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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

Human Psycho-sociology: Daylight Talk vs. Firelight Talk. **Q of Month:** Will the Human Organism evolve to fit with Technology? **From the Headlines:** "Fashionable Paleo diet cuts bowel cancer risk". **Recipe:** Paleo Fudge. **Q&A:** Star Fruit (Carambola) GI; Optimal Fat Intake; Heart Palpitations; Keeping up the Calories; Acid/Alkali Reference Values; Acid/Base Balance Important? **Bond-Paleo Strategy:** Surprise Sweetener Spook (cont). **From the Labs:** Salt drives Autoimmune Disease, Rheumatoid Arthritis. **Book Review:** 'Watermelons'

Human Psycho-sociology

Daylight Talk vs. Firelight Talk



For eons, our ancestors' forager bands held together thanks, in large part, to the twilight evenings spent around the campfire. It was a time for reinforcing tribal values through storytelling. See:

- *Myths & Rituals*, Deadly Harvest, [Chapter 8](#), p. 220 [1].
- *'Story-telling in Evolution'*, [Oct 2009](#) [2] and [Nov 2009](#) [3].

"There is something about fire in the middle of the darkness that bonds, mellows and also excites people. It is intimate", says anthropology Professor Polly Weissner of Utah State University.

Weissner has been cataloguing Bushman conversations for over 40 years [4]. However, she finds that firelight conversation is quite different to daylight conversation.

Firelight talk deals with topics such as myth telling, the spirit world, past hunts, fights over meat, marriage, premarital customs, murder, bush fires, birth, getting lost, interactions with other groups, being chased by animals, disputes and extramarital affairs.

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Question of month

Will the Human Organism evolve to fit with Technology?

From Dr Marios Kyriazis, anti-ageing medical pioneer [5]:

Q. *If we accept that humans are increasingly interacting with technology, and that humans and technology will merge more and more, then we need to re-define what a 'healthy lifestyle' is. We now highlight the importance of physical exercise and healthy nutrition and the values of a Paleo lifestyle. But would it be applicable to a future techno-cultural human? Our distant ancestor' prime need was based on strength and stamina, and only later intelligence and mental prowess became relevant. Would the same happen to us or our descendants finding themselves in an environment requiring minimal physical but maximal intellectual effort?*

A. The way I see it is this: We are still living in bodies and with mentalities designed for life in the Paleolithic era.

Just in the last 10,000 years the first human groups diverged from this lifestyle. Gradually, over the intervening period, just about everybody has diverged from this lifestyle. But, to all intents and purposes we still have the same biochemistry and so forth. And the divergence that has happened since the industrial revolution has so accentuated the differences that the diseases of lifestyle (cancer, heart disease, diabetes etc) have now become huge problems. **Cont:** page 4

From the Headlines

"Fashionable Paleo diet cuts bowel cancer risk by half" - Daily Mail [6]



Paleo fan Megan Fox

Little by little we are beginning to see studies that focus on the Paleo diet. This one, carried out by Roberd Bostick and colleagues at Emory University, Atlanta, GA, finds that a Paleo diet seems to reduce the risk of colon cancer by half [7].

'Seems'? Well, this study has similar weaknesses to those I criticize in many other studies.

- It uses dietary questionnaires. So the study relies on the subjects' honesty and good memory.
- The subjects were not deliberately following a Paleo diet. Only some of the subjects, by chance, happened to do so.
- So the researchers had to score the food intake for SIMILARITY to a Paleo diet.
- What the researchers think is a Paleo diet and what we do is another matter.

In spite of these objections, this is a straw in the wind. Those subjects who appeared to be close to a Paleo diet had a much lower rate (50%) of colon cancer.

My View? The sooner we can have a 'prospective' trial the better – that is one where subjects follow a strictly Paleo diet over several years and their medical outcomes compared to regular western dieters.

Recipe

Paleo Fudge**Yield 28 servings**

Reader David Carter offers us this recipe. He says: "I flirted with the idea of following the Terry Wahl high fat, low carb diet because it is supposed to slow memory loss – which runs in the family.

