



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

**Dangerous Headlines!** "Most Cancers are caused by bad luck". **Briefing:** Sugar & Sugar Alternatives. **Viewpoint:** Rebutting the Paleo Deniers. **Recipe:** Coconut Whipped Cream. **Q&A:** All Day Alkali (Base) Intake?; Grain Bamboozle. **News Flashes:** Celiac-It's not just Gluten; Lactose Intolerants don't get Cancer. **As Nature Intended:** Running Prevents Knee Osteoarthritis. **Hints:** Leaders: Better to look Healthy than Smart. **Straws in the Wind:** Mediterranean Diet's Benefits. **Events:** Mirage Medical Group; The Vintage; The Bridges.

## Dangerous Headlines!

### "Most cancers are caused by bad luck - not lifestyle"

Jenny Hope, Medical Correspondent for The Daily Mail [1]

### "Scientists claim 65% of cases are down to random mistakes in genes that we can do nothing about."

Please, journalists, get a clue before you write about science!

I was incandescent to read the hogwash that these 'scientists' have publicized [2]. Worse, it seems to have been taken up, quite uncritically, by the entire world's media.

These 'scientists' have discovered nothing new: all they say is that cells are going precancerous all the time and there is little that we can do about it. WE HAVE KNOWN THIS FOR A VERY LONG TIME.

They totally ignore the other side of the equation. That over eons our bodies have developed perfectly tuned defenses, THE IMMUNE SYSTEM, to mop up precancerous cells EVERY TIME.

The reason why pre-cancerous cells become tumors today is BECAUSE WE UNDERMINE OUR IMMUNE SYSTEM WITH BAD LIFESTYLE HABITS!

All this is set out in: 'Cancer', *Deadly Harvest*, page 229 [3].

Tragically, this irresponsible reporting leads the general public to believe, quite erroneously, that cancer 'just happens' and there is nothing they can do about it.

On the contrary, cancer prevention and remission is indeed a matter ENTIRELY of lifestyle choices!

## Briefing

### Sugar and Sugar Alternatives



*Hadza man climbs baobab, braves the bees, and takes honeycomb.*

Today, overconsumption of sugar (and the diseases it causes) is a major problem.

On the other hand, sugar in the form of honey was a part of the forager intake, so it seems to be paleo-conforming. (See Nov 2014 [12])

What are we to make of this seeming contradiction?

For foragers (who were always a little hungry), honey was a source of calories but of little else – it is 'empty calories'. But we, today, are NOT short of calories. Today, sugar calories are superfluous to requirements.

So, as a rule of thumb, we can say that the default position for us today is ZERO CONSUMPTION of sugars. Having said that, there are two questions:

- What is the safe (forager level) intake of sugars if we decide to relax the zero rule?

- What are safer alternative sweeteners to sugars?

**Cont: page 3.**

## Viewpoint

### Rebutting the Paleo Deniers



*Hercules battles the Hydra headed monster*

It seems that all new enterprises are subject to Newton's third law of motion: for every ACTION there is an equal and opposite REACTION.

There are groups today still contesting Darwin's principles of evolution; there are others denying the holocaust; there are even those still arguing that the Earth is flat!

So it is with Paleo: now that it has become a serious mainstream force, deniers spring up like Dragon's Teeth to oppose it.

The Internet is sprouting websites and blogs devoted to undermining or running down the Paleo message.

Every day, worried adherents send me Internet links and seek my reassurance. But the time is long past where it is possible to study these one by one.

Moreover, MANY ARE FRONTS FOR POWERFUL INDUSTRY LOBBIES. They are like the Hydra-headed monster – as fast as one head is dealt with, two more spring up in its place.

