



The science & art of living the way nature intended

The Bond Briefing

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

Hints: For Kids, Make Fruits Easier to Eat. **Infant Evolutionary Psyche:** Comfort is Being Carried by Mom. **Briefing:** Not all Calories are the Same. **New Cookbook on its Way!:** Nicole's Paleo Harvest Cookbook. **Recipe:** Dr Rita's Chicken Marsala. **Questions:** Avocado's Calories and Fats. **Unintended Consequences:** Two-faced Carnitine. **More Sugar Mischief:** Sugar Hardens Elastic Tissue; High Sugar Triggers Immortal Cancer Cells. **Worthy Idiots:** Bed-sharing with Baby and SIDS. **Book Review Part V:** The World until Yesterday. **From the Forums:** 'I eat LOTS of vegetables!' **Viewpoint:** Death shall have no Dominion?. **Events:** London; Oxford.

Hints & Tips

For Kids, Make Fruit Easier



Elementary school children increased their consumption of apples by 61% when they were pre-sliced as compared to the whole fruit [1].

Middle school children were even better, increasing consumption by 71%.

The researchers found that eating whole apples is difficult for those with small mouths or with braces. Older girls also find whole fruits messy and unattractive to eat.

This research is an example of 'Behavioral Economics', the study of how our evolved instincts sidetrack and befog rational decision making.

My View? For our ancient ancestors getting at the edible part of food was often tedious and, where they could, they went for what was easiest too. They would have been glad of a baobab-fruit slicer!

For us and our children it is a small compromise to make bite-size portions of fruits and crudités if that is what gets them eating them.

Infant Evolutionary Psyche

Comfort is Being Carried by Mom



San Bushwoman and Baby

This is a hot topic in the behavioral childcare community so no apologies for adding new insights to [last month's](#).

Infant-carrying brings on an "evolutionarily conserved" calming response just like a kitten's when picked up by the back of the neck.

It triggers a cascade of well-being effects in the infant's brain, its nervous system and in its heart. Materially, it reduces infants' crying, body movement, and heart rate [2].

The researchers say: "In other words, a mother's arms really are the best place for a young baby to be for survival."

"Understanding this infant response [to being set down] will save parents from misreading the restart of crying as the intention of the infant to control the parents, as some parenting theories, such as the 'cry it out' strategy suggest." (See: 'Let Infants Cry it Out', [last month](#).)

My View? I rest my case! But other worthies still come up with daft conclusions. See 'Worthy Idiots' page 3.

Briefing

Not all Calories are the same

People worry about calories because they fear they are fattening. But the devil is in the detail: measuring calories and what the body does with them.

How ARE calories measured? Nutrition tables give a deceptive impression of precision to what is really a black art.

Basically the food is burned in a 'calorimeter' – a chamber surrounded by water with a thermometer to measure its temperature. The amount of heat energy (calories) can then be worked out.

But this process takes no account of what the body ACTUALLY DOES with the food's main components – fat, protein, carbohydrate.

Protein: much of what we eat is not used to make energy at all – it is used to rebuild muscle, and provide building blocks for hormones and so forth.

Fats: A significant percentage of fat is not absorbed at all. 40% of cocoa butter, for example, is passed out in the feces [3]. This curiosity is partly to do with the fatty acid positions on the triglyceride molecule – see 'Palm Oil – Friend or Foe?', [Oct 2011](#).

It is partly to do with fats forming insoluble compounds with calcium and being excreted too. This happens (in part) to cheese fats for example. **Cont: p.4**

New Cookbook on its Way!**Nicole's Paleo Harvest Cookbook**

Nicole has created and tested a comprehensive collection of over 100 delicious, fully tried and tested recipes all carefully conceived to conform to The Bond Paleo precepts. Over 60 completely new recipes – including those for Paleo breads. Others are revamped to take into account availability of new ingredients and in the light of the latest thinking.

Typesetting is underway and we plan to have copies ready later in the summer.

Recipe

During my recent California lecture tour, Dr Rita Stec, author of [A Woman's Home Health Companion](#) [4], kindly invited us to dinner. She has been a faithful supporter of my work for many years, and she served up this dish which we found excellent.

Dr Rita's Chicken Marsala

Yield: 3 to 4

1 lb organic, free range, skinless chicken breast

olive oil spray

2 cups (about 4 ounces) sliced fresh mushrooms (e.g. shitake, oyster, portabella)

1 cup Marsala wine

1 tablespoon Italian seasoning

garlic salt, to taste

$\frac{1}{2}$ to 1 cup (about 3-6 ounces) mock mashed potato (a.k.a. Cauliflower Purée, [Healthy Harvest](#), p 55), as needed for thickening

- Pound chicken breasts to $\frac{1}{4}$ -inch thick and cut into bite-size cubes.
- Spray a frying pan with the olive oil and sauté the chicken briefly, until golden brown. Set aside and cover with foil.

