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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

Briefing: Mediterranean Diet Prevents CVD. **Human Psyche:** Moonstruck Sleep. **Human Biology:** Sugar Lights up MRI Scanners. **Food Ideas:** Cooked Green Bananas. **Q&A:** Food for Diabetics; Cereals for Energy? Diet for Pregnancy. **Briefing:** Antibiotics Damage Cells. **Sunshine's Vital Role:** Outdoor Life for Eyesight. **Book Review:** The World until Yesterday (part V111). **Events:** Oxford Lecture October 9 2013.

Briefing

Mediterranean diet Prevents CVD

Spanish researchers have carried out a massive study on some 7,500 people selected for their high risk of developing cardio-vascular disease [1]. That is, they had some risky combination of: diabetes, smoking, high triglycerides, high cholesterol, and obesity.

Two thirds were put on what the researchers called a Mediterranean diet (the 'test' diet). The remaining third were put on a low-fat diet (the 'control' diet).

After 4.8 years the ethics committee stopped the trial early because the control group was suffering 30% more heart attacks, stroke, and death than those on the test diet.

This is a rigorous study whose results carry much authority. It follows on and confirms the Lyon Diet Heart Study which I have quoted on many occasions [*Corroborating the Bond Precepts*, [July 2010](#); *Deadly Harvest* [Chapter 4](#), page 94] The question is: what do they mean by a 'Mediterranean Diet'? Actually it was quite orthodox.

The subjects were instructed to eat AT LEAST: Fresh fruit servings - 3 per day; Vegetable servings - 2 per day; Fish servings (esp. oily) - 3 per week; Wine (with meal) - 7 glasses per week; Virgin olive oil - 4 Tbsp per day Pulses - 3 per week and to REPLACE Red meat with White meat (skinless poultry or rabbit - [this IS Spain!]). **Cont p 4.**

Human Psyche

Moonstruck Sleep



Picture a time when your far off ancestors lay down to sleep every night under the stars. Did their biologies tune into the rhythms of the moon? Many people are convinced they still do today - even blaming a bad night's sleep on a full moon.

It seems they might be onto something. A careful study of subjects in a sleep lab finds that, around full moon, their deep sleep brain activity fell 30%, they took five minutes longer to fall asleep, and they slept 20 minutes less [2].

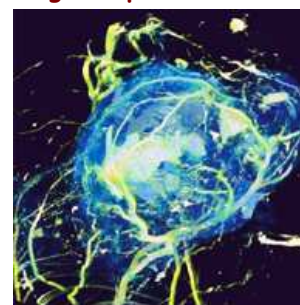
They also had diminished levels of melatonin, the hormone that helps regulate sleep cycles.

The really mysterious feature is this: the subjects had no sight of the moon or any knowledge of its phase.

The researchers think that we have a lunar clock ticking inside us, rather like the circadian clock which gives us such a hard time with jet-lag. **Cont p.4**

Human Biology

Sugar Lights up MRI Scanners



Tumor gorged on sugar

When doctors want to see how your cancer is doing, they inject you with glucose. The cancer feeds greedily on the blood sugar and it lights up like a Christmas tree on the PET scan. There is, however, a drawback: - the injected glucose has to be RADIOACTIVE. This is bad in itself and makes it especially unsuitable for pregnant women and children.

Now Professor Mark Lythgoe of University College, London, has found a way of using normal glucose [3]. He has invented a method of tuning an MRI scanner to magnetically label the glucose in the body (photo). Now, says Lythgoe, patients can scan their cancers without the added worry that radioactivity will trigger another illness.

My View? The REAL message is this: high blood sugar levels FEED cancers - and today's high glycemic diet is to blame. Live like we say and avoid even getting into this situation. See '*Food for Diabetics*' p. 2.

Food Ideas

Cooked Green Bananas

This idea comes from reader Samiya Arroyo.

I am part Puerto Rican and boiled green bananas are a common food. These are regular bananas when they are still very green (before they ripen and get sweet), not plantains.

