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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

Beyond the Headlines: Heart – Saturated Fat no worse than omega-6; Big Sugar – Scotch'd the Snake not Killed it? **Good Food Resources:** Ugg bread wins 'FreeFrom' Award. **Recipe:** Avocado & Crab Cakes. **Beyond the Headlines:** Plant Intake puts off Death – 5-day not enough. **Food Politics:** Obesity – Don't Normalize it. **From the Labs:** Sucralose (Splenda) not Entirely Innocent; Mouthwash Raises Blood Pressure. **Reader Beware:** Mis-speaking Journalist. **Letter:** BigPharma – One-size-fits-all. **New Bond Videos.**

Beyond the Headlines

Heart: Saturated Fat no worse than Omega-6

"Why almost everything you've been told about unhealthy foods is wrong" Joanna Blythman, *The Observer*, Sun 23 March 2014 [1]

This article was triggered by a review of populations studies done by Dr Rajiv Chowdhury and colleagues at Cambridge University, UK [2].

They analyzed a large number of other studies which recorded subjects' fat intake or blood fat and their incidence of heart disease. Being population studies they suffer from a number of drawbacks and, moreover, they can only find CORRELATIONS, not CAUSATION.

With those caveats, what did Dr Chowdhury find? He found that, when compared to omega-6 oils, saturated fat was no worse. Well – we could have told him that couldn't we!

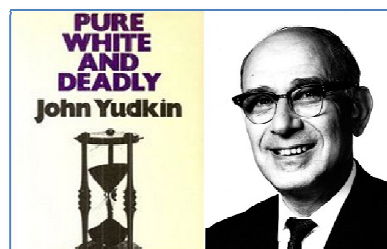
He also found that trans-fat and hydrogenated fat (as found in conventional margarines) are even worse.

The only lesson one can draw is that butter is as bad as omega-6 but better than margarine. On the other hand, omega-3 fish oils were heart-helpful.

My View? The trouble with this kind of study-of-studies is that it is broad-brush. It is not fine grained enough to identify the really interesting agents at work. **Cont: Page 2.**

Beyond the Headlines

Big Sugar: Scotch'd the Snake not Killed it?



Over 40 years ago this British professor of biochemistry and nutrition published his book condemning sugar as a major factor in obesity, diabetes, cardio-vascular disease, liver disease, and a host of other ailments.

Yudkin brought down on his head a torrent of vilification, smear campaigns, ostracism, funding withdrawals and academic opprobrium.

It was almost entirely orchestrated by Big Sugar and its clients like Coca-Cola using front organizations, underhand influence, science journal subversion and political lobbyists.

As recently as 2010, the USDA caved into the sugar lobby when it issued its latest Dietary Guidelines for Americans (see: [Feb 2011](#))

But finally the tide is turning. Last year, the British Medical Journal published a series of papers demonizing sugar [3].

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Good Food Resource

Ugg Bread wins 'FreeFrom' Award



Ugg founder and CEO, Kim Lloyd (right) with sales director Julie Houghton.

Ugg products are Bond Precept conforming and, as such, are 'free from' all the usual suspects like gluten, dairy, salt, starch, sugar, and bad fats.

The UK's FreeFrom Food Awards encourage innovation and celebrates excellence in the "Free-From" Food industry [4].

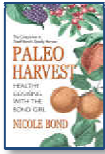


Ugg Foods' Chia Seed and Nut bread mix won 1st prize in class

Nicole is particularly flattered since the mix is inspired by her three flour bread recipe first published [Sept 2011](#) and now in the 'Breads, Crackers and Crusts' section of her new cookbook, *Paleo Harvest* (www.paleo-harvest.com)

Order the mix from www.uggfoods.com or make it yourself from Nicole's recipe!

Recipes



Nicole's latest cookbook *Paleo Harvest* (www.Paleo-harvest.com) has over 170 new and updated recipes using the latest ingredients.

These healthy mini 'cakes' make a tasty starter or party snack.

