



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

**Beware Media Hype:** Doc – Saturated Fat OK – Really? **Recipe:** Spicy Christmas Cookies. **Cutting Edge Updates:** Omega-3 Mega-doses Treat Eye Disorders. **Q&A:** What can I do About Colds? Biotin & Nail Health; Pumpkin – a 15% Lapse for Halloween. **Strategies:** The 80-15-5 Rule. **Big Pharma in the Dock:** Statins affect Memory. **Letters:** Breast Screening Risks; Clarity on HRT & Menopause. **Myth-busting:** Melanoma – of the Gums. **Recipe News:** Paleo Harvest Coming. **Events:** Droushia; Oxford; California. **Bond on the Web:** Book Review; Ugg Q&A video #1; Ugg Lecture, part I

## Beware Media Hype

**Doc: Saturated Fat OK – Really?**  
“Top heart doctor: Unprocessed fatty foods may actually be good for you!”

“Experts claim eating high-fat foods such as butter and cream may be better for health”

“Doctors claim it is time to ‘bust the myth’ of the role of saturated fat in heart disease”

Such is a small sample of media headlines recently. Understandably, people are confused.

So what is going on? The media, ever in search of a sensation, seized on a recent opinion piece [1] in the British Medical Journal, the UK doctors’ trade magazine. [Read it here: [#101](http://bit.ly/Bond-science)]

Note: this is an OPINION PIECE albeit written by an eminent heart doctor, Aseem Malhotra. So this is not a study, gold standard or otherwise. But what does Malhotra really say?

Actually, his title sets a tone with which we can agree: “Saturated Fat is not the major issue”.

In other words, when it comes to heart disease, there are many other things to worry about of which saturated fat (‘SatFat’) is only one player. Mostly he has sensible things to say:

- The demonization of fat (all kinds) has led food manufacturers to replace it with sugars.
- Sugars are a major cause of heart disease. **Cont. p 3.**

## Recipe

### Spicy Christmas Cookies



*Cookies before chocolate coating*

**Yield:** up to 25-30 small cookies

This is a recipe from Nicole’s new cookbook *Paleo Harvest* (page 4).

*It has all those wondrous spices redolent of Christmas: cloves, aniseed, ginger, nutmeg, rose water and so forth. Enjoy at any time of the year!*

- 2 eggs, omega-3
- 4-5 tablespoons diabetic orange marmalade, to taste
- 1¾ cup almond flour (about 7 oz)
- 4 tablespoons olive oil
- 2 tablespoons rose water
- 1 tablespoon ground cinnamon
- 2 teaspoons nutmeg
- 1 teaspoon allspice
- 1/2 teaspoon ground cloves
- 2 teaspoons ground ginger (or 1 teaspoon freshly grated ginger)
- 3 tablespoons sesame seeds
- optional (depending on taste): 2 tablespoons aniseeds

#### Coating:

- ½ of a 3.5-ounce bar dark chocolate, min. 75% cocoa solids
- 1 teaspoon orange extract
- 3 tablespoons orange juice
- 1 tablespoon rum, dark and flavorful

**Method: Cont. page 3**

## Cutting Edge Updates

More insights from the Anti Ageing Conference [2] [last month](#):

### Omega-3 Mega-doses Treat Eye Disorders

Dr Barry Sears (he of *The Zone* fame) gave the keynote talk.

His theme concerned his experiments using ‘pharmacological doses’ of omega-3 fish oils to treat eye disorders. That is, using fish oil as medication.

By such doses, he means some 10 grams per day. This is A LOT – equal to eating 1lb of salmon or herring per day. Not impossible but hardly realistic.

Sears describes how such doses treated macular degeneration, retinitis pigmentosa, diabetic retinopathy, severe dry eye syndrome and optic nerve degeneration.

He points out that the brain has the highest concentrations of omega-3 fatty acids in the body, notably the fish-oil EPA (‘eicosapentaenoic acid’) – and that these diseases are provoked by a CHRONIC DEFICIT of EPA in particular. This deficit allows a state of chronic inflammation to take root. And it is the inflammation which is the major factor not only in these diseases but many others.

I asked Dr Sears if he took into account the omega-3/omega-6 fatty acid ratio. He went further and said that he took into account the EPA ratio with arachidonic acid (AA) [3].