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## Recipes



### Coconut Whipped Cream

**Yield: about 1½ cup**

14-ounce can full-fat coconut milk, refrigerated for 24 hours  
1-3 tablespoons powdered xylitol, to taste\*

1 teaspoon vanilla extract

1. Place your mixing bowl in the freezer for about 10 minutes to chill.
  2. Carefully remove the can of coconut milk from the fridge without shaking it. Remove the mixing bowl from the freezer.
  3. Remove the top of the can, then carefully spoon out the thick layer of coconut cream that should have separated to the top of the can, and transfer to your chilled mixing bowl (do not use the layer of coconut water that has settled to the bottom of the can).
  4. With an electric hand-mixer beat the coconut cream on medium speed a couple of minutes, until the cream becomes light and fluffy and forms small peaks.
  5. Incorporate vanilla extract and xylitol to taste.
  6. Serve the whipped cream immediately, or transfer to a sealed container and refrigerate until ready to use. If the whipped cream becomes too firm in the fridge, you can re-whip it to reach the desired consistency.
- \* Powder the xylitol by grinding the crystals in an electric coffee grinder.  
The level of sweetness in this recipe is totally up to you, and different brands of coconut milk have different levels of sweetness.

## Questions

### All Day Alkali (Base) Intake?

**Q.** *What would happen if I eat only alkaline food for the day? Would that disrupt my body's balance?*

**A.** No. The body compensates for that all right. It becomes a problem when there is NEVER any compensation in acid or alkali intake.

Anyone eating the way we say would not get into this state.

### Grain Bamboozle

**Q.** *Have you seen this study[4] reported here [5]? It claims health benefits for whole grains and that we should all be eating more of them. Any thoughts on correlation vs. causation?*

**A.** Disgraceful. I should stop being surprised that researchers over-reach their results to make unjustified recommendations. After all, they need publicity for research grants, cross-citations and so forth (see '*Dangerous Headlines*', p.1).

I should stop being surprised that journalists dramatize and 'sex-up' what is already an exaggerated story (see '*Dangerous Headlines*', p.1).

What's it all about? In a large population study the researchers found that, on average, those who used whole grains rather than refined ones were 5% less likely to die and 9% less likely to have cardiovascular disease.

These are modest results and somewhat predictable.

The bone I have to pick is this: They researchers go on to say that, therefore, we should all INCREASE our intake of whole grains!

Whereas – as all my readers know – grains, whole or otherwise, radically undermine health in many ways. As a tiny example see '*Celiac – It's not just Gluten*', this page.

My readers further know that moving from refined to whole grains is just the first step in a

journey of a thousand miles towards Paleo.

Finally, as you hint, this study cannot identify CAUSES, only some kind of linkage.

I am surprised that the doctors' prestigious trade journal, JAMA, continues to publish papers like this – papers that tread well-worn paths and conclude with tomfool platitudes.

## News Flashes

### Celiac: It's not just Gluten

Gluten is a protein that, in wheat, makes up some 75% of total protein content. But what about the OTHER proteins in wheat, barley and rye?

Researchers find that many celiacs are also reactive to proteins OTHER THAN gluten in these grains namely, '*serpins*', '*purinins*', '*alpha-amylase inhibitors*', '*protease inhibitors*', '*globulins*', and '*farinins*' [6].

### Oats too

Until now, oats were thought to be safe for celiacs. However, another trial finds that OATS also provoke symptoms in celiacs [7]. The problem proteins in oats are '*avenins*' and '*hordeins*'.

**My View?** Another confirmation that grains are for the birds! But seriously, we know that grains contain the multitude of plant 'poisons' that our bodies do not know how to handle – and the evidence is adding more and more detail. See '*Whole Grains vs. Refined*', this page.

### Lactose Intolerants don't get Cancer

Swedish researchers find that people who are lactose intolerant have a reduced risk of lung, breast and ovarian cancer [8]. The reason is straight-forward:

THEY DON'T CONSUME MILK!

Milk intake is a factor in cancers and many more illnesses.

See '*Got Milk? Die Soon*' and '*Milk Skepticism goes Mainstream*', Nov 2014 [9].

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**Sugar & Sugar Alternatives**

**Relaxing the zero intake rule**

Foragers have an intake of naturally occurring ('intrinsic') sugars, chiefly in baobab fruit, berries and other fruits.

We can say that our daily ration of some 1lb (½ kg) of lowish glycemic fruits have a similar sugar content.

So, setting 'intrinsic' sugars aside, what about 'added' sugars?