Avocado and Crab Cakes

Yield: 10 muffin-size (2.5-inch diameter) crab-cakes

2 cans crab meat (6 ounces net weight each)
 2 ripe avocados (each about 7 ounces), stoned and peeled
 2 tablespoons lime juice
 5 drops Tabasco sauce, or to taste
 salt to taste
 freshly ground black pepper, to taste
 4 small gelatin sheets*
 1 tablespoon finely chopped parsley

1. Drain the crabmeat thoroughly (and set aside in a medium size mixing bowl), but collect the liquid into a measuring cup. The liquid will amount to about 3/4 cup. Set aside.
2. Mix the avocado flesh in your blender or food-processor, together with the lime juice. Season with Tabasco, salt and pepper to taste. Transfer to the mixing bowl with the crabmeat and combine carefully with a fork.
3. Meanwhile soak the gelatin sheets in a bowl of cold water for 10 minutes.
4. Heat the crab juice in a small saucepan and bring to a boil. Set aside for 5 minutes.
5. Lift gelatin sheets from the cold water and squeeze gently to remove excess water. Add to the warm crab juice in the saucepan, stirring until dissolved. Add the mixture to the

* I used gelatine sheets measuring 4.6 x 2.75 inches. They can be replaced by agar-agar which is a seaweed extract, is used as a vegan thickener and can be found in every Health Food Store and online.

avocado-crab mixture in the mixing bowl. Mix in the chopped parsley and re-adjust the seasoning, if needed.

6. Divide the mixture equally amongst 10 muffin molds. Refrigerate until set (at least 4 hours), or until the next day. Serve de-molded.

Beyond the Headlines

Continued from Page 1

Heart: Saturated Fat no worse than Omega-6

... Over 600,000 subjects were involved in many locations and tested under a variety of conditions.

How honestly were they reporting their food intake? What were the blood ratios of omega-3 to omega-6?

What lives did they lead? Were they eating their 12-a-day of plant food? (Certainly not!). See 'Plant Intake puts off Death', p 3.

This is not an idle question: one, unmentioned risk with poly-unsaturated fats is their propensity to OXIDIZE. Oxidized fats are heart wreckers. But all is fine if your intake of antioxidants (read plant food) is right up there where it is supposed to be.

You might think that the fats in the blood stream would be an accurate reflection of what one has eaten. Not so! The body is busy converting one kind of fat into another depending on what OTHER processes are going on in the body – for example high insulin levels will be converting omega-3 linolenic acid into omega-6 arachidonic acid.

Under the right circumstances, the body converts the saturated fat *stearic acid* into mono-unsaturated fat, *oleic acid* (as in olive oil)

In other words, there is a huge variety of unknowns operating chaotically. It is amazing if any useful information can be extracted at all.

So, inasmuch as Chowdhury's results broadly reinforce our precepts, we can be satisfied. But faced with the imponderables posed by such studies, even Chowdhury says that the only way forward is to do a different type of study: a clinical trial where people's lifestyles are controlled and measured in all respects.

For my part I fall back on our origins: if we live like nature intended, then those imponderables sort themselves out just fine.

Further Reading:

Dr James DiNicolantonio writing in the BMJ on the bad heart-consequences of replacing saturated fat by omega-6 and/or starches [5]. **Full text:** <http://bit.ly/Bond-science> #142

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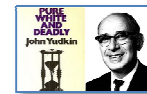
Big Sugar: Scotch'd the Snake not Killed it?

... Independently, arch sugar demonizer, Dr Robert Lustig, American endocrinologist at California University, San Francisco, weighed in with all his authority (see: 'Fructose in Fruit', [June 2012](#)).

Now, even that pillar of the establishment, the World Health Organization, says that current recommendations for sugar intake should be cut in half from 12 teaspoons a day to six [6]. That INCLUDES NATURAL SOURCES such as honey, fruit juices and maple syrup.

Now health authorities are bracing themselves for a vicious Big Sugar backlash [7]. It is going to be a titanic struggle, redolent of the recent Tobacco Wars.

But the tragedy lies with those lost generations whose health has been wrecked since Yudkin sounded the alarm. For they are far from even the old target – where just one 16-oz bottle of Coke (12 teaspoons sugar) absorbs the entire daily ration!



One 16-oz bottle of Coke absorbs the entire daily sugar allowance in one fell swoop.

See: '*Obesity: Don't Normalize it*', this page.

Plant Intake puts off Death: 5-a-Day not enough

Yet another study hit the headlines proclaiming the benefits of consuming salads, fruits and vegetables [8].

The researchers mined a population study, the Health Survey for England for extra data [9]. It has its limitations. The 60,000 participants had checkups just once a year and were asked what they ate in the previous 24 hours.

So, even if the answers are honest, it is only a once-a-year snapshot. Moreover, for the purposes of coding, the foods were lumped into broad categories. This means that sometimes, as far as Bond Precepts are concerned, the good is lumped in with the bad.