- Stir in the sliced mushrooms and season with Italian seasoning and garlic salt to taste. Sauté mushrooms over medium-high heat until they start to sweat.

- Add chicken and Marsala wine to mushrooms in pan and simmer, covered, over medium heat until chicken is cooked through.

- Add mock mashed potato, enough to thicken the sauce.

- Serve either alone or over mock mashed potatoes.

Questions**Avocado's Calories and Fats**

Q. a) *I worry that avocados are calorie-dense and, b) is their monounsaturated fat any better than olive oil?*

A. a) Avocados are not *that* calories dense – at least not when compared to typical Western foods.

Florida avocado has only 15% the calorie density of butter; 25% that of bacon; 35% that of cheese or hot dog; and 50% that of hamburger, tenderloin steak, pizza, or ice-cream.

Some calorie-dense foods are a perfectly normal part of a forager diet – think mongongo nuts, a staple with the San. Avocado has only 25% of mongongo calorie density.

But forager-like meats (e.g. eggs, venison, goat, liver) are at the same level as avocado.

Try not to get hung up on calorie counting. See '*Not all Calories are the same*', p 1.

b) The monounsaturated fat in avocado is oleic acid – just the same as in olive oil.

Diet Sodas Increase Diabetes?

Q. *French reports talk of a study which finds that diet sodas increase the risk of diabetes just like full sugar drinks. Is that so?*

A. No! Misleading newspaper headlines I'm afraid.

The researchers said that their study [5] does NOT make that conclusion. The fact is that a high percentage of patients were obese and were drinking diet sodas to lose weight. They got diabetes because of the obesity not because of the diet sodas.

Unintended Consequences**Two-faced Carnitine**

Carnitine is a substance that the body can make for itself and which is present in red meats and other animal products.

As if this were not enough, some people SUPPLEMENT with carnitine in the belief that it enhances exercise performance, that it acts as a growth factor and many other wonders.

Now a study finds that people who consume large amounts of carnitine grow lots of bad bacteria in their guts. These bad bacteria convert carnitine into an artery-clogging compound called TMAO [6].

In contrast vegetarians and vegans have different gut bacteria and don't produce TMAO.

The researchers say that this calls into question the whole business of carnitine supplementation.

My View? a) Don't supplement with carnitine – I have an inbuilt horror of the foolishness of second guessing nature.
b) Don't worry about eating it.

More Sugar Mischief**Sugar Hardens Elastic Tissue**

Researchers have discovered a new and unsuspected mechanism by which high blood sugar levels harden elastic tissue [7].

They switch off the maintenance of 'elastin' a substance akin to collagen and which is present in tissues that have to repeatedly stretch and shorten.

Elastin is in the skin, arteries, aorta, lungs, ligaments and more. When it doesn't function properly it is a factor in skin looking older, hardening of the arteries, heart disease, poor lung function and in joint problems.

It is a process similar to another sugar mischief, 'glycation'. See Glycation in '*What are AGEs?*' [Dec 2011](#).

High Sugar Triggers Cancer

It is an established fact that people with blood sugar spikes like diabetics and the obese suffer twice the rates of pancreatic cancer and colon cancer among others.

Now another study has uncovered a previously unknown way in which high sugar levels do this [8].

They promote the production of a substance called beta-catenin. Beta-catenin is a major factor in making cells IMMORTAL – a key step in early stages of cancer progression.

Says lead author Dr. Custodia García, " Changing diet is one of easiest prevention strategies that can potentially save a lot of suffering and money."

My View? Just so. At last oncologists are beginning to see that cancer is a lifestyle disease!

Worthy Idiots

Good scientists can come up with daft conclusions...

Bed-sharing with Baby and SIDS

Prof. Bob Carpenter created headlines in the UK recently. His study suggests that a baby is more at risk of SIDS (Sudden Infant Death Syndrome) if it sleeps with Mom [9].

Carpenter says: "Health professionals need to make a definite stand against all bed-sharing..."

But this advice flies in the face of babies' evolutionary need to be in close contact with Mom at all times. See: 'Crying it out' *Harms Cognition*, [Last Month](#) and 'Comfort is Being Carried by Mom', page 1.

Counter-blast

Dr Helen Ball robustly opposes Carpenter's advice [10]. She is Professor of Anthropology at Durham University, UK, where she specializes in evolutionary parenting. She also runs their Parent-Infant Sleep Lab.