**Cont. page 4.**

## Questions

### What can I do about Colds?

**Q.** *In spite of living in southern California, I have colds and sinus infections because, I believe, of close contact with our young grandchildren. Any recommendations to keep me away from our doctor and his antibiotics? Is sugar a culprit? Is high humidity a contributing factor?*

**A.** Colds and suchlike are a hazard when I visit London and spend time cooped up in Tube trains with many spluttering denizens.

So, avoiding infected persons plus living in a sunny place with plenty of fresh air (like you do) is part of the strategy.

Being totally clear about it, the only defense we have against colds and suchlike is our immune system. And to have a fully functioning immune system we have to live the way we say. One can't finger just one or two factors although, of course, sugar (and starch) is one small factor in undermining immunity through the effects of hyperinsulinemia.

As for humidity, I don't see that as being a significant factor.

### Biotin & Nail Health

**Q.** *In spite of wearing gloves for washing up, my nails were split, soft and snagged easily. I saw an advert for a biotin supplement. Within a few days my nails were growing strong and healthy. It says that biotin occurs naturally so why do some of us lack it?*

**A.** Biotin is a B vitamin and, in theory, it's hard not to have enough of it in the diet. However, there are a few studies on biotin supplementation which show positive results for nail health [4]. Although biotin is common feature of the diet, it occurs mainly as the precursor 'biocytin'. Some bodies have problems converting the biocytin into biotin.

The knowledge on all this is weak but, if the supplements work, good for you!

### Pumpkin - a 15% Lapse for Halloween

**Q.** *You frown upon pumpkin as a food - but would it be all right to make an exception for Halloween? What about other gourds like butternut squash? You rank summer squash as 'Good'.*

#### Pumpkin

In my [traffic light shopping list](#), I class pumpkin as amber-red ("Avoid"). This is due to its high glycemic INDEX (not to be confused with glycemic LOAD - see later) of around 75 - which is more than bread or potato. It has a 'moderate' glycemic LOAD (GL) of 12 for an 80 gram (3 oz) portion. (See '[Glycemic Load](#)', [Feb 2004](#))

So in cases like this I take the view that, for healthy people and when it comes to a special occasion (like Halloween), then a modest (80 gram) pumpkin ration falls in the 15% lapse category (see '[80-15-5 Rule](#)' this page).

However, this does not endorse pumpkin as 'OK' - it is not a conforming Bond Precept food.

#### Summer Squash



The summer squash in question is what the English call 'vegetable marrow'. Marrow is a different category of squash (basically a full grown zucchini).

It is harvested before it grows a thick rind and has become starchy. It is indeed conforming, and I class it 'Green' ("Good") in my [shopping list](#).

**Butternut Squash** is the only conventional squash for which we have a GI (51). This puts it in the High Borderline by my lights but still quite a bit better than pumpkin. Moreover it has a GL of just 3 for an 80 gram

portion. In other words one has to eat a substantial portion to get a worrying sugar rush.

We don't have GIs for Acorn, Indian, Spaghetti and other squashes. All we have are estimates of Glycemic Load which are also low (3 - 5) for an 80 gram portion.

So my approach to these squashes is one of defensive suspicion. We don't seek them out but, if they are put in front of us, we eat a modest portion.

## Strategies

### The 80-15-5 Rule

The full-blooded Bond Precept eating pattern can seem very daunting. I see it on the faces of some of my audience when I give a talk.

So, to give them some encouragement I tell them that, "You don't have to be perfect, you just have to be good enough".

"You don't have to be perfect, just good enough".

How does that work in practice? As a rule of thumb I quote the '80-15-5 rule'.

That means that, if 80% of what you do is spot-on, then 15% can be a minor lapse and 5% is reserved for major lapses - special occasions like birthdays and Christmas. (See: '[Pumpkin - a 15% lapse for Halloween](#)', this page)

But after lapses, always make sure to get back on track! And if you have a life-threatening disease, think twice before even going there.

## Big Pharma in the Dock

### Statins Affect Memory

In a study remarkable for NOT being funded by a pharmaceutical company, researchers find that the statin Pravastatin causes memory impairment [5].

The good news is, if you stop taking it, memory comes back.

**My View?** Actually, the list of possible side effects from statins

is very long, but largely downplayed officially.

