



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

**Q of Month:** Only One Diet for All? **Sunshine is Human Food:** New Sunshine Benefit Factor. **Stop Press:** Ugg Ready-mixes Launched. **Letter:** Your Forward Thinking becoming Commonplace. **Food Ideas:** Kelp Noodle Salad. **Q&A:** White Chocolate; Coho Coconut 'Yogurt'; Coffee is not Dehydrating; Pumpnickel Bread – Authentic vs. American Style. **Novel Foods:** Kelp Noodle Update. **Sunshine is Life-giving:** Sunshine Needed to Develop Babies' Eyes. **Book Review part VI:** The World until Yesterday.

## Question of Month

### Only One Diet for All?

**Q.** Aren't we all different beings, with different body types and nutritional needs. Should we really rely on one diet for a whole species?

**A.** In a word, yes. Each species is naturally adapted to its ecological niche. Today we find our species out in the cold - out of its ecological niche through:

- Geographic dispersal to lands quite foreign to our natures.
- The farming revolution,
- The industrialization of our food supply.

We have not adapted genetically to these changes in any significant way, which is why they create havoc with our health.

There is a basic specification for our ecological niche's food supply, which is the one I talk about. It is the common denominator for everyone on the planet.

Sure we all look a little different on the outside, but underneath we are still the same basic 50,000 year old model. ('If you prick us, do we not bleed?')

After all dogs, which have a much wider diversity of body-shapes and mentalities, still need dog food and they are all equally vulnerable to substances that the dog species cannot handle – for example chocolate, onions and xylitol.

## Sunshine is Human Food

### New Sunshine Benefit Factor



Dr Richard Weller, a research dermatologist at Edinburgh University, Scotland has discovered a new way in which the body relies on sunshine for health [1].

Sunshine causes the skin to release a simple chemical, nitric oxide, into the bloodstream. Nitric oxide performs a vital role in improving blood pressure and other cardiovascular conditions.

This effect is quite independent of sunshine's role in producing the hormone vitamin D.

Dr Weller finds that people who live in sunnier places closer to the equator have better nitric oxide status and less risk of heart disease.

This might also explain why the Scots (who live in the north of UK) have higher rates of heart disease than the English (who live in the south).

As a dermatologist he is now conflicted because the official line is to keep out of the sun. But, he notes, heart disease is killing one hundred times as many people as skin cancer. So there has to be a balancing of the trade-offs. **Cont: page 4**

## Stop Press

### Ugg Ready-Mixes Launched

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



As foretold ([Jan 2013](#)) Kim Lloyd's innovative venture is now operational!

I am scientific advisor to Ugg Foods and they have produced a range of bread, cake and muffin mixes in full conformity with the Bond-Paleo precepts.

For a limited period, an introductory 15% discount is available for our readers. Go to [www.uggfoods.com](http://www.uggfoods.com) and quote promo code: **GB0713**. (Conditions apply)

## Letter

### Your Forward Thinking Becoming Commonplace

*Carole Herrera has been a loyal Bond Briefing subscriber since the first edition in May 1998.*

"...So many of the things you first talked about are now mainstream..."

"...I am proud of what you and Nicole have done to improve the quality of our lives..." *Carole Herrera, CA.*

## Food Ideas

**Kelp Noodle Salad**

Yield: 6 servings



Kelp noodles are made from an extract of a kind of seaweed, called 'kelp'. They consist chiefly of 'alginate' which is a gum-like dietary fiber (see Kelp Noodle Update, Page 3).

- 1 package (12 ounces) kelp noodle
  - 1/2 cup almond butter
  - 1 tablespoon rice wine vinegar
  - 1 tablespoon light soy sauce
  - 1 teaspoon sesame oil
  - 3 tablespoons water
  - 4 cloves garlic, crushed
  - 1 teaspoon grated ginger
  - freshly ground black pepper, to taste
  - 1 red bell pepper (about 7 ounces), chopped
  - 3 celery stalks (about 3 ounces), finely chopped
1. Rinse the kelp noodles thoroughly. Drain and set aside in a large salad bowl. I usually cut the noodles with scissors, in order to obtain shorter noodles.
  2. Meanwhile place the almond butter in the food processor. Combine with the vinegar, soy sauce, sesame oil and water and blend all together until you obtain a thick, but creamy sauce.
  3. Mix in the garlic and ginger and pepper to taste.
  4. Pour the sauce over the noodles and toss to incorporate.
  5. Mix in the chopped red bell pepper and celery.

## Questions

**White Chocolate**

**Q.** What do you think of white chocolate?

**A.** White chocolate is chocolate made with milk – so already bad. Then they take out the really good thing – the cocoa solids. In that way we lose all the wondrous micronutrients like flavonoids and minerals.

So white chocolate is doubly bad. AVOID.

**Coho Coconut 'Yogurt'**

**Q.** What do you make of this non-dairy yogurt substitute?

**A.** The product lists its ingredients as: 'coconut milk (98.06%), xylitol, tapioca starch, selected probiotic cultures'.

