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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

**Resources:** Bond-precept Crib Sheet. **Food Politics:** USDA Dietary Guidelines 2105. **Briefing:** Protein in Focus. **Recipe:** Alexander's Asian Breakfast. **Questions:** Sprouting Grains & Pulses. **News Flashes:** Gut Bugs – West vs Foragers; Antibiotics fatten kids; Statins Impair Memory; Barefoot as Nature Intended. **Hints:** Kitchen Cues Fatten. **Human Behavior:** Women Wired for Stranger Danger. **Spreading the Word:** Radio Interview KPSI.

**Resources**

**Bond-precept Crib Sheet**

<b>Sunshine</b> EVERY DAY at least ½ hour	<b>Eating</b> <b>DO EAT EVERY DAY</b> • Salmon, Herring, Trout
<b>Walking</b> EVERY DAY at least ½ hour	• Berries – Plateful e.g. Blueberries + raspberries + blackberries + strawberries
<b>Be Skinny</b> 120 lb is good! (for 5'-4")	• Big mixed salad
<b>DO NOT EAT: DANGER!</b> • Dairy (milk, yogurt, cheese) • Starches (potatoes, cereals, bread, pasta, rice, corn) • Beans (soy, lentils...)	<b>CAN EAT TOO:</b> • Eggs (omega-3) any style • Poultry: chicken free range, turkey, duck, goose • Other seafood

Enlarge: <http://bit.ly/1QNYLOa>

A client with health problems recently needed a simple crib sheet that she could keep in her handbag. I found myself rapidly filling up an index card (above) with the basic precepts. Readers might find it useful too. ✂

- Outdoors/Sunshine:** EVERY MORNING At least ½ hour.
- Walking:** EVERY DAY At least ½ hour
- Stay Skinny!** 120lb (54.5kg) for 5'-4" (162cm) is good!
- Do Eat:** EVERY DAY
  - Oily fish (like salmon, sardines, herring, trout)
  - Berries – plateful. e.g. blueberries, raspberries, blackberries, strawberries)
  - Big mixed salad
- Can Eat Too:**
  - Eggs (omega-3) any style
  - Poultry: chicken free range, turkey, duck, goose
  - Other seafood
- Do Not Eat: DANGER!**
  - Dairy (milk, yogurt, cheese)
  - Starches (potatoes, cereals, bread, pasta, rice, corn.)
  - Beans (soy, lentils, garbanzo, etc...)

**Food Politics**

**USDA Guidelines 2015-2020**



[www.choosemyplate.com](http://www.choosemyplate.com)

"Laws are like sausages – it is better not to see them being made" – anon.

The same can be said of dietary guidelines. The USDA has just issued its 5-yearly update. The process is not edifying.

A panel of scientists puts forward a reasonable proposal and then an astonishing array of interests weigh in: from Agro-industry, food producers, food manufacturers, financiers and politicians to eco-warriors, animal rights activists, and, yes, the paleo movement.

The net result is a cobbled-together compromise which satisfies no scientific criterion whatsoever. In the 2005 edition, Dr Luise Light, the USDA's science panel leader, resigned in protest at the watering down of her proposals, see: **2005 Food Pyramid - part 4, July 2005** [1].

So, predictably, MyPlate with its dairy and grains featuring prominently (above), has not changed one jot. Nevertheless, in the small print there has been some interesting evolution.

**Cont: p.3**

**Briefing**

**Protein in Focus**

Foragers consume, size for size, about 18 oz of protein-rich foods per day. This can be up to 50% of calorie intake since, unlike us:

- a) they consume much less fat,
- b) they do not consume the calorie-rich sugars and starches.

They eat opportunistically throughout the day so the timing of protein intake is haphazard.

So how do these features compare to a Review of desirable protein intake done by Emily Arentson-Lantz PhD et al, Texas University?

Compared to the forager template, she comes from the diametrically opposite direction of the study of biochemical processes. Her Review brings some interesting twists to orthodox wisdom [2].

**Underestimation**

In particular it suggests that official recommendations underestimate dietary requirements. In part this is due to the fact that traditional analyzing methods are not up to the job.

Of course, optimum amounts for an individual depend on many factors including gender, level of physical activity and body mass.

**So how much Protein?**

The authors suggest that a massive hike – up to 25% of calorie intake – can be from protein. That is 500 calories for someone on 2000 cal/day.