"I decided not to pursue it for two reasons. Firstly, unlike your protocol, it is not natural and, secondly, despite my skinny frame and failure to gain weight whatever I eat, I put on weight fast. But I decided that I actually like being skinny! This fudge (plus a square of 85% chocolate) after a meal, gets rid of that empty feeling."

- 1 cup coconut oil
- 1 cup raisins
- 1 cup walnuts
- 1 medium Hass avocado peeled and pitted
- ½ cup dried unsweetened coconut
- 1-2 teaspoons ground cinnamon
- 1 teaspoon unsweetened cocoa powder

Put everything in a food processor and blend on high until smooth.

Press mixture into an 8"x8" (20cmx20cm) glass baking dish and place in the fridge.

Keep refrigerated.

Comment:

The raisins, being rather glycemic, are a lapse, but they will be quite diluted by the other ingredients.

But most importantly: this is a HIGH CALORIE dish with lots of oil. Eat modestly unless you wish to put on weight. See 'Keeping up the Calories' this page.

Derek: You are right to stick to the classic Paleo lifestyle. Dr Whal's protocol sound like a 'ketogenic' diet - which is helpful for epilepsy and other brain disorders. See: 'Alzheimer's and Ketogenic Diet', [April 2012](#).

However it is unhealthy in the medium to long run. See: 'Ketogenic Dangers', [April 2012](#)

Dementia is a lifestyle disease, foragers don't get dementia and we can avoid it too.

Questions

Star Fruit (Carambola) GI

Q. *Is star fruit safe from the Glycemic Index point of view?*

A. As far as we can tell, yes. Its glycemic index has not been measured, but it contains only 5g of sugar per 100g (which is similar to raspberry and less than strawberry).

It is also good for dietary fiber which should help slow down absorption.

Optimal Fat Intake

Q. *It appears your advice to avoid consuming fat is in stark contrast to that of Gary Taubes ('Why we get fat and what to do about it') and Jeff Volek & Stephen Phinney ('The art and science of low carbohydrate living') who actively promote the consumption of fat. Thoughts?*

A. I take my cue from foragers' actual fat consumption. On average (it varies with the seasons) their intake of fats was about 25% of total calories, which could be categorized as 'moderate'. This is somewhat LOWER than the average American consumption of 35%, yet considerably HIGHER than the 10% of the long-lived Japanese living the traditional way.

But remember: foragers did not eat much of ANYTHING – including fat. So, my take is that Americans are right to cut down from their current high level.

However, it is just as important to have the right PROFILE of fatty acids. See: 'How to make good body fat' [March 2010](#) and 'Limits to fat intake', [March 2008](#).

Heart Palpitations

Q. *After following quite strictly your precepts for a few months,*

I noticed my heart would palpitate for a few seconds. With the introduction of small carbs, I don't have this problem. Any insights?

A. To be honest, no. There is no way of knowing whether your experience was one of coincidence or of causation.

In the literature, there are reports of people on strict high-protein/low carb diets suffering arrhythmia due to a lack of the electrolyte potassium [8]. That is, they were not eating their greens! – or more precisely, the right kind of plant food generally.

Presumably you are not making this error.

Keeping up the Calories

Q. *I spend a couple of months camping and hiking and, to get extra calories, eat an organic muffin (12g of sugar) without which my weight drops. I eat lots of veggies and fruit. What conforming food do you advise to maintain weight?*

A. My first comment would be – it is natural to be skinny - embrace it! (See Comment under Derek Carter's recipe).

But if you really wish to up your calorie intake, then fat-rich foods are the way to go. But the fats have to be the right kind! This means focussing on the fish oils and the neutral fats like olive oil and the saturated fats of plant origin like cocoa butter. See 'Optimal Fat Intake', this page.

Here are some ideas:

- Omega-3 eggs any style,
- www.uggfoods.com bakery products,
- Nicole's muffin selection www.Paleo-Harvest.com ,
- Derek Carter's 'Paleo Fudge' (Recipe this page)
- Cod liver pâté on Nicole's bread or crackers ('Cod Liver: Load up on Fish Oil', [Nov 2010](#)).