Nevertheless, the results are indicative: the more one ate plant food, the less likely one was to die, notably of cancer or cardio-vascular disease. As the lead author said of plant food, "whatever you are eating now, you will do better to eat more".

Mind you, the MAXIMUM registered was only 7 portions of 80g a day each, which totals about 560grams (1.25lb).

Already the Australians recommend 7-a-day and some authorities are calling for 10-a-day.

The devil is in the detail: the category Frozen/Canned Fruit actually INCREASED mortality. The authors think that it might be due to the heavy sugar syrup in most canned fruits.

However, frustratingly, neither the breakdown between frozen fruit (good) and canned fruit (bad) was recorded in the Food questionnaire nor was the sugar content of the canned fruits.

On the other hand, wisely, fruit juice and fruit smoothies were identified separately and, due to their sugar content, only one portion per day was allowed. See: '*Green Smoothies - too Easy?*' [Sept 2011](#).

My View? Little by little the received wisdom is edging towards hunter-gatherer levels of plant food consumption [10].

In [Deadly Harvest, The Golden Rules](#), page 158, I speak of an intake of some 2.25 lb/day (1kg) of salads, low-sugar fruits and low starch vegetables. That's over 12 portions per day for a 154 lb (11 stone, 70 kg) person.

Compare this with worthy idiot Zoë Harcombe's claim: "*5-a-day is a Myth*" [Jan 2011](#).

Food Politics

Obesity: Don't Normalize it

The UK's Chief Medical Officer, Dame Sally Davies has weighed into the debate on the rising tide of obesity. She fingers sugar-overconsumption as a major culprit and calls for strong action to reduce sugar in processed foods - even introduce a sugar tax. See previous article.

Davies also makes the point that so many people are obese that it has become 'normal'. And obese people no longer recognize obesity either in themselves or in their children.

Clothing suffers size-inflation - manufacturers make clothes bigger yet keep the same size. (See also, '*Pear Shaped Britons*' [June 1999](#))

Davies calls for a shift in terminology where health professionals talk not about 'normal' weight, but 'healthy' weight. **See:** next article

From the Labs

Sucralose (Splenda) not entirely Innocent

Sucralose is an intense artificial sweetener made by chemically combining sugar with chlorine. Authorities worldwide have approved it for use as a food additive. Since it was thought to

not raise insulin levels and to pass through the gut unaltered, it was thought to be very safe. However, according to Rother and Schiffman of the National Institutes of Health, it is not as innocent as first thought [11].

They find that it does indeed have biological effects:

- It does indeed mess with insulin levels and, also, blood glucose, and glucagon-like peptide 1 (GLP-1) levels,
- It is metabolized in the gut into chemicals whose identity and safety are unknown,
- It interferes with some medications,
- It reduces good gut bacteria,
- It messes with the lining of the gut.
- During baking it decomposes into possibly harmful chlorine compounds.
- It can make mutations in DNA.

My View? This all sounds rather off-putting - but compared to the real villain, sugar, sucralose is still a choirboy. See '*Big Sugar: Scotched the Snake not Killed it?*' page 1.

Even so there are better sugar alternatives - for example xylitol, see '*Alternative Sweetener: Xylitol*', [Jan 2010](#). I have also recommended it for [Ugg Foods](#) - see page 1.

Mouthwash Raises Blood Pressure

Our mouths harbor bacterial flora which, in a state of nature work in harmony with our body. See: '*Mouthwash Drawback*', [April 2011](#); '*Mouth Flora not all Bad*', [Sept 2008](#).

Now there's a new angle: mouthwashes kill off 'good' bacteria which produce a chemical called nitrite. Nitrite is '*vasodilatory*' - it relaxes blood vessels. Without the good bacteria, nitrite falls 90%, blood vessels stiffen and blood pressure shoots up [12].

The mouthwash tested was Corsodyl which contains *chlorhexidine* - a common anti-bacterial chemical. It is also in generic mouthwashes such as

those sold by, e.g., Superdrug, Walgreens and Boots.

Listerine contains a different anti-bacterial agent but, in the view of researcher Professor Amrita Ahluwalia, since its purpose is to kill ALL bacteria, it will have a similar effect.

My View? In a state of nature, foragers have healthy mouths. See: '*Diet/Periodontal Disease*' [Oct 2003](#). Regular use of antibacterial mouthwashes does as much harm to commensal bacteria as antibiotics do for the gut. See: '*Antibiotics and Tonsillitis*' and '*Make of your Gut a Herb Garden*', [Feb 2009](#).

