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The Bond Briefing

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RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Infant Evolutionary Psychology: 'Crying it out' Harms Cognition. **Collapse of Human Diet:** Food & Ancient Plaque Bacteria. **Evolutionary Environment:** Tree/Health Link. **Buyer Beware:** Dr Oetker Wellcare Diabetic Wholemeal Sponge Mix. 'Simply Orange' False Advertising. **Q&A:** Diabetes Drug Invokana; San/Masai Height & Health; Fructose bad in Excess; Sweet Freedom Syrup. **Food Integrity:** Organic Tomatoes Richer. **Worthy Idiots:** "Let Infants Cry it Out". **Book Review IV:** The World until Yesterday. **Letters:** Diane Lewis on Geoff Talk.

Infant Evolutionary Psychology

'Crying it out' Harms Cognition



"In forager societies, a child is in intimate contact with the mother during the working day. Back at the camp, the child was never more than a few yards from its mother and other close

relatives. At night, the child slept next to its parents around the family hearth. Is there any significance to all this close mother/child contact?

"The worst fate that can befall a small child is to be lost, overlooked, or abandoned. Children who allowed that to happen were less likely to survive into adulthood. On average, every child today is good at detecting being left alone and has a noisy panic attack about it.

"Looked at in this light, some modern ideas about leaving a child to cry himself to sleep in a nearby room seem misguided."

- *Deadly Harvest*, [Chap 8](#), p. 219.

Now, professor of evolutionary psychology, Darcia Narvaez of Notre Dame University, USA says that ill-advised practices such as the isolation of infants in their own rooms – and the belief that responding too quickly to a fussing baby will 'spoil' it – are harming infants' cognitive development... [1]

Continued: page 4

See also:

'*Worthy Idiots*', page 3

'*Bringing up Children*', [Mar 2013](#).

Collapse of Human Diet

Food & Ancient Plaque Bacteria



Roman woman's dental plaque

Remarkably, the DNA of mouth bacteria is preserved in the plaque (tartar) of ancient jawbones [2]. So finds Dr Christine Adler and colleagues at Adelaide University, Australia. They find that, with the Farming Revolution (11,000 years ago), and humans eating cereals for the first time, the first major shift towards mouth-disease bacteria occurred.

Cereals, starches and sugars are known as 'fermentable carbohydrates' which feed the overgrowth of disease bacteria. The cereal consumption initiated a big increase in dental plaque, caries (cavities) and periodontal disease – all virtually unknown in hunter-gatherers. See: '*San-Masai Health and Height*', p 2.

Things stayed like that until the next big upheaval: the Industrial Revolution in the 19th Century. With the introduction of sugar, machine-milled white flour and other highly processed fermentable carbohydrates, good bacteria die out allowing domination by caries-causing strains. Says Prof. Alan Cooper: "The modern mouth is in a permanent disease state." **Cont: p. 4.**

Evolutionary Environment

Tree/Health Link



3 years later these trees were dead

Hardly a month goes by without yet another study finding that human health needs an environment reminiscent of our ancestral homeland. If it is not there, then health is undermined.

This study has a new angle. The emerald ash borer beetle kills every ash tree it infests. In the space of a couple of years, leafy streets (above) are dead.

Forester Geoffrey Donovan finds that people who live in infested U.S. counties had an additional 15,000 deaths from cardiovascular disease and 6,000 from lung disease [3].

Donovan says he checked for confounding variables, but saw the same pattern repeated in counties with very different demographic make-ups.

My View? This kind of study can find intriguing correlations, but cannot identify cause with certainty. However, it joins a mass of studies finding similar health/environment connections: [May 2010](#) (Anxiety, Depression) [Nov 2012](#) (Hospital environment) [July 2005](#) (Hyperactivity - ADHD) [Oct 2006](#) (Sociability, Mood) [May 2007](#) (Mental health) [Nov 2008](#) (Golfers live longer)

Buyer Beware

Dr. Oetker Wellcare Diabetic Wholemeal Sponge Mix



Ingredients: Wheat flour, Polydextrose, Sugar, Maltitol, Sucralose; Vegetable oil, Wheat bran (5%), Whole egg powder, Skimmed milk powder, E501, E541, E341; Glucose syrup, E472b, E472a, E450i; E451i; E551.