So it is almost entirely coconut milk, which is pretty innocuous.

The xylitol is a safe bulk sweetener (see: 'Alternative Sweetener: Xylitol', [Jan 2010](#)).

Tapioca starch is there, presumably, to thicken the product. It is not a good thing but it's a tiny amount, so not significant.

Finally the probiotic cultures – they are live bacteria, probably *bifidobacterium* or *lactobacillus*, which are there, one supposes, to emulate the 'good' species in dairy yogurt.

But, as in dairy yogurt this makes some heroic assumptions:

a) It supposes that the bacteria make their way safely past the sterilization bath of stomach acids and,

b) that, of all the thousands of good bacterial species, one of these alone will make any difference. (See 'The Yogurt Deception', [March 2006](#)).

**My View?** If it gives you pleasure, this is a harmless, if nourishment-free indulgence. It can also be helpful as a dressing in some baked goods. For example [Ugg Foods](#) (page 1) will use it as layers in a tiramisu recipe using their chocolate muffin mix.

**Coffee is not Dehydrating**

**Q.** You say that coffee can be counted as part of one's water intake. But it has always been known that coffee can drain water out of the system.

**A.** "Always been known"? You've fallen victim to an Urban Myth I'm afraid. Many experiments find no dehydrating effect of coffee intake [2,3].

In fact, it has been so well demonstrated, that the latest (2010) edition of USDA Dietary Guidelines for Americans makes the same point (see [Feb 2011](#)).

This is one area where I am in agreement with that otherwise flawed document.

**Pumpnickel Bread: Authentic versus American-style**

**Q.** In [Deadly Harvest](#), page 141, Chapter 6, you list pumpnickel and black bread as 'Amber-Red' but wheat bread as 'Red'... What's the difference here? ... All usually have some form of wheat product in them, usually white bleached flour.

**A.** My categorization is for 'Authentic' pumpnickel and black bread (both rye breads). 'Authentic' rye breads do not have any wheat in them. There is even a German food purity law dating back to the Middle Ages stating that these breads are to be only made from rye, yeast, salt and water. No colorings or sweeteners are allowed.

These rye breads are baked for a long period at low temperature (typically 16 hours at 240°F, 115°C) which produces the deep brown color right through the bread by triggering the Maillard reaction ([March 2013](#)). True - it is quite hard to find 'Authentic' rye breads in USA.

In contrast, 'American Style' rye breads are adulterated with much wheat – chiefly so that it can be baked speedily using industrial wheat-bread methods.

Moreover they are then colored to look like the real thing by the addition of substances like cocoa powder or coffee. Finally they are

sweetened (and further colored) with substances like sugar beet syrup, molasses or malt syrup. In the [Deadly Harvest Listings](#) – and in our [Shopping List \(download\)](#) – we rank 'Authentic' rye breads as being slightly safer than wheat breads chiefly since their glycemic index is lower. Even so, we hold no brief for either style of bread. They are both not human food and they give us problems – it's just that Authentic is slightly less problematical than regular wheat breads. And to answer your question, yes, 'American Style' rye breads are just as bad as wheat breads.

### Beets & Oxalate

**Q.** In [Deadly Harvest](#), page 144, [Chapter 6](#), you class beet greens as 'Green-Green'. But they are high in 'oxalates' which are supposed to be bad. What is your view?

**A.** Oxalates are present in a huge variety of foods from spinach and beets to chocolate, almonds and soy beans. They have received a bad rap notably because oxalates are found, bound with calcium, in kidney stones.

However, the detail is much more complicated. The error is in thinking that, just because kidney stones contain oxalate we should eat less of it.

It's the same fallacy as saying that kidney stones contain calcium – so we should eat less calcium! See '[Calcium Kidney Stones](#)', [March 2002](#).

There are many complicated things going on in the body and it is impossible to second-guess whether oxalate is going to be a problem. But we don't need to. We know that, given the right tools, the body can handle oxalate in the way nature intended. For example:

We are supposed to have a gut flourishing with 'good' bacteria. When we have that, the good bacteria live on the oxalates and get rid of them [4].

We are supposed to have a good omega-3 to omega-6 balance.

When we don't (as is usually the case today) oxalate is a problem with a DEFICIENCY of omega-3 [5] and/or an EXCESS of omega-6 [6]. Humans are designed to work on a rich intake of vitamin C, but not on megadoses. Good vitamin C status neutralizes oxalate whereas massive doses (more than 4 grams/day) MAKE oxalate [7]!

**My view?** Oxalate is all pervasive and, quite naturally, we have mechanisms for dealing with it – just as we have for cholesterol intake too.

See '[Kidney Stones for Popeye?](#)' [May 2000](#) where I answered a similar question relating to spinach.

### Novel Foods

#### Kelp Noodle Update



Before

After

In [May 2012](#) we talked about kelp noodles and promised to prospect further.