Acid/Alkali Reference Values

Q. *Where can I find a full list of the acidity and alkaline indexes of foods? You cite: McCance and*

Widdowson's, 'The Composition of Foods', but it is expensive.

A. McCance and Widdowson is the official UK document for the composition of foods. In their 1960 edition they included a column for acidity or alkalinity of each food. Inexplicably, subsequent editions have DROPPED this information (So don't buy it!). By [next month](#) I will post the relevant files. Otherwise, the information, as far as I can tell, is scattered around many sources.

Acid/Base Balance Important?

Q. Some websites claim that Acid/Alkali balance is a myth and there is no significant scientific evidence for its effectiveness. Is there any truth to this? Where can we find some authoritative resource on the subject?

A. The human diet was slightly on the alkaline side – see Sebastian's paper [9] on my website: <http://bit.ly/Bond-science> #61. This paper also sets out some of the harms of an acidic diet.

In addition, the American authorities, Boyd Eaton and Loren Cordain, summarize some of the benefits of an alkalinizing diet [10] as follows: "...preventing and treating osteoporosis, age-related muscle wasting, calcium kidney stones, hypertension, asthma induced by exercise; it slows the progression of age- and disease-related chronic renal failure." [This paper is also posted in the 'Science Article Archive section on my website: <http://bit.ly/Bond-science>, #35]

Recently we discovered another mischief – it is a factor in diabetes: 'Acid diet Linked to Diabetes II', [December 2013](#).

Bond-Paleo Strategy

Surprise Sweetener Spook [Cont.] Continued from [last month](#) where we learned that the artificial sweeteners, (known as Non-Nutritive Sweeteners, NNS), aspartame (Equal, Canderel), sucralose (Splenda) and notably

saccharine (Sweet N Low), increase glucose intolerance.

Other practical questions arise. How much saccharin is an Acceptable Daily Intake (ADI)?

The FDA and other authorities specify 5 mg per kg of body weight. So, for example, a person weighing 70 kg (154 lb, 11 stone) has an ADI of 350 mg per day.

But it is devilishly hard to find out from the manufacturers what that means in terms of packets or pills. *Hermesetas* (saccharine) give the best information [11]. The maximum daily intake, for a 70 kg person, is 28 of their mini-sweeteners per day.

An American packet of *Sweet N Low* contains 36 mg saccharin (equivalent to "the sweetness of 2 teaspoons of sugar"). Thus only 8½ packets are enough to hit the ADI [12]. On the other hand, European *Sweet N Low* is sold in packets half the size of American ones and, being partly or entirely aspartame (not good either) and/or cyclamate (effect unknown), it often contains little or no saccharin. So read the ingredients and do the math!

Public Policy

For many years now, artificial sweeteners have been promoted as the answer to providing sweetness without calories or nasty blood sugar spikes. The biggest consumption is by women and in diet drinks [12]. Now it seems that the NNS that were studied help promote the very conditions they are supposed to avoid – notably diabetes and obesity. [The research did not look at other intense sweeteners such as acesulfame-K*, cyclamate*, or stevia†.]

* Acesulfame-K and cyclamate (outside USA) are commonly used in diet sodas and other processed foods.

† Some might be surprised at stevia being included, but it is a high intensity, non-nutritive sweetener just the same and, for this reason, the American Heart Association and the

Nevertheless, not everyone reacts the same way and the researchers call for more studies to understand why this might be. The identification of the existence of 'responders' and 'non-responders' also helps explain why studies have provided mixed and conflicting results on the effectiveness or otherwise of diet soda consumption for weight loss and diabetes.

With regard to glucose intolerance, one might ask what happens if we are eating a low GI diet anyway. Perhaps we never test our body's glucose intolerance. But even if that were so, NNS are doing other mischiefs too...

Continued Next Month: 'For the technically minded'

From the Labs

Salt drives Autoimmune Disease, Rheumatoid Arthritis

This is another drawback to add to the mischiefs of high salt consumption. It increases the production of inflammatory T17 cells [13].