Statins work by suppressing the enzyme *HMG CoA Reductase*. But like just about everything about our biochemistry it is multi-function. Suppress it and you stop it doing its job in a huge variety of other essential operations. Hence the side-effects

So I completely endorse Dr Malhotra's criticism of the "statin industry multi-billion dollar juggernaut" (See '*Doc: Saturated Fats OK - Really?*', this page)

### Letters

#### Breast Screening Risks

"Thank you for yet again a very informative Briefing ([last month](#)). I especially like your comments on the risks of breast cancer screening, and the harm caused by the false positives.

"I thought you'd be interested in the article [6] which shows there is a small but still significant number of breast cancers either CAUSED by annual screening, or cancers that the body's immune system would have gotten rid of otherwise."

#### Clarity on HRT & Menopause

"I also want to comment on menopause hormone replacement ([last month](#)).

"The Women's Health Initiative reported in 2002 had POORLY ANALYZED STATISTICS.

"Ever since, it has been a CHALLENGE EDUCATING PHYSICIANS as well as the general public regarding the true risks and benefits of HRT.

"Thank you for bringing this out in your last Briefing."

- Dr Rita Stec, Women's Wellness Center, CA.  
[www.ritastecmd.com](http://www.ritastecmd.com)

**Comment:** Have a breast scan and INCREASE your chance of getting cancer? That pesky Law of Unintended Consequences!

### Myth-busting

#### Melanoma - of the Gums



In '*Fear not Melanoma*' [Jan 2013](#), I make the point that melanoma is just as likely to occur in areas of the body that NEVER receive sunlight.

This image is of a Chinese man who had melanoma of the gum [7]. Surgeons removed the affected gum plus a 2cm margin around.

The man refused chemo- and radio-therapy but after six months he was still clean.

The doctors don't speculate what, if anything, triggered the melanoma. But, as I say, cells are going pre-cancerous all the time. We rely on a fully functioning immune system to mop them up.

**Moral?** Your best defense against melanomas is to live like nature intended - like we say.

#### Continued from Page 1

#### Doc: Saturated Fat OK - Really?

- Not all calories are the same. (See also [May 2013](#)).

- Two thirds of patients admitted with heart attack have metabolic syndrome (basically blood sugar levels out of control - see *Deadly Harvest, 'Syndrome X'*, [Ch 8](#), p 188).

- But 75% of them have NORMAL cholesterol levels.

- The demonization of cholesterol is misplaced.

- The statin industry is a multi-billion dollar juggernaut peddling a drug with dubious benefits and down-played side-effects (see '*Statin Affects Memory*', page 2)

- Adopting a Mediterranean diet is THREE TIMES more effective than taking statins. [Right on - Bond Precepts are even better!]

- Doctors need to embrace prevention as well as treatment. So what got the headlines? The media seized on two small points:

a) Saturated fat does NOT increase 'bad' LDL cholesterol. [This is not controversial. SatFat's problems lie with other factors like inflammation]

b) An observation where, in my view, Dr Malhotra unwisely strayed outside his area of competence.

He opined that dairy products contain useful compounds like vitamins A, D, and calcium and that these may benefit cardiovascular health more than their saturated fats harm it.

So... The media loudly proclaim that, after all, it is OK to eat butter, yogurt and cheese!

**My View?** In addition to his unguarded comments about dairy products, the mischief arises from Malhotra's bracketing of all saturated fats together.

As I've explored many times, some fats (of animal origin) like myristic acid and palmitic acid, are heart-harmful. Others, like stearic acid are OK.

Saturated fats of plant origin (like coconut oil and cocoa butter) are passable.

**Moral?** Don't let your guard down. The Media's first priority is to SELL PRODUCT - and objective truth rarely helps them do that.

#### Continued from Page 1

#### Spicy Christmas Cookies

1. In a medium mixing bowl beat the eggs and orange marmalade (to taste) with an electric hand-mixer. Blend in the almond flour, olive oil and rose water. Mix in the cinnamon, nutmeg, allspice, cloves and ginger. Stir in the sesame seeds and (optional) the aniseeds. Blend to obtain a "thick dough".

2. Line a baking tray with non-stick baking paper. Shape approximately 25-30 small cookies by hand (or

with the help of a 2-inch cookie cutter) and spread out on the baking paper.