Boil them in salt water and then drizzle them extra virgin olive oil and wine vinegar.

The local farmers where we live in Paphos, Cyprus, do have banana plantations. It was a quick negotiation with one smallholder to cut off a small hand of totally unripe bananas. We checked. They were still at the stage where they are extremely bitter and make your lips pucker.

We followed Samia's recipe and the result was delicious.

Samiya asks if this dish is conforming. Very likely. Unripe bananas contain a high percentage of 'indigestible starch' which is a form of insoluble fiber. This is brilliant to maintain good gut flora (see 'Make of your Gut a Herb Garden', [Feb 2009](#); and 'Bacteria Control Immune Cells', [May 2011](#)).

The cooking seems to have got rid of the bitterness without affecting the fiber.

Questions

Food for Diabetics

Q. *I have been diagnosed as Type II diabetic. What kind of food is best for me?*

A. Professor Kerin O'Dea carried out a landmark study in the 1980s on a band of middle-aged Type II diabetic Australian Aboriginals [4].

She returned them to the bush to live in their traditional hunter-gatherer ways. After just seven weeks, they had got their diabetes under control.

They had dramatic improvements in fasting glucose, post-prandial glucose, insulin response, and had 'totally normalized' their very high triglycerides, (notably the particularly 'bad' type of cholesterol called 'VLDL'). The Aboriginals also lost an average 8 kg (17 lb) each. The subjects had been on various diabetes medications but not on insulin. Under close supervision, they were taken off the medications at the start of the trial.

This is just one example of a torrent of studies pointing in the same direction: diabetes Type II is a 'disease of civilization', and that it can be avoided and controlled by a return to our origins – to the hunter-gatherer lifestyle.

The foods to focus on are LOW GLYCEMIC ones (not giving a blood sugar rush). That means STRICTLY AVOIDING sugars and starches (cereals, pasta, breads, cakes, potatoes etc) in all their forms.

Note that the Mediterranean Diet (page 1), which allows at-will starch consumption, does not cut the mustard. Hint: Ugg Foods [5], with their diabetic-safe bread and cake mixes, help you make the transition.

It also means avoiding most saturated fats and focusing on seafood, tree nuts, eggs, lean poultry; plus copious salads, vegetables and low sugar fruits.

Finally, don't neglect other lifestyle aspects. You need the physical activity, sunshine and sleeping patterns of hunter-gatherers too!

For a complete lifestyle review, see 'Obesity & Diabetes', *Deadly Harvest*, [Chap 9](#), p. 261

In previous Briefings, I have published letters from followers (e.g. Steve Sellin) who have got their diabetes under control by following the Bond Precepts (see: 'Diabetes Survivor', [Aug 2012](#)).

Now for the disclaimer. You will of course continue to consult

your doctor and to listen to his/her advice. Any decisions you decide to make in your lifestyle are entirely yours – but they ARE yours to make.

Cereals for Energy?

Q. *Will I and my children have enough energy if I stop eating whole grains?*

A. In a word – yes! Energy is measured by calories – and Bond Precept calories come from three main sources, fats, proteins and 'good' carbohydrates (salads, non-starch vegetables and low sugar fruits). See: 'Not all Calories are the same', [May 2012](#).

These sources provide a steady input of energy, just as your body needs it. You will avoid the switchback of high-low blood sugar – especially the 'slump' after a meal containing high GI foods like whole grains.

Diet for Pregnancy

Q. *Is it OK for me to change my diet so dramatically when I am pregnant?*

A. It is even better to change your diet BEFORE you get pregnant. The reason operates at two levels.

First, you want to provide the best home for your fetus. For that you need to get your weight under control, have a good micronutrient status and have good blood pressure, triglycerides, glucose control, insulin control and so forth.

How do you do that? By living the way nature intended – the way we say. Learn from the story of the Australian Aboriginals who went back to living the forager lifestyle ('Food for Diabetics', page 2).