Ball makes the point that life is full of trade-offs. She argues that we should vigorously promote bed-sharing which

would benefit the cognitive and physical well-being of 99.98% of babies. That benefit would be set against the 0.02% who don't make it because of SIDS (tragic as it is for the unlucky parents). She goes on to say that it is a large leap to say that sleeping with babies can be a 'cause' of SIDS. We simply don't know what 'cause' there is if, indeed, there is any simple answer.

See this page, '*Death shall have no Dominion?*'

Book Review Part V

The World until Yesterday

Jared Diamond

Diamond speculates on lessons to learn from hunter-gatherers...

Continued from [last month](#).

Old Age: Those foragers who ran life's full gauntlet (see *Viewpoint*, this page) and made it to an advanced age could still walk the 10 miles from one camp to the next. When they couldn't they were left for dead (*Deadly Harvest*, [Ch 1](#), p 21).

But Diamond explores more advanced tribes where Darwinian logic finds its expression in doing away with old people. That is, old people are history and it is in the kids' interests for them to disappear. Some unacculturated tribes still maintain their gruesome traditions where, for example, the old-timers see it as their duty to submit to – and even welcome - garroting or being buried alive. Others, unsuspecting, are clubbed to death from behind. Many, like the Fijians, would (but don't now) cook and eat them.

For once Diamond, as a 75-year-old, takes comfort that Western ways are superior to such practices – we have no lessons to learn from them!

Continued: [Next Month](#).

From the Forums

"I Eat LOTS of Vegetables"

I'm doing my best to adhere to the Savannah-style diet put forth by Geoff Bond in his book, [Deadly Harvest](#).

I will admit, the elimination of grain and potato products from the diet probably seems radical in today's world where almost every meal has some form of grain or potato product. But it has led to a fundamental realization for me. When your only source of carbs is unrefined vegetables and fruits you end up eating A LOT of them. I've never eaten so much in my life. I probably eat 2 to 3 pounds per day of raw natural foods. That sure seems a much healthier way to get your calories, right? - *Bruce Shankle*

<http://bruceshankle.blogspot.in/>

Viewpoint

Death shall have no Dominion?

Back in forager times, every single mother had to survive, on average, the deaths of two of her babes in the first 11 months of life. A further two toddlers died by the age of five.

Young men died in battle, year in year out, at a rate greater than that of the trenches of World War One.

Adult death was ever present: from accidents, blood-poisoning, tree-falls, snakebite, leopard attack, malaria, murder, poisoned arrow mishaps, and so forth.

Foragers feel sad and bereaved just as we do. Yet they are hardened to death too and take it stoically.

Compared to that, we have dramatically reduced our experience of death, especially of children and young men. So when it does happen it is so rare and shocking that we are devastated.

We want answers; we demand ever more aggressive protections. It leads to the battiness of some Health & Safety measures; it leads to the tunnel-vision advice of 'Worthy Idiots' (see this page)

It seems to me that, in many areas, we have reached the limits of diminishing returns: the loss in benefits for the vast majority is just not worth the pay-off for the tiny minority.

Continued from Page 1**Not all Calories are the same**

Under certain conditions, the body uses some fats to convert them into proteins. In others, it activates 'thermogenesis' – heat generation – whereby the metabolism is raised, thus burning off calories[11].

Finally the body converts a small percentage of fat into hormones – notably the essential fatty acids.

Carbohydrates: Traditionally, to measure the carbohydrates in a food, the figures are obtained by subtracting the other major components (protein and fat) from the total. It is not measured directly at all!

Secondly the term carbohydrates includes 'fermentable carbohydrates' (starches and sugars), and 'very complex carbohydrates' such as salads,

low-sugar fruits and non-starch vegetables.

Much of the very complex carbohydrate, particularly the various types of fiber, ends up in the colon. There it is either excreted directly, or it feeds good bacteria which multiply and are in turn excreted.

The good bacteria turn some of it into useful chemicals which enter the body; quite a bit they turn into gases which are expelled as 'wind'.

In these various ways calories are used up, or harmlessly expelled from the body.

Fermentable carbohydrates are the one group which can be considered pure calories. The body uses them first when it needs energy, and stores them as fat when there is too much.

That reinforces our contention that sugars and starches have no place in the human diet.

Conclusion? Calorie counting is only a crude guide to the fattening power of the food you eat. But if you eat the way we say, the calories work out fine.

In his blog, Bruce Shankle is showing the way. See: '*I Eat LOTS of Vegetables*', page 3.

See also: *Avocado's Calories and Fats*, page 2.

Advance Notice

For details and updates:

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

LECTURE:

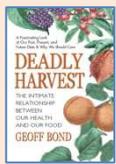
July 30, London, UK

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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