Q. *I am diabetic: what do you make of this product for diabetics?*

A. Not good – even for healthy people!

Let's see... It starts with starch (wheat flour) as the most prevalent ingredient followed later by sugar, wheat bran and even glucose syrup. Together, these 'fermentable carbohydrates' (see 'Food & Dental Plaque', page 1) make up 55% of the product!

Diabetics have NO BUSINESS putting this glycemic stuff in their bodies. That is a blood-sugar spike right there.

The polydextrose is a synthetic indigestible filler which some authorities class as a 'soluble fiber'. It makes up 33% of the total ingredients, so that might slow down the sugar spike a little.

But here's the tell-tale: This product DOES NOT CLAIM to be low glycemic – which it surely isn't. So why is it being sold to diabetics?

It's annoying when the label mentions 'vegetable oil' without specifying which one. Personally we buy no products which don't give this information.

What about the E-numbers ([last month](#))? They represent, in order: potassium carbonates, sodium aluminium phosphate, calcium phosphates; lactic acid, acetic acid, disodium diphosphates, pentasodium triphosphate, silicon dioxide.

Apart from the acetic acid (vinegar) how many of you have

these in your kitchen? If not, why would you pay to have it in a cake mix?

My View? It is unbelievable that such a product can be sold to diabetics who are supposed to avoid sugar-rushes at all costs.

AVOID.

Alternatives? Diabetic-safe cake-mixes from Ugg Foods will soon be available.

www.uggfoods.com.

'Simply Orange' False Advertising

In a lawsuit against Coca-Cola, consumers allege "misleading and deceptive practices" [4].

They say that Coca-Cola markets Simply Orange as "100 percent pure squeeze" and "not from concentrate", when in truth the juice is "chemically flavored, heavily processed, designed and modified". Moreover, it is not "100% pure squeezed," "simply orange," "pure" or "natural."

Coca-Cola's Minute Maid product is also facing a similar lawsuit.

Questions

Diabetes Drug Invokana: Safety

Q. *Thanks to the Bond Precepts, I have controlled my diabetes through diet and exercise. But what do you make of the newly approved drug, Invokana?*

A. You are right to be highly skeptical – "there is no effect without side-effect"!

This new drug, although FDA approved, is making guinea pigs of those who take it.

The FDA requires the makers, Johnson & Johnson, to monitor Invokana users for: increased cancers, pancreatitis, severe allergic reactions, severe sunlight reactions, liver abnormalities, abnormal pregnancies, increased heart disease, increased bone disease and, finally, what harm it does to children. Phew!

Even then the drug is only to be used in combination with improvements in diet and exercise.

So you are right to be wary of medication – first focus on lifestyle like they say!

San/Masai Health and Height

Q. *From my limited knowledge the San don't have wonderful teeth and they are not tall people; whereas the Masai who eat animal blood, soured milk and meat are tall and have the most beautiful, white teeth.*

A. Height is only an indicator of health when malnutrition has stunted growth. San are a genetically short people. So are the Japanese who have the best healthy lifespan that we know of.

Today the San are acculturated by contact with western 'civilization'. Even before that, their way of life was touched by contact with Bantu herders migrating from West Africa.

However, studies in the San in the 1960s, before the rot set in, found that they had perfect teeth, free of dental caries [5].

You assert that the Masai have good teeth. Well, just like the San, the Masai traditionally do not eat fermentable carbohydrates (see 'Food & Dental Plaque', page 1) so we can expect their teeth to be good.

Be that as it may, the Masai diet gives them heart disease [6]. So theirs is not an example of living the way nature intended. As for their tallness, that is genetically determined too.

Fructose Bad in Excess

Q. *My one concern about your book is the idea that fructose is all right. I hear that fructose is worse than glucose.*

A. I have always warned about the downside of EXCESS fructose consumption. See sidebar Deadly Harvest, [Chap 6](#), p 145.

In the last two or three years we have discovered just how bad an excess of it can be. The problem resides in the fact that the body's biochemistry is not designed to safely dispose of surplus fructose. It's a classic case of 'poison is in the dose'.

In view of the confusion about fructose, Nicole's forthcoming cookbook uses xylitol instead. Check out my series of articles in [June 2012](#), including 'Fructose: It's all in the Dose'.