Secondly, and this is more worrying, we now learn that parents' (and even grandparents') poor lifestyles can afflict the child with a predisposition to many diseases. These are known as 'Transgenerational epigenetic effects' – see: 'Ancestor's Lapses Visited on us', [Dec 2010](#).

Of course, during pregnancy it is vital for baby's development to be nourished in the way nature intended – that means hewing to the Bond Precepts.

That way you will also avoid a peril of pregnancy: 'Gestational Diabetes' – [Oct 2012](#).



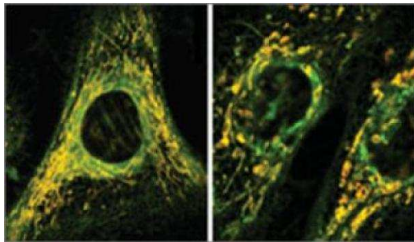
By the way, a new study finds that good control of insulin performs a vital role in making enough breast milk [6].

Don't omit either, the physical activity - and the sunshine to help prevent pre-eclampsia: 'Low Sunshine, Increased Pre-eclampsia', [Oct 2007](#)

See also 'Pregnant Women Should Eat Fish After All', [Oct 2007](#)

Briefing

Antibiotics Damage Cells



Healthy Cell Damaged Cell

Ever wonder how antibiotics kill bacteria? A few years back, Dr James Collins and his team at Harvard University found that they do so by causing oxidative free radical damage to the bacterium's DNA, enzymes and membrane. [7]

Collins then wondered if antibiotics do the same free radical damage to human cells.

Indeed they do, according to his latest study [8]. The photos above show the difference between a healthy cell and a cell damaged by an antibiotic course of treatment.

Over the years reports have piled up about antibiotic side-effects, including tendonitis, inner-ear problems, hearing loss, diarrhea, impaired kidney function, and other problems.

[See 'Antibiotic-caused Diseases', [Jan 2012](#)].

Collins thinks that oxidative stress is a major factor in many of them. [I think a massive die-off of gut bacteria largely explains the diarrhea.]

Intones Collins: "Doctors should only prescribe antibiotics when they're called for, and patients should only ask for antibiotics when they have a serious bacterial infection."

My View? I would be even stricter - reserve these precious medications for life-threatening infections. See 'Antibiotics and Tonsillitis', [Feb 2009](#).

Sunshine's Vital Human Role

Outdoor Life for Eyesight

Frank Marlowe observes of the Hadza foragers of Tanzania:

"Due to their foraging lifestyle they have extremely good eyesight..." [9].

In fact all observers of hunter-gatherers find the same thing. So why, in our own societies, do so many people, even children, require glasses?

Dr Kathryn Rose of University of Sydney, Australia, examined ethnic Chinese children in Singapore and in Sydney. She found that the Singaporeans had 10 times the frequency of myopia compared to their compatriots living the Australian way of life. She concludes that the dominant explanation is the Australian outdoor life [10].

In subsequent study, Dr Amanda French, also of Sydney University, studied ethnic European children from Northern Ireland (UK) and Sydney [11].

She, too, found that the incidence of both myopia and astigmatism were far lower in Sydney. The most plausible factor is the much greater proportion of time the Sydney children spent outdoors in bright sunlight.

These findings chime with those of Dr Libertini ('Sunshine needed to Develop Eyes', [June 2013](#)). He finds that even new-born

babies need good outdoor light levels for their eyesight to develop properly.

Book Review VII

The World until Yesterday

Jared Diamond

New Guinea forager lessons for us today. Cont. from [last month](#).

Recommendations

Traditional peoples have been unconsciously executing thousands of experiments on how to operate a human society and we can learn lessons for the way we do things.

But Diamond admits that it's hard to raise American children like New Guinea children when no one around is doing the same.

On the other hand, he favors on-demand nursing which, with the right determination, is within the possibilities of most mothers.

Like foragers, grandparents can make themselves useful by "easing the lives of their working adult children and enrich lives of their grandchildren and of themselves by providing high-quality one-on-one child care to their grandchildren".