Very roughly, that equates to about 540 grams of protein-rich foods (e.g. chicken, tuna) per day – spread out at, say, 180 grams (about 6 oz) for each of breakfast, lunch and dinner.

**Cont: Page 3**

### Recipe Ideas

#### Alexander's Asian Breakfast

I am really proud of my millennial grandson who, unbeknownst to me, has been inspired to create his own Bond-Precept recipes. Here is an example.



Enlarge: <http://bit.ly/1Xb8ArW>

olive oil spray

1 teaspoon freshly grated ginger

3 cloves of garlic, chopped

$\frac{1}{2}$  green bell pepper, finely chopped

1 small red onion, finely chopped

1 teaspoon light soy sauce

3 mushrooms, finely chopped

2 eggs, omega-3

1 teaspoon toasted sesame seed oil

a handful cashew nuts

1. Spray a frying pan lightly with olive oil, place the ginger and garlic in the pan on low heat.
2. Place the pepper and onion in the pan, turn up to medium heat and add the soy sauce.
3. Once cooked, add the mushrooms and crack two eggs into the pan, raise the heat slightly, and using a wooden spoon, scramble the eggs, being sure to mix it in with all the vegetables.
4. Once the eggs have cooked, turn the heat off and add the sesame seed oil. Stir well.
5. Serve in a bowl with some chopsticks and a handful of cashew nuts sprinkled over the top.
6. Enjoy eating healthily!

### Questions

#### Sprouting Grains & Pulses

**Q.** What is your view on sprouting pulses and pseudo-grains? Soak them for 8-12 hours to start germination. It takes away some

of the antinutrients and changes the nutritional composition. But is it a big or trivial difference?

**A.** As a rule of thumb, sprouting removes a percentage of anti-nutrients but the basic ingredients remain problematic [3,4,5]

With pseudo-grains (such as quinoa, buckwheat, amaranth) it also helps to reduce blood sugar spikes.

#### Livestock fodder

It is interesting that the vast majority of such studies are done by agro-industry which is keen to maximize the health and growth of livestock.

Agro-industry **KNOWS** that these plants contain antinutrients which interfere with profitable husbandry and so it seeks ways to overcome them.

**My View?** Sprouting is better than the original but it does not magically turn lead into gold. See: [Sprouting cuts back bean toxins, June 2010](#); [nutrition of sprouted beans May 2007](#); [Seeds: Sunflower, Pumpkin, Jan 2014](#)

### News Flashes

#### Gut Bugs: West vs Foragers

From the Hadza in Africa to the Matsigenka of the Amazon, research finds that hunter gatherers have similar gut-bug profiles ('microbiomes') [6].

In contrast, westerners have quite different microbiomes. In particular, one bacterial genus is conspicuously absent, *Treponema*. These bacteria have co-existed with humans for millions of years, so their absence in industrialized people is unsettling. Say the researchers:

"These lost bacteria are multiple species that ferment fiber and generate short chain fatty acids (SCFA's), which have anti-inflammatory properties. Could these lost *Treponema* be a factor in the increase in autoimmune disorders in industrialized people?"

**My View?** We sort of knew this already, see:

[Forager Gut Bugs not like ours, April 2014](#) [7] and,

[Allergies: Hygiene Good, 'Old](#)

[Friends' Germs, Good, Nov 2012](#) [8]

The evidence is overwhelming that the state of our gut microbiome has a radical effect on our health.

**Moral?** Eat like a hunter-gatherer – like we say! See next article.

#### Antibiotics Fatten Kids

For years, farmers have been feeding antibiotics to livestock to fatten them faster.

Finally someone has thought it important to see if antibiotics have the same effect on humans.

Yes, they do, according to a study from Johns Hopkins [9].

At age 15, 21% of the children in the study had taken antibiotics seven or more times during childhood. They weighed about 3 lb (1.4 kg) more than those who received no antibiotics.

Says author Dr Schwartz: "Your BMI may be forever altered by the antibiotics you take as a child."

**My View?** This ties in with many other studies which show how, by messing up our gut bacteria, we condemn ourselves to sub-optimal health. See previous article.

See: [Injected Antibiotics Disrupt Infant Gut Flora, Dec 2012](#) [10]

[Antibiotics Damage Cells, Aug 2013](#)

[11]; [Antibiotics - A Precious Resource Squandered, Nov 2004](#) [12].