These are immune system cells which normally fight bacteria. However, in abnormal amounts they: "generate a highly 'pathogenic' (illness-making) autoimmune condition".

Being interpreted, that means that a high salt intake can be a factor in diseases like multiple sclerosis.

Another study finds more detail: a high salt diet – in smokers – increases rheumatoid arthritis [14].

My View? Humans came from a low salt, low sodium environment and our bodies cave in under the pressure of too much. See 'Salt', [chapter 3](#), page 74, *Deadly Harvest* [15].

American Diabetes Association treat stevia as an NNS. Stevia, being of plant origin might not suffer the same drawbacks as artificial sweeteners – but we just don't know yet.

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Daylight Talk vs. Firelight Talk

Of daytime conversations, 34% were complaints, criticism and gossip to regulate social relationships; 31% were economic matters, such as hunting for dinner; 16% were jokes; only 6% were stories and 13% were other topics

But at night, 81% of the conversations involved stories, and only 7% were complaints, criticism and gossip, and 4% were economic.

Day talk was practical; night talk was a time for fantasy, ceremony, healing and imaginative creativity.

Weissner asks the question for us today: "Artificial light turned potential social time into work time. What happens to social relations? I have only 15 minutes to tell my kids a bedtime story. I don't have time to sit around and talk."

My View? There is something hypnotic and reassuring about a real log fire – it speaks to something very deep in our psyches. As for twilight social bonding – let's go down the pub for a pint!

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Will the Human Organism evolve to fit with Technology?

Already we are living in a world where physical activity is not needed and there is a premium on mental activity – but we are not suited to this shift in emphasis!

And we never will be if we just rely on Natural Selection to work its magic. We have to let 'unsuitable' people die before they have the chance to procreate. But we don't let that happen!

I often get the same question about fast food – "oh but surely with time we will be adapted to eating junk food!"

But the answer is 'no'. We would have to let obese, junk-food-eating children die of diabetes, heart attacks and so forth before they can have children of their own – and we don't let it happen – we do everything to keep them alive and lead 'normal' lives.

So if technology is to 'merge' with humans, it is technology that will have to adapt to us, and not the other way around.

Origins of Intelligence

Our intelligence is not an artifact that happened to become useful as technology advanced – rather the pre-existing intelligence allowed us to develop technologically.

Human intelligence arose in Pleistocene times out of a runaway 'arms race' to deal with ever-escalating social complexity in the forager-band. See: 'Daylight Talk/Firelight Talk', p 1.

Web News

Book Review: 'Watermelons'

My review is on Amazon of James Delingpole's book, 'Watermelons'. Link: <http://amzn.to/1tLgE89>

It's not about food (!) but about eco-Marxists who are green on the outside and red on the inside. In particular it describes how they have hijacked the Global Warming movement in pursuit of a political agenda.

Whilst not strictly speaking evolutionary anthropology, *Watermelons* raises broader questions of how public opinion is manipulated and scientific integrity is debauched – something we are all too familiar with in such areas as Agri-business and BigPharma.

Next Month: Review of 'Analyze West' by Dr Nicholas Beecroft.



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



Paleo Harvest Cookbook: Over 170 delicious, Bond Precept conforming recipes www.paleo-harvest.com

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email: admin@NaturalEater.com

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1 <http://bit.ly/ch-8>

2 <http://bit.ly/1y8Z2lq>

3 <http://bit.ly/1x9B4Zb>

4 Polly W. Wiessner; Embers of society: Firelight talk among the Ju/'hoansi Bushmen; PNAS 2014 111 (39) 14027-14035.

5 The Elpis Foundation for Indefinite Lifespans. www.elpisfil.org

6 Daily Mail, 31 Oct 2014. <http://dailymail.com/1Et0hyE>

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10 Origins and evolution of the Western Diet - Cordain, Boyd Eaton. *Cordain et al, Am J Clin Nutr* 2005;81:341-54.

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