3. Bake in a hot oven at 340°F (170°C) for about 15 minutes. Check cookies for doneness.

**Coating:** 4. Break the chocolate into small pieces and put into a small microwave-proof bowl. Add the orange extract, orange juice and melt the mixture in the microwave at half power (about 300 watts) for approximately 1½ minutes, stirring once halfway through, until the chocolate is melted. Stir in the rum.

5. Coat the upper-half of the cookies with the chocolate mixture. Let them cool.

**Continued from Page 1**

### Omega-3 Mega-doses Treat Eye Disorders

AA is the fatty acid that creates all the mischief of omega-6 oil. It releases powerful hormones which raise blood pressure, increase blood clots, depress the immune system, depress bone-building – and, yes, increase inflammation.

Dr Sears checks each patient for AA levels and doses the EPA accordingly to get a maximum AA/EPA ratio of about 2.

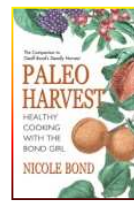
It is a sad reflection of the typical American's high intake of omega-6, that it takes 10 grams of fish-oil to do that.

**My View?** a) The AA/EPA ratio is an interesting twist on the omega-3/omega-6 balance. b) Dr Sears' company has responded to the demand for medical dose fish-oil by establishing a sideline in fish-oil supplements.

But our solution is the opposite: even-up the balance by cutting out excess omega-6 oil and, thus, its nasty arachidonic acid.

### Recipe News

#### Paleo Harvest Coming



Jeannie Tudor, the graphic designer for *Deadly Harvest* has done a fine matching cover for Nicole's new cookbook, *Paleo Harvest*

([www.paleo-harvest.com](http://www.paleo-harvest.com)).

*It contains over 170 tried and tested recipes including a completely new chapter on Breads, Cakes and Crusts. It will be published shortly with ISBN: 978-0-9927512-0-3*

Advance Orders:  
[admin@naturaleater.com](mailto:admin@naturaleater.com)

### 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.**

**Map :** <http://goo.gl/maps/rB53r>

**6:30 pm:** Our Ancient Past Programmed us for a Long Life, Lived in Good Shape to the End – and how to do it today.

**Info & Res:** Philippos Drousiotis  
[p.drousiotis@dhcyprotels.com](mailto: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](mailto:mary.perryman4@gmail.com)

### CME LECTURE TOUR

**January 20, 2013 – Feb 16**  
California, USA

### Bond on the Web

**Composite Book Review:**  
**The World until Yesterday**

Read the full composite of my 8 months serialization:

<http://bit.ly/Bond-reviews>

Also on Amazon:

<http://amzn.to/17a8P1e>

**Ugg Foods Information Series:**  
**YouTube Video**

**Q1.** (of 11) *If I stop eating dairy products, what do I eat to get enough calcium?* (5 mins)

<http://youtu.be/UhQQZnKK3xo>

**Lecture: YouTube Video**

Geoff Bond's lecture to an invited audience of Ugg Foods. It is a comprehensive overview of the lifestyle which nature intended – sometimes called 'Paleo Lifestyle'. (Part 1 of 3)

[http://youtu.be/BdRCOE\\_VUmM](http://youtu.be/BdRCOE_VUmM)



**Deadly Harvest:** Geoff's latest work encapsulates current thinking on lifestyle anthropology. [www.deadlyharvest.com](http://www.deadlyharvest.com)

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<sup>1</sup> Saturated Fat is not the major issue, Malhotra, A, BMJ, 2013;347:f6340 (Published 22 October 2013)  
<http://bit.ly/Bond-science> #101

<sup>2</sup> [www.antiageingconference.com](http://www.antiageingconference.com)

<sup>3</sup> Personal communication; 9 Oct 2013.

<sup>4</sup> Cutis. 1993 Apr;51(4):303-5. Brittle nails: response to daily biotin supplementation. Hochman LG et al.

<sup>5</sup> Emma S. J. Robinson et al. Chronic Pravastatin but Not Atorvastatin Treatment Impairs Cognitive Function in Two Rodent Models of Learning and Memory. PLoS ONE, 2013; 8 (9): e75467

<sup>6</sup> Radiology. 2010 Oct;257(1):246-53. Radiation doses and cancer risks from breast imaging studies. Hendrick RE et al.

<sup>7</sup> Gingival Melanoma, Wei Guo, Xin Wang, N Engl J Med 2013; 369:1452, October 10, 2013.