.thebondeffect.com)

Gut Health

'Good' bacteria in the gut are responsible for tuning-up the immune system and keeping inflammation under control.

But, in a double whammy, dairy and grains upset the gut flora, allowing 'bad' bacteria to thrive, increase 'leaky colon', increase inflammation and generally trigger the immune system into going beserk. **Cont: p 4**

Spreading the Word

Simplifying Paleo Cooking



Eating the way we say can be very simple. However, for more sophisticated food, we have to cook it ourselves. It can be hard on time and often the ingredients can't be readily picked up with the regular supermarket shopping (Often they are best obtained on-line.) Long time enthusiast Kim Lloyd ([Nov 2009](http://www.thebondeffect.com)) sees a niche in the market – to pre-package the basic ingredients of a conforming recipe, ready to cook. Kim, who is owner-manager of the Crendon Skin Clinic [4] says:

"I advise my acne patients to follow the Bond Precepts, but many find it hard and often give up. They miss bread, pizza and occasional treats. These are all possible but are demanding in cooking effort and skills.

"People say that they would love to make my 'healthy' cakes but haven't the time to find the unusual ingredients.

"I intend to get a few great packet mixes out there which are easy, predictable and most importantly very tasty."

See: 'Kim Lloyd's Caveman Cake Mix', **page 2.**

Letters

Raising Public Awareness

"So proud of you and your book being number 1! Every step is a step closer to public awareness." - Diane Lewis, CA

Forthcoming Happenings

Lecture

Monday September 17, 2012



At: Green Templeton College, Oxford University, UK

Time: 7:30 pm.

Entry: General public £4.00, Students, free

Title: Evolutionary Medicine: *Rediscover your genetic heritage, live as nature intended and find optimum health and long life.*

Reservations: Mary Perryman, +44-1865 552 688, mary.perryman4@gmail.com

Or us: admin@naturaleater.com

Info: <http://bit.ly/bond-event>

Already Happened

Bond Paleo Theme Night

Archontiko Papadopoulou Restaurant



We had a great turnout of both followers and locals, all curious to try gourmet food prepared the Bond way. (See photos of typical dishes: <http://bit.ly/On78mK>).

Geoff gave a brief explanatory talk, part-way through the meal.

More photos of this event on our Facebook Group page:

<http://on.fb.me/Group-Bond>

Direct link:

<http://on.fb.me/Romwus>

Cont: page 4

Food Ideas

Kim Lloyd's Caveman Cake Mix



To start with Kim (page 1) is experimenting with what she provisionally calls the 'Caveman Cake Mix'. It currently contains: ground almonds, raisins, pumpkin seeds, chia seeds, sunflower seeds, sesame seeds, ground flax, poppy seeds, xylitol, cinnamon and baking powder.

It comes in a packet together with the right size disposable baking mould. Just quickly mix it up with some eggs and apple and pop it in the oven.

Kim is fine-tuning the recipe, getting packets designed, obtaining accreditation as a food supplier and having a lab do the nutrition label. She hopes to commercialize it by Christmas.

In the meantime, we have done a trial run ourselves – and we can attest to the simplicity and tastiness of the prototype! See photo above.

After that, Kim plans to do a pizza mix and a bread mix. We will keep you informed!

Questions

Gluten-Free Bread?

Q. What do you think about gluten-free bread in which the miller has removed the gluten from the baking flour?

A. Not a lot! As I have mentioned on many previous occasions, removing the gluten (a good thing) only serves to increase the bread's glycemic index (GI) from 70 to 90 (a bad thing).

As for the other plant toxins like lectins, alkyl resorcinols etc... they are still there to wreak their mischief (See [next month](#)).

Finally, the bread will still be acid-forming. That is not good since it contributes to the relentlessly acid intake that is a bane of the Western diet. In contrast conforming plant food is alkalizing.

From the Labs

Prunes for Bone Health

Bones are constantly being stripped down and rebuilt under the control of a fiendishly complex system of signals carried by certain hormones and 'cytokines' (specialized cell- signaling molecules).

See: 'Osteoporosis', *Deadly Harvest*, [Chapter 9](#), p 266 [5].

Many lifestyle factors influence this process. MICRONUTRIENT STARVATION is one that SABOTAGES the signaling.

Now a study finds that the consumption of 100 g (3 oz) of prunes per day "significantly increased bone mass density of ulna (forearm bone) and spine" of post-menopausal women [6].

The researchers found that the prunes did this by significantly reducing blood levels of the hormones and cytokines that trigger bone remodeling.

Our View? Prunes are a rare example of a dried fruit that is not too glycemic, so it is fine to consume them regularly. But you don't have to rely on them for bone health! All conforming plant foods fit the bill when it comes to maintaining a good intake of micronutrients.

