



The science & art of living the way nature intended

# The Bond Briefing

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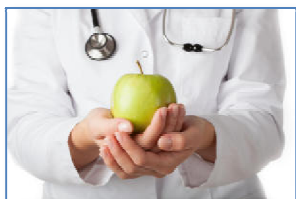


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Nature Beats BigPharma:** An Apple a Day keeps the Statin Away. **Evolutionary Psychology:** Green Spaces Deliver Lasting Mental Health Benefits. **Question of Month:** Paleo – No Easy Options. **Recipes:** Pizza Crust. **Q&A:** Chocolate Update; Garlic Pill-pushers; Mulberry Fruit. **News Shorts:** Blood-type Diet Debunked Again; High Protein Diets – Kidney Disease; Running is best for Breast Cancer Survival; Power Walking Helps Prostate Cancer. **Emperor's Clothes:** Doc – 3-Cups Milk Daily – Really? **New Bond Videos.** **Event Acknowledgements.**

## Nature Beats BigPharma

### An Apple a Day Keeps the Statin Away



Prescribing an apple a day to all adults aged 50 and over would prevent or delay around 8,500 deaths from heart attacks and strokes every year in the UK [1].

This compares favorably to giving statins to everyone over the age of 50 (whether they need it or not) – a measure seriously proposed by some worthy idiots. See: 'Big Mac with Statin Sides', [Sept 2010](#)

This study appears in the UK doctors' journal, BMJ. So just maybe the tide is turning on the statin juggernaut. After all, statins do not change overall mortality!

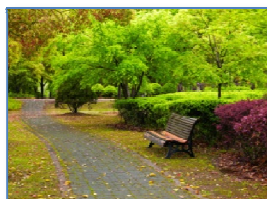
This means that people on statins die from other causes instead. Indeed, statin use significantly INCREASES diabetes for example [2].

See 'Statins Affect Memory', [Oct 2013](#) where I endorse Dr Malhotra's condemnation of BigPharma's attempts to medicate the entire population.

See too: 'New Cholesterol Guidelines', [Dec 2013](#).

## Evolutionary Psychology

### Green Spaces Deliver Lasting Mental Health Benefits



We feel this instinctively – green spaces are soothing and reassuring. They speak to the deepest parts of our psyche – it sees such scenery as 'home'. This latest study also finds that people who move to a greener area have a sustained improvement in mental health [3]. What is new is that the effect was long lasting and hadn't dissipated by the end of the study 5 years later. On the other hand, people who moved to a more built-up area suffered a drop in mental health.

**Moral?** Move to the leafy suburbs! But seriously, living in a psychologically conforming environment is a vital element in a healthy lifestyle. See also:

- *Green Spaces Lower Anxiety and Depression* [May 2010](#)
- *The Human Zoo*, [Dec 2005](#)
- *Nature Reduces Attention Deficit Disorder*, [July 2005](#)
- *Hospitals for Humans*, [Nov 2012](#)
- *Greenery Reduces Kids Obesity*, [Nov 2008](#)
- *Landscape for Mood*, [Oct 2006](#)
- *Alienation of Modern Life*, [July 2009](#)
- *Countryside/Mental Health*, [May 2007](#)

## Question of the Month

### Paleo- No Easy Options

**Q.** You seem more 'strict' than other Paleo sites. Others talk of the autoimmune protocol and say we should be eating butter, saturated fat and ghee.

*I find the Paleo lifestyle hard. Do you advocate any other paleo sources or do you consider yours is the only way?*

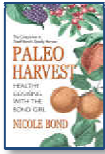
**A.** For three decades I have worked with intellectual honesty and scientific rigor, to build up an understanding of the Pleistocene lifestyle.

As far as I know, I am the only scientific authority who comes with a background of having lived and observed life in the African savanna.

Nevertheless, other thinkers like S. Boyd Eaton (a medical doctor) and Loren Cordain (an exercise physiologist) have, quite independently, come to broadly similar conclusions simply by reading the literature. Cordain then promoted these conclusions under the nickname 'Paleo' (for Paleolithic) lifestyle. But hardly has the ink dried on these ideas than well-meaning enthusiasts have adapted the Paleo principles to their own prejudices and beliefs.

