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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

Cutting Edge Updates: Exercise for Cognitive Function; Antioxidants as Antidepressants. **Evolutionary Biology:** Pregnancy – Duration Variation. **Viewpoint:** 'Poison is in the Dose' & The Safe Zone. **Recipe:** Poppy-seed Coconut Bar. **Q&A:** What's for Breakfast? Powdered Egg OK? Is Fluoride Good or Bad? Coconut Aminos: Soy Sauce Substitute? Sugar in Fruits, Mercury in Fish (again) **Letter:** Rheumatoid Arthritis. **Briefing:** Breast Cancer Screening – more trouble than it's worth? High Protein Diet doesn't Build Muscle. **Events.**

Cutting Edge Updates

On a recent trip to UK, Heather Bird kindly invited me to attend her Anti Ageing Conference [17] (at which I had given keynotes in [Sept 2009](#)). I could only spare a few hours but heard some stimulating lectures:

Cognitive Function

Prof Christophe de Jaeger [1], Paris, France, cited his studies which indicate that, to retain good cognitive function, the single most important lifestyle factor is AEROBIC physical activity. This should be at least 30 minutes at 60% of maximum intensity, at least 4 days a week.

Antioxidants as Antidepressants

Prof Giovanni Scapagnini [2], Catania, Italy, cited his and other studies which find that people with good antioxidant status are less depressed [3, 4]. Mediterranean diet, curcumin (the yellow herb in curry) and saffron have proven efficacy. Good antioxidant and fish-oil (DHA) status is linked to brain and memory function [5, 6]. The idea that we need to boost antioxidant intake is a commonplace. However Scapagnini made the important point that we can OVERDOSE on them. That, indeed, antioxidants need to be IN BALANCE with oxidants – also known as 'free radicals'.

My View? Another peril of supplementation! Just eat like we say, and the balance works out just fine.

[Next month:](#) omega-3/eyes, telomeres, extreme ageing.

Evolutionary Biology

Pregnancy: Duration Variation



In forecasting the delivery date for a pregnant woman it seems we have to allow more latitude.

According to new research, the length of a pregnancy can vary by as much as five weeks [7].

For greater accuracy, the researchers registered date of ovulation rather than last menstrual period.

The MEDIAN length from date of ovulation to birth was 268 days but normal births could vary by up to 17 days on either side.

Was there any pattern to this? The researchers also registered the date of IMPLANTATION of the embryo. The longer the delay, the longer the pregnancy.

Older women had longer pregnancies as did overweight ones. On the other hand individual women tended to be consistent from one pregnancy to the next.

My View? As we medicalize every aspect of our lives, including pregnancy, we expect it to become scientific and predictable. We have to break this mentality and realize that we are part of a messy, chaotic state of nature.

Viewpoint

'Poison is in the Dose' and 'The Safe Zone'

In nature we live in a truce with a huge variety of naturally occurring chemicals. Our bodies handle them fine provided the dose is within 'natural' norms – the 'Safe Zone'.

This is a vital notion: if you gradually reduce the level of a poisonous dose of such chemicals you suddenly BREAK THROUGH into the safe zone.

Such, e.g., is the case with fluoride (p.2), mercury (p.3), and chlorine ('Chlorine and Drinking Water', [July 2013](#)).

But the default mentality thinks that there is some risk WHATEVER THE DOSE - all the way down to zero. This is known as the 'Linear No-threshold Model' and it leads to some 'Worthy Idiot' pronouncements. For example the USA's National Institutes of Health (no less) deem sunshine unsafe at any dose! [8].

Another example is our attitude to radioactivity which, as we shall see, has been molded by Worthy Idiots.

First, it is worth knowing that the whole world is bathed in low-level radioactivity. SO OUR BODIES KNOW HOW TO HANDLE THESE DOSES.

Second, a team led by the eminent geneticist James Neel's studied for DECADES irradiated Japanese who survived the consequences of the nuclear bombing. He found, surprisingly, that most of them had no adverse effects [9]. **Cont p 4.**

Food Ideas

This recipe is inspired by Jeanne Bouvet, whose French cookbook 'La Méthode Bond' will be published very soon.

Nicole's new cookbook 'Paleo Harvest' will also be published within weeks.

Oriental Cauliflower Soup **Yield: up to 6 servings**

Olive oil spray
1 white medium onion (about 5 oz), chopped
1 clove garlic, sliced
4 celery stalks (about 4 oz), sliced
 $\frac{3}{4}$ pound cauliflower florets, fresh or frozen
3 cups water
 $1\frac{1}{2}$ cups light coconut milk
2 tsp. mild curry powder to taste
1 tsp. ground coriander to taste
Salt, to taste
Ground black pepper, to taste
2 Tbsp. chopped fresh cilantro

1. Spray a non-stick frying pan with the olive oil and sauté the onion, until soft and translucent.
2. Stir in the sliced garlic and celery and sauté for 3 minutes on medium-high heat.
3. Mix in the cauliflower florets. Add the water and coconut milk. Season with the curry, coriander, salt and pepper.
4. Cover, bring to boil and simmer gently for about 35 min.
5. Purée the cauliflower mixture in your blender (or food processor), until smooth.
6. Prior to serving, sprinkle with the chopped cilantro.