#### Statins Impair Memory

A study reported in JAMA found that patients who started statin therapy suffered acute memory impairment after 30 days [13].

**My View?** Regular readers will be familiar with my routine denunciation of statin therapy as a practice verging on fraud. Here is one more reason not to take statins and, instead live like a hunter-gatherer – and get cholesterol levels under control!

See: [Statins – Two faced Harlot, March 2015](#) [14]

See ['Cholesterol', USDA Guidelines 2015-2020](#), page 3 where the

USDA opines cholesterol, 'is no longer a nutrient of concern'.

#### Barefoot as Nature Intended

Barefoot activities can greatly improve balance and posture; they can prevent common injuries like shin splints, plantar fasciitis, stress fractures, bursitis, and tendonitis. So says Prof. Patrick McKeon of Ithaca College, NY.

In most people the small, often overlooked, muscles in the feet are atrophied. But nature designed them to play a vital role in movement and stability. There is a feedback loop between these small muscles and the brain. When that loop is broken it leads to the injuries above.

Shoes are the chief culprit of that breakdown. "When you put a big sole underneath, those forces are instead transferred to the bones, tendons, and ligaments, which leads to overuse injuries.

"The more people can go barefoot, such as at home or the office, is a really good thing," McKeon said.

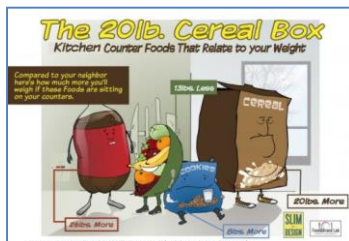
**My View?** Just so! I have long denounced the market-driven hype persuading gullible people to buy ever more padded and expensive sports shoes. See:

**Barefoot Running**, [Feb 2012](#) [15]; **Primitive Running Beats Injury**, [Nov 2012](#) [16]

In addition, there is certainly a health benefit from the massage that the soles of the feet get from being barefoot. See: **Cobblestones for Heart Health**, [Aug 2005](#) [17]

### Hints & Tips

#### Kitchen Cues Fatten



Enlarge: <http://bit.ly/1nS250t>

Do you clutter your kitchen counter-top with cereal boxes? If so, the chances are you weigh 20 lb (9 kg) more than those who don't [18].

Worse, those with soft drinks sitting out weighed up to 26lb (12kg) more.

The good news: those who had fruit bowls out, weighed 13 lb (6kg) LESS.

"It's your basic 'See-Food Diet' – you eat what you see," said lead author Brian Wansink, "if you eat a handful of cereals every time you walk by, it's not going to make you skinny."

**You eat what you see!**

**My View:** Let this be a lesson to us all! As I say in *Natural Eating Chapter One*, p 12 [19]:

"Even in wartime Britain, sliced raw carrots, celery sticks and cucumbers were constantly on the table. If I felt hungry, I only had to fill up as I ran past the bowl of raw salads."

### Human Behavior

#### Women wired for stranger-danger

When anthropologist Napoleon Chagnon told a Yanomamo warrior about World War II, he said, "You probably raided the Germans because of woman-theft, didn't you." See: **The World until Yesterday**, [Feb 2013](#) [20]

And that was the fate of women in Paleo-times – to be fought over and, if unlucky, to be stolen by strange men – that is, members of an out-group. See **In-group, Out-group**, *Deadly Harvest*, [Chapter 8](#), p 197 [21].

Researchers at the Dept. of Psychology, Oakland University, USA, speculated that today's women would still be hard-wired to be instinctively wary of strange men [22].

Sure enough, Melissa McDonald and her team found that:

"Consistent with predictions, women were less likely to agree to date requests from out-group members. They had no such reticence with in-group members.

"Women possess a psychological system that functions to avoid individuals who historically posed an increased threat of sexual coercion".

See also: **Why Women needed a Man**, [March 2006](#) [23]

### Continued from Page 1

#### USDA Guidelines 2015-2020

##### Performance vs Prescription

First of all, there is a shift from a prescriptive approach to one of performance. For example, instead of saying, "restrict sugar intake to 15 teaspoons a day", it says, "sugar should be no more than 10% of calories".