Some have the mistaken belief that humans were cavemen designed to eat huge amounts of meat – preferably mammoth! – but if not, beef and pork will do just as well. **Cont page 4.**

## Recipes



Nicole's latest cookbook *Paleo Harvest* has over 170 new and updated recipes new using the latest ingredients. This recipe comes from a

completely new section: *Breads, Crusts and Pastries*: [www.Paleo-harvest.com](http://www.Paleo-harvest.com)

### Pizza Crust

**Yield: one 10-inch crust**

Conventional pizza is notoriously heart damaging, raising cholesterol levels and sending blood sugar levels sky-high. Enter our heart-friendly pizza crust! Low glycemic, diabetic friendly - it uses only conforming ingredients.

1 egg, omega-3  
1 tablespoon olive oil  
 $\frac{1}{4}$  teaspoon baking powder  
 $\frac{1}{4}$  teaspoon xanthan gum  
 $\frac{1}{4}$  teaspoon salt  
 $1\frac{1}{2}$  cups almond flour (about 6 oz)  
Optional: 1/3 tsp garlic powder

1. Beat the egg in a medium-size mixing bowl with an electric hand-mixer, together with the olive oil, baking powder, xanthan gum and salt. Add the almond flour and (optional) the garlic powder and blend until thoroughly combined to a pastry of thick consistency. Use your hands to knead the dough and form into a ball.

2. Place the dough between 2 sheets of non-stick baking paper and roll out into a 10-inch diameter circle.

3. Remove the top baking paper. Transfer the bottom piece of baking paper with the dough onto a baking tray (or alternatively you may want to flip over the rolled-out dough into an oiled, round 10-inch diameter baking dish). Using your hands, press to leave a low rim around the edges. Prick the bottom of the dough with a fork.

4. Bake in a hot oven at 320°F (160°C) for about 10 minutes, to set the dough.

5. Remove from oven and fill with favorite toppings while still warm.

## Questions

### Chocolate Update

**Q.** In [Ugg Foods](#) bakery, we use diabetic-safe maltitol sweetened chocolate. Its cocoa mass is 53% and the rest is mostly cocoa butter. What is cocoa mass? What is the importance of it relative to cocoa butter?

There are claims that "raw" chocolate is higher in anti-oxidants. What is it? – And is it?

**A.** Cocoa mass is ground up cocoa beans. Quite naturally, it is composed of about 50% fat ('cocoa butter') and 50% 'non-fat cocoa solids' (the stuff that makes it brown and which contains great micronutrients). Cocoa 'powder' is an intermediate product: cocoa mass with some of the cocoa fat removed.

Traditional dark chocolate is composed of cocoa mass plus cocoa butter plus a sweetener (most commonly sugar). The cocoa butter is added to improve mouth-feel and other characteristics.

We are cool about cocoa butter, (see *'Not all Calories are the same'*, [May 2013](#)) and the real villain in conventional chocolate is the sugar.

However, instead of sugar, you are using the 'safe' sweetener, maltitol. This is a non-digestible dietary fibre akin to xylitol. Although it is low glycemic, because of its mild laxative effect, it is preferable that maltitol be not more than 20% of the chocolate.

To make conventional cocoa mass, the beans are first fermented and then roasted. As such they have a high content of antioxidants and other wondrous micronutrients – and so does the chocolate made from them. But the micronutrients are only in the non-fat cocoa solids, whence the importance of cocoa mass relative to cocoa butter.

'Raw' chocolate is much promoted by raw-foodists who claim that it is yet higher in

micronutrients on the grounds that, in the making, the chocolate has not been heated above 42°C. However, I have seen no tests to back up these micronutrient claims.

One other point: some cocoas are 'Dutched'. This is an alkalizing process, invented by Hershey, which deepens the color but removes some of the micronutrients (see: *'Cocoa best not Dutched'*, [Feb 2011](#))

**My view:** There is no need to make a fetish of chocolate – just be careful – and, with the safe maltitol sweetener, this you have done.

### Garlic Pill-pushers

**Q.** I want to consume raw garlic for its health benefits but it is too hot and spicy for me. *Longevinex* ([www.garlizyme.com](http://www.garlizyme.com)) claims that their garlic pills can withstand the stomach's acidic environment. Your views?