Questions

What's for Breakfast?

Q. *What can I eat for breakfast apart from eggs any style?*

This question shows just how well the marketing men have, just in my lifetime, brainwashed

us. Yes, there WAS life before cornflakes and rice krispies!

For example, I remember my grandparents having for breakfast: poached haddock with grilled tomatoes, grilled mushrooms and grilled onions. That's perfectly conforming!

There's a lesson here: you can eat for breakfast anything that you would eat at any other meal too.

In Asia a local option can be shrimp and vegetable stir fry. In Africa (where I spent many years) it was common to have a big salad with roast guinea-fowl (read local chicken).

Or we can be like the hunter-gatherers – often, first thing in the morning, they would hie to the nearest fruit tree and start picking berries. We prepare a plate of low glycemic fruit (e.g. berries) – and eat that throughout the morning – see *Sugars in Fruit* p. 3.



Or, last but not least, how about a great continental breakfast? – Coffee and a guilt-free [Ugg muffin](#)! [10].

See too 'Breakfast Ideas', *Deadly Harvest*, [Chapter 7](#), p. 160.

Powdered Egg OK?

Q. *I have bought a cake mix which has dried whole egg in it. Is this as good as fresh egg?*

A. Not quite. From a purely nutrient point of view, most of the vitamins, minerals, proteins and fats survive the drying process. However most of the vitamin E is destroyed [11]. Other factors are less easy to pin down. Serious research was done during WWII when dried egg powder was a subsistence food [12]. Since then, the chief result concerns the production of

harmful Advanced Glycation Products (AGEs) [13]. See 'What are AGEs?' [Dec 2011](#).

A secondary consideration is this: you lose control over the quality of the egg. You want to use omega-3 eggs, preferably free-range and organic. It is unlikely that the dried egg has these qualities.

Is Fluoride Good or Bad?

Q. *I read in a recent review that higher fluoride exposure is linked to lower IQ and brain damage [14]. It also says that tooth protection is a fallacy.*

A. The review you mention is a newsletter by a Dr Jonathan Wright. His article leaves the impression that ANY level of fluoride is poisonous. In my view this is alarmist.

I wrote fully on this subject in 'Fluoride', [July 2002](#). Briefly: fluoride is an element that is omnipresent in the earth's environment, including our ancestral homeland.

So our bodies know how to deal with it. However, it is not essential to its workings and, in doses markedly exceeding natural levels, the body's capacity is overwhelmed. This produces toxic effects [15]. Amongst these are neuro-toxic ones which undermine brain function.

It does have beneficial effects too: for example it detoxifies aluminium, a factor in Alzheimer's disease. And, yes, it combines with tooth enamel to make it tougher.

But as Dr Wright observes, the real problem with caries (cavities) is diet – notably fermentable carbohydrates (sugars and starches). I wrote about this in: 'Sugar drowns out Fluoride', [June 2001](#).

Finally, I do agree with Dr Wrights main agenda – the fight against water fluoridation. We should have control over what we put in our bodies. So I, too, am against the State blindly mass-medicating its population. See: 'Poison is in the Dose' p.1.

Coconut Aminos: Soy sauce substitute?

Q. What is in coconut aminos? Is there any point in them?

A. They are made from aged coconut sap to which salt has been added. They contain small amounts of the amino acids 'glutamic acid' and 'aspartic acid'. These are both 'neuro-transmitters' meaning that they are involved in brain function.

Glutamic acid is the base for monosodium glutamate (MSG) the well-known flavor-enhancer favored in Chinese food.

Aspartic acid is, amongst other things, a component of the sweetener, Aspartame.

But the whole point about coconut aminos, as with soy sauce and 'Braggs Aminos', [Nov 2001](#) is to provide a SALT FLAVOR.

And that is the bottom line – they are just forms of liquid salt: coconut aminos at 1.25g/Tbsp, contain rather less than Bragg's (1.75g/Tbsp) or soy sauce (2.25g/Tbsp). But if you just shake on extra coconut aminos to achieve the same effect, then that is self-defeating.

But there are other angles too. Coconut aminos have no soy bean, so they are favored on doctrinal grounds by Paleo buffs; and they are not yeast fermented, so candida sufferers opt for them too – although I don't see how this makes any difference – candida fungus is not routinely used for fermenting anything!

Sugar in Fruits - Good or Bad?

Q. What do you say to others when they ask you the question "if sugar is bad for your health, why do you eat fruit? There is sugar in fruit!"

A. Indeed there is, but we tend to stick to low glycemic fruits (like most berries), go easy on the medium ones like apples and oranges – and avoid high sugar fruits like pineapple and melons. Having said that, the 'glycemic load' of most of these fruits is quite low. That is to say, you

have to eat quite a lot to get a sugar rush.