Sweet Freedom Syrup

Q. What do you make of Sweet Freedom Syrup? It claims to have "25% fewer calories, a low GI, and tastes like sugar"

A. According to Sweet Freedom [7] it is made from apple, grapes and carob. As a rule of thumb, apple concentrate and grape concentrate are glycemic and not good. Carob is OK (see [Sept 2011](#), where I say: "Until we hear evidence to the contrary, carob appears to be a useful conforming food".)

They say it has a 'low' GL (glycemic load) without quoting figures. Anyway GL is a poor indicator, since it depends on how much you consume at a sitting.

However, I found more at www.ElementsforLife.co.uk.

According to them Sweet Freedom has a GI of 35 which they call 'low'. They just assert it without giving any lab-tests.

Anyway, by my lights, that is not 'low' – it is in the 'Borderline' category. But it is what one might expect with this particular cocktail of ingredients.

In other words, it's possible that the presence of carob is enough to dampen the worst aspects of the first two ingredients.

However Sweet Freedom simply doesn't provide enough data to deliver a clear verdict. I am always suspicious of products which are long on feel-good hype and short on evidence.

So, for the time being all we can say about this product is that we are equivocal.

Food Integrity

Organic Tomatoes Richer

Organic tomatoes have much higher levels of micronutrients such as phenols, lycopene and vitamin C [8].

For years, commercial growers have been fighting a rearguard action, claiming that their produce is just as nutritious as organic. This study is powerful support to the organic movement.



The researchers say that the organic tomatoes, in the absence of pesticides, generate these chemicals (micronutrients) as protection against insects and funguses.

Commercial growers, of course, use pesticides, so the tomatoes don't make these micronutrients in the same amounts.

My View? Organic – terrific; commercial – good enough. See: 'Risk Prioritizing', p 3.

Worthy Idiots

Good scientists can come up with daft conclusions...

"Let Infants Cry it out"



I think most people, seeing this image, feel distressed – and with good reason. We are hard-wired to come to the rescue of this pleading, panicking, infant.

But not, apparently, Marsha Weinraub, Professor of Psychology at Temple University, Philadelphia, USA.

"Using 2-group structural equation modeling", she examined "individual infants' sleep trajectories" [9].

She concludes that babies, 'are best left to self-soothe and fall back to sleep on their own'. But, oh yes, "advice should be sought if sleep problems persist past 18 months"!

Weinraub bases her argument on her findings that women who got up in the middle of the night to comfort their infants were more likely to be depressed and sleep deprived.

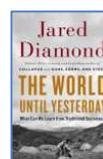
My View? Talk about not seeing the wood for the trees! For all of Weinraub's equations, none of this need happen if we just go with what nature intended and let infants sleep with the mother.

But worse, letting babies 'cry it out' undermines healthy brain development. See: 'Crying it out Harms Cognition', page 1.

Book Review Part IV

The World until Yesterday

Jared Diamond



Diamond draws on his lifelong contacts with New Guinea hunter-gatherers to speculate on lessons for us today...

Continued from [last month](#).

Risk Prioritizing

When assessing risks in the modern world, too frequently people get it wrong. I see it all the time. For example, many people believe sea-salt is 'natural' and thus healthy, when it is, just like regular table salt, harmful sodium chloride.

But, in forager life, correct assessment of risk is a matter of life and death. Moreover, every day, a forager has to take BIG risks.

Diamond makes the case for foragers being very good at assessing and prioritizing the risks they face in their world.

For example, San hunters driving lions off their kill. It's eat or be eaten! But the San carefully assess the time when the lions are sufficiently sated to not put up a fight yet not so sated that there is no food left.

Diamond also introduces an interesting notion: 'constructive paranoia'. This is when it makes sense to be ultra cautious about a possible danger since getting it wrong will mean death.

He cites the example of a broken twig found in the hunter's trail. Is it just chance? Or is it made by hostile strangers? The tribesmen take

extraordinary precautions 'just in case'.

Today, suggests Diamond, our hard-wired constructive paranoia is triggered in dysfunctional ways. For example over myths such as nuclear power being more dangerous than car driving (it isn't) or that pesticides kill more people than surgery (they don't).

Continued: [Next Month](#).