**A.** The short answer is: "Don't waste your money".

But what is it about garlic? There is some evidence that eating garlic, preferably raw, has benefits in terms of blood thinning, reducing atherosclerosis, fighting cancer and as an antiseptic and antioxidant.

Garlic is a member of the allium family (genus) and these properties are possessed, to a lesser degree, by other allium members such as onions, chives and leeks.

Much effort has gone into identifying the chemical components which produce these effects.

Pill companies have focussed obsessively on a chemical called 'allicin'. In a test tube it does inhibit blood platelet stickiness (it is 'anti-thrombotic'). But allicin is highly unstable. Within seconds of crushing or cooking garlic, allicin decomposes into other compounds.

In real life, allicin cannot be the active agent [4]. This has not stopped pill peddlers like *Longevinex* from turning

somersaults to persuade us that their garlic pills preserve their allicin through the vicissitudes of the digestive tract.

But even if they do, the allicin does not survive metabolism into the blood stream [4].

In contrast, other garlic compounds – phenols, saponins, cinnamic N-amides, and sapogenins – have useful medicinal properties [5]. They have the advantage of not being pungent and are more stable to cooking [6]. In particular their antioxidant capacity is little affected [7].

**My View:** Eat garlic if you can, move on if you can't. After all, our forager ancestors managed without it!

Or very nearly – they did eat bulbs – of the lily for example [8]. So this mild form of allium (e.g. chives and leeks) is probably right for us too. In comparison, garlic is overkill.

### Mulberry Fruit

**Q.** *What do you think of mulberry fruit? – All right dried?*

**A.** Good. In fact I would bracket them with blueberries as being rich in wondrous micronutrients like anthocyanins and resveratrol.

Apart from that, they appear to help control blood sugar [9] and obesity [10]. This is in spite of their borderline 8% sugar content.

Dried, they appear to keep most of their healthful properties [11].

### News Shorts

#### Blood-type Diet Debunked Again

In 'Blood Groups and Evolution', [Jan 2000](#), I exposed the false premises of the Blood Type Diet. In particular, contrary to author D'Adamo's claim, the ABO blood groups have been around since the dawn of time.

And, just as surely, down through evolutionary history our ancestors were not eating according to their blood type – how were they to know!

Even so, researchers still get grants to test out the theory. The results of the latest study were again negative [12].

So the researchers at the University of Toronto, Canada, confirm, "we can be confident that the blood type diet hypothesis is false."

#### High Protein Diets: Kidney Disease

[Last month](#) I reported on the champion cyclist, Njisane Phillip, who suffered kidney failure on a high protein diet.

Now yet another study confirms the dangers of a high protein intake (e.g. Dr Dukan Diet) [13].

Apart from damaging kidney function, it promotes the production of kidney stones.

Lead researcher, Dr Virginia Aparicio, observes that the negative effects can be mitigated by a large intake of fruits and vegetables which compensate for the acidity of the protein diet.

**My View?** Dr Aparicio is right about the antidote effects of fruits and vegetables. But the key is to eat just a moderate amount of protein in the first place.

#### Running Best for Breast Cancer Survival

Previous studies have shown that breast cancer survivors who meet the current exercise recommendations (2.5 hours of moderate intensity physical activity per week) are at 25% lower risk of dying from breast cancer.

Now a new study finds that women who RAN over 2.5 miles per day were at 95% lower risk [14]. This is a huge benefit of running over walking.

#### Power Walking Helps Prostate Cancer

Men who exercised by walking fast (3.3-4.5 mph) had better blood vessel development in their prostates compared with men who walked slowly (1.5-2.5 mph). Doctors think that this might explain how exercise is linked to improved outcomes for men with prostate cancer [15].

**My View?** Yes, our bodies are designed on the assumption that there will be a good level of physical activity. If not, things go wrong.

### Emperor's Clothes

#### Doc: 3-Cups Milk Daily – Really?



#### COWS MILK

Contains pus, antibiotics, and cow growth hormones. It embodies emotional suffering for cows and calves. If you can read this (i.e. over the age of 5), even human milk is bad for you.

Dr David Ludwig, writing in the authoritative US doctors' trade journal JAMA, questions the health authorities' recommendations that people should consume 3 cups of reduced fat milk daily [16].