Mercury in Fish OK (again)

In [July 2013](#) (*Fish still OK*) I opined that mercury in fish is not a problem. Confirmation has come from another quarter.

Researchers find that 93% of the mercury in women's bodies comes from over 100 sources OTHER than fish – notably herbal teas, wine and beer [16].

The researchers conclude: "We have previously found that eating fish during pregnancy has many health benefits for both mother and child. We hope many more women will now consider eating more fish during pregnancy."

Letter

Rheumatoid Arthritis



Dr Stephen White was in the audience when I gave a CME (CPD) lecture three years ago in West Hills Hospital, CA, USA.

"I am a rheumatologist.
"Lately, a large number of my patients have informed me that they voluntarily eliminated dairy and/or carbs from their diet, and their rheumatoid arthritis subsequently improved.
"It's nice to see that these ideas are going mainstream."

- Stephen R. White, M.D, West Hills, CA, USA.

My Response: Rheumatoid arthritis is reckoned to be an autoimmune disease where the body's immune system mistakenly attacks joint tissues.

Probably this happens because of lifestyle errors earlier in life. It is encouraging that the process can, apparently, be reversed.

Certainly, living the way we say will dramatically reduce inflammation, swelling, and pain sensitivity.

Briefing

Breast Cancer Screening: More anxiety than it's worth?

At my keynote lecture at the London Antiageing Conference [17] four years ago, I created a small stir by pointing out a little secret: breast cancer screening has far more FALSE positives than TRUE positives! As a result, a high proportion of women go through a traumatic time while they have more tests.

At the time, one of the conference moderators, Dr Patrick Kingsley, observed that, because of this, the UK's National Health Service (NHS) is even contemplating abandoning routine breast cancer screening.

That day is coming closer with the publication of their guide 'NHS Breast Screening – helping you decide' [18].

In it they inform women that some 75% of 'positives' are, in fact, false.

Worse than that, of the 'true' positives, only 25% would have led to a life-threatening cancer. The other 75% of women so diagnosed would have quite unnecessary treatment.

Put another way, three out of four women diagnosed with breast cancer don't have it. Of those who do show cancerous cells, a further three out of four have aggressive treatment for something which, if left alone, would have stayed benign.

I had several objectives in making these points:

- Most health professionals don't understand the statistics,
- Many screening programs are very fallible, leading to unwonted worry and aggressive, unnecessary treatment.
- Bacteria and viruses are evolving all the time in an arms race with our immune system. New variants will sometimes break through our immune's defenses.
- But, to our immune systems, cancer phenomena are a KNOWN QUANTITY. Immune cells have met

cancer cells in battle over eons and KNOW WHAT TO DO.

So, if you live the way we say, you can be reassured that your immune system is knocking out cancers as fast as they arise. That way you can remain FREE of concern about cancer, and FREE from screening worries!

High Protein doesn't Build Muscle

In [Feb 2013](#) (*Body-building & High Protein Drinks*) I remarked that you can't build muscle by 'pushing' protein into it.

Yet another study finds that upping protein intake from 1.6 g per kg of bodyweight to 2.4 g per kg failed to bring any increase in muscle mass [19].

HRT OK After all

As far as we can tell, forager women had little trouble with menopause and, in theory, the Bond Precepts should be equally effective.

Be that as it may, our readers might like to know that the British Menopause Society has rehabilitated HRT [20].

Basically, they say that the risks are minimal and are far outweighed by the benefits.

However, HRT should be individualized to the patient.

Read full text here: http://bit.ly/Bond-science_#98

Upcoming Events

Details and updates:

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

LECTURE: (Open to the public) **November 29, 2013,**

Place: Droushia Heights Hotel, Droushia, Paphos, Cyprus.

6:00 pm: Our Ancient Past Programmed us for a Long Life and Lived in Good Shape to the End - and How to do it today.

Info & Res: Philippos Drousiotis p.drousiotis@dhcyprotels.com

LECTURE: (Open to the public) **January 15, 2013, Oxford, UK**

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

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

Info & Res: Mary Perryman mary.perryman4@gmail.com

Continued from Page 1

"Poison is in the Dose"

Even babies were born normal. Neel uncovered the fact that the

body has well-honed machinery to repair radiation damage to DNA. In spite of Neel's representations, regulators in the 1950s adopted the no-safe-dose model.

In a recent peer-reviewed article 'How the US National Academy of Sciences misled the world community' [21], toxicologist Edward Calabrese re-affirms Neel's concerns.

In particular decisions about nuclear power, disposal of nuclear waste and so forth are, consequently, not only eye-wateringly expensive, they are highly politicized and create a sense of neurosis. Says Calabrese:

"All of our rules about low-level radiation are based on UNVALIDATED ASSUMPTIONS and NO SOUND EVIDENCE.

"After all these years, when people have been frightened to death of any exposure whatsoever, to persuade them that we don't need to be scared by low-dose exposures, is hard."



Deadly Harvest: Geoff's latest work encapsulates current thinking on lifestyle anthropology. www.deadlyharvest.com

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