Kelp is a common form of seaweed, but the fabricators are secretive about how they turn it into a glass noodle lookalike.

The best information we have is this: the seaweed is mushed up and its major component, 'alginate' extracted. Alginate is a dietary fiber with gum-like characteristics. This alginate is then extruded under mild heat and pressure into spaghetti-like strands and dried.

This dietary fiber is an interesting feature of kelp noodles. It arrives undigested in the colon where bacteria ferment it into useful chemicals.

It increases satiety, keeps the colon wall healthy, improves 'good' gut bacteria, helps wound healing throughout the intestinal tract, and reduces gut

permeability [8]. It also increases fecal bulk [9].

Otherwise, kelp noodles have almost no nourishment and their chief advantage is that they do no harm – unlike normal pasta. Of course, our paleo-ancestors (not living close to the sea) were not eating seaweed, let alone extracting its dietary fiber. On the other hand they did eat a food group that is much neglected today – gums and resins exuded from the bark of trees. So maybe the wheel is coming full circle...

See: '[Kelp Noodle Salad](#)' p 2.

### Sunshine is Life-giving

#### Sunshine needed to Develop Eyes

Dr Giacinto Libertini, was a co-speaker with me at the recent '[Pathways to Indefinite Lifespans](#)' symposium, Cyprus.

A pioneer of Evolutionary Medicine, he writes on how good sunlight exposure, similar to that in our savanna homeland, is essential to trigger a baby's eye focusing mechanism to grow correctly.

Babies not exposed to enough sunlight grow up to need glasses. More [next month](#).

### Book Review Part VI

#### The World until Yesterday

Jared Diamond

*Diamond draws on his long contact with New Guinea foragers to find lessons for us today. Continued from [last month](#).*

#### Belief Systems

Foragers like the San [10] and the Hadza [11] have nothing like our modern religions. No belief in gods, the supernatural, or an after-life for example. However, they have a rich set of myths and stories about the sun, moon and stars plus a modest range of rituals and taboos.

Diamond devotes a chapter to exploring the evolutionary ideas about the function of religiosity. For example:

a) That it be a by-product of humans having a 'brain finely honed' to seek 'causes' for inexplicable effects;



b) That organized religions arose from a multitude of sects after the farming revolution in a 'survival of the fittest' process to meet the challenge of maintaining social control in large groups. There is much more for those interested in this topic but, for the Briefing, we move on.

### Multilingualism

A multitude of languages co-exist cheek-by-jowl in New Guinea. This is not typical of foragers since the New Guineans live in fixed, mutually antagonistic villages, so each village tends to have its own culture and dialect. Nevertheless, Diamond rhapsodizes about how the villagers all master several languages and how this would be so beneficial to us today. He suggests that people who are bilingual (or more), not only have more fulfilled lives through accessing other cultures, but also have a more finely honed cognitive ability. A Canadian study even suggests that bilinguals are less likely to get Alzheimer's disease.

This is all very positive, true. But I have difficulty accepting that multilingualism is part of the human condition. It is unlikely that forager bands in our ancestral past lived next to a band that spoke a different language. In fact, in the beginning, there must have been just one language for all.

Secondly, according to cognitive scientist Steven Pinker [12] there is a dedicated language center in the baby's brain and the mother tongue takes root there – to the exclusion of the next language. So when we learn a second language it has to make do with the general computing areas of the brain - which is why it is so much harder to do.

**Finale: Next Month.** *What Diamond thinks about our food, summing up.*

Continued from Page 1

### New Sunshine Benefit Factor

As we say so often, our bodies expect to receive sunshine and without it things go wrong.

On the other hand, if we live the way nature intended, then it has mechanisms to deal with any harmful effects of sunlight. See 'Fear Not Melanoma' [Jan 2013](#); 'Skin's Self Repair Mechanism', [Oct 2010](#).

### 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

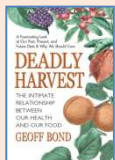
**LECTURE:** (Open to the public)  
**July 31, 2013, Thame, UK**

**7:45 pm.** The Paleo Diet: Natural eating for optimal health, fat loss and fitness.

Thame Barns Centre, Church Rd, Thame. OX9 3AJ

**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](http://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](http://www.healthy-harvest-recipes.com)

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**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)

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1 Dr Richard Weller, TED Talk video; Jan 17, 2013. <http://bit.ly/1d7bFAV>

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9 Food Addit Contam. 1991 May-Jun;8(3):237-48. Dietary effects of sodium alginate in humans. Anderson DM et al.

10 Lee & DeVore (eds.). Kalahari Hunter-Gatherers. Harvard U.P. 1976. ISBN: 158348125-7

11 The Hadza hunter-gatherers, Marlowe. ISBN: 978-0-52025342-1

12 The Language Instinct, Steven Pinker, Harper, 2007, ISBN-13: 978-0061336461