Letters

"...Geoff, I thought your presentation was outstanding! You were impassioned, your points were so very clearly presented and your knowledge base is astounding!..."

– Diane Lewis, lecture sponsor, *The Bridges*, CA. Full Text: <http://bit.ly/bond-plaudits>

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'Crying it out' Harms Cognition

Narvaez goes on to say that ancestral nurturing practices are vital for the infant brain to grow properly. It is only 25% developed at birth and is still only 80% complete at age 3.

As positive influences, Narvaez singles out:

- . Breast-feeding and suckling for up to three years
- . Responding to crying
- . Constant touch
- . Multiple adult caregivers ('allo-parenting', [Sept 2011](#))
- . Free play in nature

Giving improvements in:

- . Conscience
- . Stress handling
- . Impulse control
- . Empathy & Social capacities
- . Aggression & Ego resilience
- . IQ

Says Narvaez, the United States has been on a downward trajectory on all of these care characteristics.

Instead of being held, infants spend much more time in carriers, car seats and strollers. Only 15% of mothers breast-feed to 12 months. Extended families are broken up. Free play allowed by parents has plummeted since 1970.

Narvaez suggests that these practices are linked to "the epidemic in young children of anxiety and depression; rising rates of aggression and delinquency; and the decrease of compassionate, moral behavior".

My View: Downward trajectories? Our modern societies are so far divorced from our evolved natures that factors like the Narvaez findings will play a role. See: '[Trees-Health Link](#)', p. 1.

Continued from Page 1

Food & Ancient Plaque Bacteria

My View: Reverse the mouth disease by a return to our ancestral diet, just like we say. [p.s. Nicole says it fixed her gum disease 20 years ago.]

Advance Notice

For details and updates:

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

LECTURE:

May 25, Larnaca, Cyprus

Geoff will be speaking at the symposium '[Pathways to Indefinite Lifespans](#)'.

LECTURE:

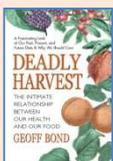
July 30, London, UK

Geoff will be giving the monthly lecture at the British Longevity Society

LECTURE: (Open to the public)

October 9, 2013, Oxford, UK

Geoff gives his annual lecture at Green-Templeton College, Oxford University.



Deadly Harvest: Geoff's latest work encapsulates current thinking on lifestyle anthropology. *Deadly Harvest* is an easy read yet is solidly referenced and is a work that doctors can trust.

www.deadlyharvest.com



Healthy Harvest Cookbook: Nicole has created and tested a comprehensive collection of over 90 delicious, fully tried and tested recipes all carefully conceived to conform to The Bond Effect precepts.

www.healthy-harvest-recipes.com

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1 Darcia Narvaez. Are we violating evolved, expected care-giving and does it matter? University of Notre Dame Symposium October 5, 2012. <http://bit.ly/14G4D7F>

2 Nat Genet. 2013 Apr;45(4):450-5. doi: 10.1038/ng.2536. Sequencing ancient calcified dental plaque shows changes in oral microbiota with dietary shifts of the Neolithic and Industrial revolutions. Adler CJ et al.

3 GH Donovan et al. The Relationship Between Trees and Human Health.

Am J Prev Med, 2013; 44 (2): 139
DOI: 10.1016/j.amepre.2012.09.066

4 Bloomberg:
<http://bloom.bg/1473FjX>

5 Truswell, S., and J. Hansen. "Medical Research Among the !Kung." In Lee, Richard B., and Irven DeVore (eds.). *Kalahari Hunter-Gatherers: Studies of the !Kung San and Their Neighbors*. Cambridge, MA: Harvard University Press, 1976.

6 American Journal of Epidemiology, Volume 95 Issue 1, 26-37; Atherosclerosis in the Masai; GV Mann et al.

7 www.sweetfreedom.co.uk

8 AB Oliveira et al. The Impact of Organic Farming on Quality of Tomatoes is Associated to Increased Oxidative Stress during Fruit Development. *PLoS ONE*, 2013; 8 (2): e56354. [#90](http://bit.ly/Bond-science)

9 Patterns of developmental change in infants' nighttime sleep awakenings from 6 through 36 months of age. Weinraub, Marsha; *Developmental Psychology*, Vol 48(6), Nov 2012, 1511-1528