Reader Beware

Mis-speaking Journalists

"...eating the wrong polyunsaturated fat (omega-3, from industrialised vegetable oils, as opposed to omega-3 from salmon, olive oil, seeds) can ... cause an inflammatory reaction in the walls of arteries"

Luisa Dillner, *The Guardian* [13]

The *Guardian* newspaper is an English left-wing broadsheet. It is still living down the nickname '*Grauniad*' earned from its venerable history of typos.

Dillner is writing about a recent scientific article which questions

the role of fat in heart disease [2]. But in one sentence she manages to mis-speak four times of which only one can be charitably called a typo.

The most serious is to say that the wrong polyunsaturated fat is 'omega-3' from industrialized vegetable oils. She meant of course 'omega-6' – as clearly stated in the original study – which I took the trouble to read.

The second is to finger 'industrialised' oil. If it is omega-6 it doesn't matter whether it is industrial or cold-pressed organic. They are as harmful as each other.

Next, it is not good enough to talk vaguely about omega-3 oil from 'seeds'. The most common oil-seeds are 'bad' omega-6: sunflower, corn oil, safflower oil, cotton-seed, grape-seed etc.

Finally, olive oil is NOT a source of omega-3 oils! [Olive oil is 'OK' because it is a THIRD type of polyunsaturated fat: omega-9, which is harmless]

Letter

BigPharma: One-Size-Fits-All

"In the development of pharmaceuticals, a common assumption is the use of the same dose for all patients. It makes it

simple for, if there are multiple doses, there must be larger clinical trials and much more complex marketing. The starting dose typically represents the default dose that the experimenters rarely alter.

The convenience of "one dose fits all" mentality could not be more advantageous to both drug manufacturers and ... physicians. It is one of the essential elements of population medicine today.

However, how is it possible to conceive that we all respond in the same way to the same dose of any given medication? With our extraordinary differences in health, physical condition, metabolism, genes, environmental exposures, age, gender, height, weight,...is there any single-dose drug that would be uniform in its effects for all of us? I do not, cannot, believe it." *Alain Fymat, PhD, Rancho Mirage, California.* <http://www.fiimas.org/>

New Bond Videos

Ugg Foods Information Series

Video. "I am pregnant: is it OK to change my diet so dramatically?" <http://youtu.be/R8gkXAOsVL8>

Video. Living in harmony with our genetic heritage. How to do it and why. Part 3 of 3. <http://youtu.be/555INFYuEBg>



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1 <http://bit.ly/1h3l2Zc>

2 Rajiv Chowdhury et al, 'Association of Dietary, Circulating, and Supplement Fatty Acids with Coronary Risk, *Ann Intern Med.* 2014; 160(6):398-406. doi: 10.7326/M13-1788. **Full text:** <http://bit.ly/Bond-science> #141

3 Sugar and the heart: old ideas revisited; Geoff Watts; *BMJ* 2013;346:e7800 **Full text:** <http://bit.ly/Bond-science> #140

4 www.freefromfoodawards.co.uk

5 Open Heart 2014;1: doi:10.1136/openhrt-2013-000032 The cardiometabolic consequences of

replacing saturated fats with carbohydrates or Ω -6 polyunsaturated fats: James J DiNicolantonio

6 WHO March 2013, Draft Sugar Guideline <http://bit.ly/1e9HDNU>

7 Storm brewing over WHO sugar proposal Industry backlash expected over suggested cut in intake. Brian Owens; *Nature* 507, 150 (11/03/2014)

8 *J Epidemiol Community Health* doi:10.1136/jech-2013-203500. Fruit and vegetable consumption and all-cause, cancer and CVD mortality: Oyinlola Oyeboode et al. **Full text:** <http://bit.ly/Bond-science> #139

9 www.ucl.ac.uk/hssrg/studies/hse

10 *Deadly Harvest*, Chap. 1, p 17. The San Food Supply. <http://bit.ly/DH-1>

11 *J Toxicol Environ Health B Crit Rev.* 2013;16(7):399-451. Sucralose, a synthetic organochlorine sweetener: overview of biological issues. Schiffman SS, Rother KI. **Full Text:** <http://bit.ly/Bond-science> #111

12 *Free Radic Biol Med.* 2013 Feb;55:93-100. 2012.11.013. Epub 2012 Nov 23. Physiological role for nitrate-reducing oral bacteria in blood pressure control. Kapil V et al.

13 <http://bit.ly/1jxxnEg>