Just like many observers (e.g. Daniel Everett, [Oct 2011](#))

Diamond notes that foragers are well-adjusted and at ease with themselves in ways that are rare in Western societies.

He sums it up like this:

"Foragers are socially rich and economically poor; Westerners are the opposite."

My View? This book is an easy read yet has eye-opening notions – especially for those unfamiliar with the wondrous insights gained from an understanding of where we come from and the lessons for us today.

Diamond marshaled the material to launch a real questioning of modern industrial society – Huxley's 'Procrustean Bed' ([Dec 2012](#)). But in my view he pulled his punches. Even so - as a UCLA professor he pushed the p.c. envelope as far as he dare – so well done.

Continued from Page 1**Mediterranean Diet Nixes CVD**

The subjects were told to eat LESS THAN 1 drink per day of soda drinks and LESS than 3 servings per week of bakery, pastry, and sweets.

The subjects were told to AVOID: French fries, potato chips, cream, butter, margarine

The subjects were ALLOWED to eat as much as they liked of Eggs, Dark chocolate, Whole grains, Pasta, Rice, Seafood

My View? I was struck by the prodigious quantities of olive oil – each household took in 1 liter per week! The researchers had the idea that extra virgin olive oil is rich in heart-healthy phyto-nutrients.

But the dieticians were obliged to reassure the subjects that this high intake of fat would not necessarily put on weight (see '*Not all Calories are the Same*' [May 2013](#)).

I was surprised to see dark chocolate given free rein. It was

only 50% cocoa solids too. And whilst 'not all calories are the same', the test subjects did not lose weight either [12].

Another noticeable feature – the absence of DAIRY. Otherwise, the diet is almost a commonplace (see Diamond's '*Feeding Patterns*', [July 2013](#)).

Of course, we would criticize the whole grains and the beans. But hey – AT LEAST ONE glass of wine a day can't be bad!

Continued from Page 1**Moonstruck Sleep**

This lunar rhythm could have synchronized human behaviors for reproductive or other purposes, much as it does in other animals.

The researchers speculate that the moon has power over other aspects of our behavior as well, such as our cognitive performance and our moods – but all that will need more study.

In an earlier study, Dr Russell Foster of Oxford University, UK, reviews how the seasons as well

as circadian rhythms influence our behavior and health factors. There is strong correlation between many diseases and birth month. For example those born in the summer are more likely to suffer asthma, autism and MS. Those born in the early months of the year are more likely to get Crohn's disease, Alzheimer's and Bipolar disorder. These are correlations not causation, but nevertheless give pause for thought. Details in the paper on our website [13]

Upcoming Event**Details and updates:**

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

LECTURE: (Open to the public) **October 9, 2013, Oxford, UK**

Place: Green-Templeton College, Oxford University, UK.

Title: Longevity and healthy lifespan– Darwinian insights into living to your genetic potential.

Info & Reservations:

Mary Perryman

mary.perryman4@gmail.com



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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2 Anna Wirz-Justice et al. Evidence that the Lunar Cycle Influences Human Sleep. *Curr Biol*. 2013 Aug 5; 23(15):1485-8.

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reversion to traditional lifestyle. O'Dea K. Text: [#94](http://bit.ly/Bond-science)

5 <http://www.uggfoods.com/>
6 Laurie A. Nommsen-Rivers et al. RNA Sequencing of the Human Milk Fat Layer Transcriptome. *PLoS ONE*, 2013; 8 (7): e67531.

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11 Comparison of refraction and ocular biometry in European Caucasian children living in Northern Ireland and Sydney, Australia. *Invest Ophthalmol Vis Sci*. 2012 Jun 26;53(7):4021-31. French AN et al.

12 Gina Kolata, NYT, Feb 25, 2013 <http://nyti.ms/15BOvoH>

13 Human Responses to the Geophysical Daily, Annual and Lunar Cycles; Russell G. et al. *Current Biology*, Vol 18, Issue 17, 9 Sept 2008, pp R784-R794. Full Text: [#93](http://bit.ly/Bond-science).