#### Nutrient Dense foods

The USDA has given up on exhortations to: "eat more salads, fruits and vegetables".

Now it says, "Focus on nutrient-dense foods" [which is code for the same thing! – But it is also code to go easy on starches and sugars which are nutrient poor]

**Cholesterol.** Strictures about cholesterol intake are dropped. Indeed, USDA says, cholesterol is no longer "a nutrient of concern"!

We welcome this U-turn. The past obsession about cholesterol has been a harmful red herring.

**Reminder:** we have high cholesterol levels NOT BECAUSE WE ARE EATING IT, but because the way we live our lives triggers our body into making it abnormally.

See: **The Role of Cholesterol**, *Deadly Harvest*, [Chapter 9](#), p. 239 [24]

**Cholesterol & Genes**, [Dec 2015](#) [25]

**Saturated Fats.** The USDA still demonize them in spite of some arguing:

- that they may not be so bad after all and,
- that by eliminating saturated fats, food manufacturers replace them with starches and sugars, which are at least as bad.

There is some truth in b) but with regard to a) the devil is in the detail: the saturated fat *stearic acid*, is quite harmless. Plant-based saturated fats like *palmitic*, *lauric* and *myristic acid* are, by a quirk of biochemistry, also bearable. See **Palm oil Friend or Foe?**, [Oct 2011](#) [26].

#### Devil in the Detail

The USDA doesn't go into this level of detail – BUT THAT IS JUST WHAT WE HAVE TO DO if we are to make sense of nutritional science.

For my comments on the 2010 Guidelines, see: [Feb 2010](#) [27] and [March 2010](#) [28].

### Continued from Page 1

#### Protein in Focus

Another way is to say a protein intake of up to 0.25% of lean body-mass per day. So, for a 150 lb individual (lean body mass



say, 120 lb), that equates to about 4.8 oz of pure protein or about 19 oz of protein-rich foods a day.

[Note: protein-rich foods are typically 20% to 25% pure protein. For example, raw chicken breast might be 24% protein, 2% fat and the rest is water. Eggs are only 13% protein.]

### Distribute Protein Intake Equally Throughout the Day

It is most efficient to eat EQUAL amounts of 'high quality' protein at EACH meal (breakfast, lunch, dinner), rather than to have it unbalanced towards just one meal, (typically, dinner-time for us Westerners).

[Equal portioning of protein intake throughout the day, (unlike the foragers' haphazard intake) seems to be a useful trick offered by our biology, so why not use it!]

### High Quality Protein

By 'high quality protein' Emily Arentson-Lantz means one that is complete in all the ten essential amino acids in the right proportions.

[This is best achieved by eating foods of animal origin such as eggs, poultry, seafood and mammal meat like bison and venison. We exclude the red meats, beef, lamb, pork for reasons related to their fatty acid content, see: **Food Type Impacts Body Fats**, [Jan 2014](#) [29]].

### The Elderly

The elderly suffer only too easily from muscle loss. Mainly this is due to low levels of physical activity. But this is aggravated by low protein intakes too.

The authors recommend that the elderly should take particular care to boost their protein intake AND boost their physical activity levels. They also note that it is deucedly difficult for the elderly to regain muscle mass once it is lost – so prevention is better than cure!

### Weight Loss Management

Finally, the authors observe that the most effective weight-loss diets are ones that are protein-rich and low GI (glycemic index).

[Sounds familiar!]

**My View?** It is also possible to have TOO MUCH protein – with

catastrophic results. It is unlikely to happen to the ordinary consumer, but it is an error made by many athletes and body-builders. See: **High Protein Diet: Kidney Failure**, [Jan 2014](#) [30]

### Vegans and vegetarians

Vegans and vegetarians have to work harder to find the right combinations of plant foods which, together, provide all the essential amino acids in the right proportions. See also: **Judging protein intake**, [Feb 2013](#) [31]

Bottom Line: This Review is converging on, and even exceeding, the hunter-gatherer template! See also: **Daily Protein Intake**, [April 2006](#) [32]

### Spreading the Word

#### Radio Interview with Mel Hill

On station KPSI-NewsTalk 920 (<http://newstalk920.com>). Also contributing are Felina Danalis, a life coach, and Julie Warren, my Palm Springs Library host.

Listen here on this direct MP3 link: <http://bit.ly/1TJYcI3>



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



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