Autism: The Insulin Connection

Diagnoses of autism have taken off in the past decades. Why might this be?

Some say that we are just diagnosing something that was quite normal in forager societies and which we now see as a nuisance [7]. Professor Baron-Cohen of Cambridge University even makes the case for saying that autism is just an extreme male brain [8].

On the other hand, we do know that lifestyle factors increase its likelihood. For example, autism is strongly linked to intake of dairy and grains [9,10].

Now a researcher says he has found a new mechanism in which insulin plays the principal role [11]. He makes these points:

- Insulin can cross the blood/brain barrier.
- Insulin activates the cellular pathway implicated in autism.

c) Gestational diabetes can cause the fetus to over-secrete insulin and so "hyper-activate" the autism pathway. That programs the future child to be autistic.

d) A ketogenic diet, (one which is totally free of starches and sugars but high in fat, see [April 2012](#) [12]) strongly suppresses insulin secretion, and helps heal autism. The author concludes that the increase in autism could be due to increased hyperinsulinemia in the general population.

In other words, there is more autism now because, more than ever, people are eating a glycemic diet, full of starches and sugars.

Our View? Clearly autism is partly natural but, seemingly, mostly induced by lifestyle, particularly diet. In fact the same factors that trigger autism also trigger Type I diabetes, (see p 1). By hewing to the Bond Precepts, caregivers will give their infants the best chance of avoiding autism.

Perhaps the greatest challenge is for mums, before they become pregnant, to ensure they avoid GESTATIONAL DIABETES. This is a topic I will turn to [next month](#).

Organic Tomatoes beat Intensive

There has been much huffing and puffing about whether or not organic vegetables have more micronutrients than conventional ones.



One cause of dispute is due to imperfect methods of measuring micronutrients.

Another one is that organic backers and their foes each cherry-pick the micronutrients which support their case and ignore the overall picture.

In a recent study, using the latest sophisticated techniques, researchers could identify 34 different micronutrients called 'phenols' in tomatoes [13].

They found that organic tomatoes had higher concentrations than conventional ones – so much the better for organic

However, the interesting point is this: the more plants are stressed by insects, funguses etc, the more phenols they produce. That is because phenols are a plant's

defense mechanism to kill off pests. In other words phenols (which for us are micronutrients) are pesticides! That is the wonder of nature: how everything is interconnected.

In contrast, conventional growers protect their produce from insect and fungus attack, so it generates fewer phenols.

Tomato Toxin Tomatine

Even so, we still have to be careful, particularly with plants that are new to the human diet. Tomatoes are indeed new in evolutionary terms (becoming common just 200 years ago) and, as I wrote in [Nov 2011](#) [14], the greener they are the more they contain a toxin, 'tomatine'. Tomatine is implicated in autoimmune disease amongst other mischiefs.

Moral: Eat your tomatoes good-and-ripe to reduce possible effects of tomato poisoning.

Gut Bugs Mature Immune System

I often mention that 'good' gut bugs 'talk' to the immune system cells through the colon wall and help them mature. Such bugs are technically called '*commensal*' meaning that they work in harmony with our bodies.

A new study shows how commensal bacteria tune up Natural Killer Cells [15]. Result: the immune system is fully armed to fight off infections caused both by viruses and bacteria.

Our View? The researchers sum it up as well as I can:

"Changes in gut flora resulting from antibiotics, hygiene, or lifestyle can have substantial [harmful] consequences for the entire immune system."

See: '*Type I Diabetes, Dairy, Grains and Antibiotics*', page 1.

Evolutionary Psychology

Males: Problem-discussing 'Weird'

Popular doctrine insists that boys and men would like to talk about their problems but are held back by fears of embarrassment or appearing weak.

However, boys reported that talking about problems would make them feel "weird" and like they were "wasting time" [16].

Says researcher Amanda Rose of Missouri University, USA: "Many relationships involve a 'pursuit-withdraw cycle' in which one partner (usually the woman) pursues talking about problems while the other (usually the man) withdraws. Women may really push their partners to share pent-up worries and concerns because they hold expectations that talking makes people feel better.

"But their partners may just not be interested and expect that other coping mechanisms will make them feel better.

"Men think talking about problems will make the problems feel bigger, whereas engaging in different activities will take their minds off the problem."

Says Amanda in a tone of surprise, "Men may just not be coming from the same place as their partners".

Our View? Back in 1992 John Gray, with his metaphor of Mars & Venus, popularized this view of human nature [17]. We have to wait 20 years for researchers to confirm what we all already knew! But at least a serious study is debunking some of the more outlandish doctrines of gender interchangeability.