Foragers had an intake of some 18 teaspoons of honey per day ('Is Honey all right after all?', Nov 2014 [12]). That is a 'sugar-equivalent' of 14 teaspoons of sugar.

Remarkably, this is also close to what authority guidelines suggest for us [10].

**ADDED SUGARS:**

What follows is a rough and ready reckoning.

**Starches**

We assume that, just like foragers, we have NO intake of starch. But if you ARE naughty and eat a slice of toast, say, then that counts for 2 teaspoons of sugar.

**Dried Fruit (and in Paleo bakery), Chocolate**

For example:

	Amount	Teasp.
Prune, pitted	3 count	1
Date, pitted	1 count	1
Raisins	15 count	
Apricot, dried	9 halves	1
Ugg Fruit & Seed Loaf [11]	1 slice	1
Nicole's Christmas Cake [12]	1 slice	1
Chocolate 85% cacao	1/3 bar	1

**Add these up for the day and see what's left out of 14 teaspoons**

This gives you the number of teaspoons of added sugars you can have per day - for example to sweeten tea or coffee.

The strategy is to spread the intake evenly throughout the

day. So, whatever which-way, swilling down a soda is out!



*You wouldn't eat 17 cubes of sugar - so why would you drink them?*

**So what are the sugars we can add?**

*Up to the ration of 14 teaspoons sugar-equivalent per day, and keeping it simple:*

**Honey** [12] - Paleo perfect

**Maple syrup** - liquid table sugar

**Table sugar** - if needs must

**Yacon Syrup** [13] - exotic but low GI good

**SUGAR ALTERNATIVES**

Understanding that we are now taking a trip slightly off-Paleo, we favour the 'sugar alcohols' (polyols) [14]. They have the bulk of sugar, are close in sweetness to sugar, yet have low GI and feed good gut bacteria (sometimes to the point of looseness). Mostly they do have calories but much less than sugar.

Check out the references in previous Briefings. Keeping it simple, here are some of them:

**Xylitol** [15] - good for general use and baking, for example in Ugg bakery products [11].

**Erythritol** [16] - good for general use and baking. Virtually zero calories.

**Maltitol** [17] - often found in diabetic candies.

**Sorbitol**- often found in diabetic food products like jams and chocolate.

**What Sweeteners to Avoid**

As I wrote last September [18], the NON-NUTRITIVE INTENSE SWEETENERS have major bad effect on gut bacteria:

**Saccharine** (e.g. Sweet N' Low, Hermesetas)

**Aspartame** (e.g. Canderel, Equal)

**Sucralose** (e.g. Splenda) [19]

We don't know about:

**Stevia** - extracted from plants but untested for effect on gut bacteria

**Also Avoid:**

**Fructose** - you get enough in the fruit and honey - don't overdo it. See [20].

**Agave syrup** [21] - liquid fructose - see above.

**High fructose corn syrup** (HFCS) [22]. In spite of its demonization, it is similar in composition to honey. But why bother?

**As Nature Intended**

**Running Prevents Knee Osteoarthritis in Oldsters**

The study was carried out on people who were in their mid 60s [23]. It found that they had less osteoarthritis than non-runners. These were just regular leisure runners, not elite runners.

This gives the lie to the urban myth that running contributes to osteoarthritis - on the contrary, it helps prevent it.

**My View?** Knees are designed to be used for running: if you don't use them, you lose them. See: 'Barefoot Running', February 2012 [24]

**Hints & Tips**

**Leaders: Better to look Healthy than Smart**

If you want to be chosen for a leadership position it pays to look healthy [25]. It didn't help so much to look intelligent.

"It explains why politicians and executives often put great effort, time, and money in their appearance", says lead researcher Brian Spisak of the VU university, Amsterdam, Netherlands.

**My View?** This is good news: you can't do much about your intelligence, but you CAN do something about getting healthy and therefore LOOKING healthy.



### Straws in the Wind

*The Mediterranean Diet (MD) is a halfway house to Paleo, so MD studies have lessons for us.*

#### Metabolic Syndrome

This Spanish study found that the MD reduced risk of metabolic syndrome [26] (which indicates increased risk of diabetes and death).