He notes that children prefer the sweetened variety of semi-skimmed milk – but by doing so they are exchanging 3g of fat for 13g of sugar.

Ludwig goes on to say that the decades-long demonization of fat has only served to increase obesity [17]. How? Because food manufacturers have replaced the fat with sugar!

But more interestingly he says:

- That humans evolved without dairy products – and as such, humans have no need for them.
- That, quite naturally, cows' milk contains powerful growth hormones designed to turn a calf into a cow as fast as possible.
- Modern methods with regular pregnancies drives high levels of cow sex hormones in the milk.
- Dairy consumption provokes:
  - cancers, notably of the breast and prostate [18]
  - osteoporosis [19].

**My View?** Welcome to the club!

### New Bond Videos

#### Ugg Foods Information Series

**Q7.** "Apart from eggs, what can I eat for breakfast?"  
<http://youtu.be/qqnSTEZmc-k>

**Q8.** "Which is the healthiest sugar substitute?"  
<http://youtu.be/IMc57AjzDzU>



**Continued from Page 1****Paleo- No Easy Options**

On the contrary, our ancient ancestors did not eat all that much meat and, critically, it had a quite different fatty acid profile (see 'How to Make Good Body-fat' [March 2010](#)).

Yet others think that it is important to consume saturated fats like butter and ghee. But we know that such fats are not human food and give problems (see 'Heart Attack by Ghee' [Sept 2003](#)).

The autoimmune protocol is something else. It is the idea that autoimmune diseases are the result of non-human foods triggering dysfunctional immune responses.

So far so good: but now the principle has been hi-jacked by a plethora of autoimmune sufferers each of whom promotes the particular Paleo adaptation that works for them.

Finally, the raw-foodists got on the bandwagon, and they muddy the waters too (see 'Raw' Chocolate, p 2). On the contrary, hunter-gatherers constantly used fire and they roasted tubers, nuts and meats all the time.

So, yes, I do consider that my precepts are the gold standard. However, I do recognize that a healthy person can have lapses from the ideal - that the body has a broader comfort zone.

But, if you DO have a life-threatening lifestyle disease (Cancer, CVD, Diabetes, Arthritis,

Osteoporosis and so on) then you have to decide who wins - you or the disease.

See also:

1. *Paleo Denial: The Argument*, [Nov 2013](#)
2. *High-protein Diet: Kidney Failure*, [Jan 2014](#)

**Event Acknowledgements****USA CME Tour 2014**

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More details on our FaceBook page: [www.facebook.com/groups/BondPaleo](http://www.facebook.com/groups/BondPaleo)



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



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**11** *Food Chem Toxicol*. 2010 Aug-Sep;48(8-9):2374-9. Hypolipidemic and antioxidant effects of mulberry (*Morus alba* L.) fruit in hyperlipidaemia rats. Yang X

**12** Wang J, García-Bailo B, Nielsen DE, El-Sohehy A (2014) ABO Genotype, 'Blood-Type' Diet and Cardiometabolic Risk Factors. *PLoS ONE* 9(1): e84749.

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**14** Williams P. Significantly greater reduction in breast cancer mortality from post-diagnosis running than walking. *International Journal of Cancer*, Jan 27, 2014

**15** AACR-Prostate Cancer Foundation Conference on Advances in Prostate Cancer Research, held Jan. 18-21, 2014

**16** Three Daily Servings of Reduced-Fat Milk - An Evidence-Based Recommendation? David S. Ludwig; *JAMA Pediatr*. 2013;167(9):788-789. doi:10.1001/jamapediatrics.2013.2408. Full Text: <http://bit.ly/Bond-science> #136.

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- *Am J Clin Nutr*. 2010 Jun;91(6):1764-8. Intake of carbohydrates compared with intake of saturated fatty acids and risk of myocardial infarction: importance of the glycemic index. Jakobsen MU et al. Full Text: <http://bit.ly/Bond-science> #137

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**19** *J Bone Miner Res*. 2011 Apr;26(4):833-9. doi: 10.1002/jbmr.279. Milk intake and risk of hip fracture in men and women: a meta-analysis of prospective cohort studies. Bischoff-Ferrari HA et al.