How does this play into our evolutionary past? As I opined in *Deadly Harvest*, [Chapter 8](#), '*Mating Games*':

"There are several reasons why domestic conflict in forager societies was low. First, women and men were thrown together less—they simply did not interact in areas where they were psychologically unsuited. Also, in modern society, both women and men have heightened expectations of the other; expectations that are unrealistic and frustratingly unrealizable."

Evolutionary Technology

First Use of Fire in Europe

Prometheus aside, it is much harder than one might think to discover just when humans learnt to master fire. Campfires don't preserve well in the archeological record!

We can say with some certainty that *Homo erectus* (precursor to

us humans, *Homo sapiens*) mastered fire at least half a million years ago in Africa.

But *Homo erectus* expanded into Europe over one million years ago: that is *before* they had fire.

These creatures developed into what we call the Neanderthals and it was only much later, some 300,000 to 400,000 years ago, that we have evidence of them using fire [18].

Why is this of interest? We wonder whether the cooking of food is a vital factor in human evolution. Just how much weight should we give to the cooking of food? Of what types?

Some scientists, like primatologist Richard Wrangham, attribute to cooking wide-ranging (and in my view fanciful) features of human existence. See: '*Cooking Helped Evolution?*', [July 2009](#) [19].

My View? Fire was part of human existence ever since our evolution from *Homo erectus*. We know that foragers regularly roast animal parts, nuts, tubers and other plant materials. So clearly it is a normal thing to be doing. But there is a necessary place for raw too.

I think it more interesting to think of other aspects of fire:

For foragers and, I believe, for us too, fire has great psychological importance. It was the friendly light and warmth, protecting us from the unseen dangers of the night.

Foragers regularly 'burn the bush' to chase out animals. This practice helped put paid to now extinct 'megafauna' (large animals) when humans first arrived in the Americas (e.g. sabre-tooth tiger) and in Australia (e.g. giant kangaroo).

Spreading the Word

Press Interview: Geoff Bond & Bond Paleo Meal



Cyprus Weekly recently carried as its main feature article an in-depth interview with Geoff and the recent paleo meal at

Archontiko Papadopoulou restaurant. Read it here:

<http://bit.ly/bond-CW-article>

Letters

Diabetes Survivor

In [Nov 2011](#) I wrote about how Steve Sellin had a wake-up call with a diagnosis of diabetes [20]. Here's an extract of his update.

"After being diagnosed with Type 2 diabetes in November 2011, I turned to [Deadly Harvest](#). I began an intense treatment plan including exercise and made sure I stuck to what Geoff says. At first it was hard, but I kept my mind to the diet and by the end of March 2012 I had lost 50 lb. (22.5 kg).

"Today, I'm no longer on medication and continue the plan. Geoff makes you think about what you eat. I urge everyone to read [Deadly Harvest](#), stay focused and stay healthy."

Full text: <http://bit.ly/PcDdNn>

See Steve's review on Amazon: <http://amzn.to/TEDZDD>.

Continued from Page 1

Type I Diabetes, Dairy, Grains, and Antibiotics

Oral Antibiotics

Another, huge disrupter of gut flora is the use of oral antibiotics.

They too, are incriminated in the onset of Type 1 diabetes [21].

See: 'Make of your Gut a Herb Garden' [[April 2009](#)].

Immature Immune System

But notice how Type I diabetes sets in at an early age? This is not a coincidence. It is the young, immature immune systems that cave in under the assault from dairy, grains and antibiotics.

That is the real message: Caregivers of babies, toddlers and even adolescents should think twice about exposing them to these harmful substances.

What Helps?

The usual suspects! Low glycemic diet, plentiful sunshine (vitamin D), plentiful flavonoids (plant micronutrients), and rich omega-3 intake.

It might seem outlandish, but hookworm in the gut is helpful. This chimes with two findings:

- a) Worm infection helps keep colons healthy [see 'Worms are Good for You', [Nov 1999](#)] and,
- b) The hygiene hypothesis which suggests that extreme cleanliness in the way one lives, favors auto-immune disease. [See: 'Make of

your Gut a Herb Garden', [April 2009](#)].

Further reading: [22].

Continued from Page 1

Bond Paleo Theme Night

Archontiko Papadopoulou Restaurant



Owner/manager Peri Papadopoulou (second from left) was so please that another event is planned for spring next year. Chef Marios Hadjiannou is third from left.

Web News

Latest Video Clips Uploaded

Evolutionary Medical Anthropology:

2. Humanity's Naturally Adapted Origins: <http://youtu.be/OiK8-NEmRqQ>
3. Forager Health vs. Western Health: <http://youtu.be/PMwPHF53dKI>
4. Evolutionary Lifestyle Pattern <http://youtu.be/HFU5rLzBYQQ>

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