#### Cardio-vascular Function

In patients with erectile dysfunction, the MD improved their cardiovascular function [27]. See: 'Erectile Dysfunction' Deadly Harvest, p 240 [3].

#### Kidney Health

People who followed 'closely' an MD were 50% less likely to develop chronic kidney disease and 42% less likely to have sudden kidney failure [28].

#### Longer Life

People on the MD had much longer telomeres compared to those on a standard Western diet [29]. Telomeres cap the ends of chromosomes and the faster they wear out, the quicker you die.

### Continued from Page 1

#### Rebutting the Paleo Deniers

On the whole, the arguments are bird-brained, ignorant, slipshod, or plain dishonest. If there is a valid point buried in this flood of dross, then I am always to happy to hear of it – but I haven't the time to wade through the dross myself!

Also, agro-industry is awake and PLANTING MISINFORMATION.

So think of this: The principle of living the way nature intended is overwhelmingly compelling.

Inspired by this vision, I and others in the field, have carefully built up a scientific argument for the Paleo way of life. It is totally based on EVIDENCE and INTELLECTUAL HONESTY. These are your reasons for having confidence in what you are doing and for cocking a snook at the Paleo deniers. Be like Odysseus! Strap yourself to the mast, ignore the Siren songs, and sail confidently on the course that leads to Paleo safety.

### Upcoming Events

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

**TALK** – Open to Public

**Thurs. February 12, 2015**

**At:** Mirage Medical Group, Palm Desert, California.

**Is Cancer Optional?** *Our evolutionary history gives us revolutionary insights for avoidance and remission.*

**Info & Reservations:**

Tel: 1-760-346-4003

[miragemedpd@gmail.com](mailto:miragemedpd@gmail.com)

**Entry:** \$20.00 (for charity)

**TALK** – Closed (Members only)

**Tuesday February 5, 2015**

The Vintage, Indian Wells, CA

**More at:** <http://bit.ly/bond-event>

**TALK** – Closed (Members only)

**Tuesday February 10, 2015**

The Bridges, Rancho Santa Fe, CA

**More at:** <http://bit.ly/bond-event>



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



**Paleo Harvest Cookbook:** Over 170 delicious, Bond Precept conforming recipes [www.paleo-harvest.com](http://www.paleo-harvest.com)

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<http://cy.linkedin.com/in/naturaleater>

1 <http://dailym.ai/1vMOBzT>

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3 *Deadly Harvest* <http://bit.ly/DH-Ch9>

4 JAMA Intern Med. 2015 Jan 5. doi: 10.1001/jamainternmed.2014.6283. Dietary Whole Grain Intake and Risk of Mortality. Wu H et al.

5 The Age; 07 Jan 2015; <http://bit.ly/1zTSqy1>

6 Armin Alaedini et al. Specific Non-Gluten Proteins of Wheat ... J Proteome Research, 2014; 141020183603006 DOI: 10.1021/pr500809b

7 Robert P. Anderson et al. Ingestion of oats and barley in patients with celiac disease. Journal of Autoimmunity, 2014; DOI: 10.1016/j.jaut.2014.10.003

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9 Nov 2014: <http://bit.ly/1xHBuqV>

10 European Food Safety Authority. <http://bit.ly/1xP7J0n> (pdf)

11 [www.uggfoods.com](http://www.uggfoods.com)

12 Nov 2014: <http://bit.ly/1xHBuqV>

13 Jan 2011 <http://bit.ly/news-2011-01>

14 Jan 2000: <http://bit.ly/1jSKxze>

15 Jan 2010: <http://bit.ly/1m7p6EB>

16 Feb 2010: <http://bit.ly/1KiiJxO>

17 Aug 2005: <http://bit.ly/1KiiJxO>

18 Sept 2014: <http://bit.ly/1Ilm7V3>

19 Dec 2008: <http://bit.ly/1xOntVw>

20 June 2012: <http://bit.ly/1mbMA2h>

21 Oct 20013: <http://bit.ly/1o5kyDu>

22 Apr 2004: <http://bit.ly/1ssRHw7>

23 Grace Hsiao-Wei Lo; Am Coll Rheumatology Ann Meet, Boston, Nov 2014.

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