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

Jungle Lore: IHOP Garden Omelette. **Beware Barmy Headlines!** "Paleo Diet is Dangerous..." **Bamboozle Watch:** Beware of Cancer Drug Hype. **News Flash:** Potato-Gestational Diabetes Link; Buyer Beware – GMO Salmon. **Q&A:** Pseudo Grains pros and cons; Distilled Water; Krill Oil. **Hints:** Have a shorter Mealtimes Window; Sleep Quality Linked to Diet. **News Flashes:** Omega Imbalances in Pregnancy Affect Child's Brain; More Children, Slower Ageing; Low Sunlight, Leukemia Risk; Neighborhood Quality, Cell Ageing Link; Green View Boosts Student Results. Standing Desks Boost Student Cognition. **Human Behavior:** Male/Female Wayfinding Differences. **Spreading the Word:** Inaugural Paleo Society Seminar; Radio Interview with Dr Rita Stec.

Jungle Lore

IHOP Garden Omelette



The casual dining restaurant chain IHOP made its name selling waffles and pancakes. So what were we doing stopping for a snack there?

We like challenges! But we also knew IHOP for its copious and fully conforming salads. However, this time in USA we were to be disappointed. They had overhauled the menu and the only safe option seemed to be the Garden Omelette.

Even so, we were quick-witted enough to spot the cheese dressing, and the waffle-mix used to extend the omelette. "Neither of those, please", we instructed the waitress.

We split the dish between us – it was filling and agreeable to us Bond-Paleo eaters.

Now for the kicker: later I checked up on IHOP's nutrition database: <http://bit.ly/1UGO9oo>. This omelette - if eaten as intended – contains a whopping 930 calories! That is fully ONE HALF the allowance for the average person for one whole day. No wonder Americans are getting fat!

Famously, in 2015 a porky Jeb Bush, presidential candidate, went on a Paleo diet to lose weight. When, at a veterans' event, he was presented with a pile of IHOP pancakes drenched in fake maple syrup – he pushed them aside.

My View? Just so!

Beware! Barmy Headlines!

Paleo diet is dangerous, increases weight gain, diabetes expert warns

Headline in the mid-market UK tabloid *The Daily Mail* [1]. To be fair, The Daily Mail simply repeated the words of this month's **Worthy Idiot**, Dr Sofianos Andrikopoulos at The University of Melbourne, Australia.

In an experiment on mice, Dr Andrikopoulos fed overweight, pre-diabetic mice a diet composed of 6% pure sugar and, wait for it, 81% fat!

Unsurprisingly, the mice, who were already overweight and prediabetic, found their weight shooting up, their glucose tolerance impaired and their insulin resistance increased [2].

What was the good doctor thinking of when he conducted such a study? He cites an American Diabetes Association (ADA) suggestion that minimal carbohydrates and a fat intake of 20–35% might reduce obesity and improve glucose control.

My View? Dr Andrikopoulos tested the ADA's modest suggestions to the extreme!

But his experimental diet bears no resemblance to any known eating pattern – not even the ketoaenic diet, with which it shares some features. See: **Ketogenic Diet Dangers**, [Apr 2012](#) [3]

And worse, in a display of supreme ignorance, Dr Andrikopoulos uses his grotesque diet to smear the good name of Paleo.

Cont: page 4.

Bamboozle Watch

Beware of Cancer Drug Hype

How often have you seen news articles describing "breakthrough," "revolutionary," and "miracle" cancer treatments?

Have you ever wondered what has become of them? In reality these and other grandiose terms are used even when drugs are not yet approved, have no clinical data, or not shown any survival benefits. So says a study by Vinay Prasad and team of Oregon University, Portland, USA [4].

Journalists were the worse culprits (55%) followed by physicians (27%), and industry experts (9%).

Moral? As ever, never let your guard down! – journalists and researchers have different agendas to you: journalists have to sell news; researchers have to justify their grants and worse, run like hell in the squirrel cage of academic advancement.

News Flash

Potato-Gestational Diabetes Link

Women who have high potato intake BEFORE pregnancy have higher rates of gestational diabetes (sky-high blood-sugar levels during pregnancy) [5]. So finds a study on 11,000 women who took part in the Nurses Health Study II.

Although this is a population study, it is indicative that a high insulinemic diet is prejudicial to a pregnant mother's health, even before she has conceived.

Buyer Beware - GMO Salmon

The FDA has just approved a GMO animal –the AquAdvantage Salmon [6].... **Cont p 4**

Questions

Pseudo-Grains pros and cons

Q. *Pseudo-grains such as amaranth, buckwheat, chia, and quinoa, are seeds, not grains. Does that mean that they do NOT possess the antigenic property of grains that triggers the immune system, produces inflammation, and leads to cancer, cardiovascular and autoimmune disease?*

A. As a rule of thumb, pseudo-grains do not have the same high levels of antigens as regular grains. Most importantly, they do not contain gluten – the worst antigen of all.

On the other hand, some pseudo grains like buckwheat, quinoa, and amaranth are still glycemic, poor in micronutrients, not alkalizing, and still contain other antinutrients. For these reasons they are still deprecated.

Chia escapes this censure having, in addition, the advantage that it contains high levels of omega-3 and fiber.

Distilled Water

Q. *You say that distilled water is safe to drink. However, other experts say that distilled water does leach minerals and/or toxins, to some degree.*

On the other hand, I've read that spring water minerals are not bio-available. Apparently, minerals need to be converted into an organic form, via the uptake of plants, before they become bio-available

I thought spring water would be somewhat healthier than distilled water and municipal water?

A. Analysis paralysis! Just get the H₂O inside you and don't worry about its mineral content or otherwise.

Foragers didn't drink much water and most of that was contaminated with pollution left by other animals at the waterhole.

In the grand scheme of things, the mineral content of water is hardly significant.

Foragers (and our close relatives, the chimpanzee and gorilla) got most of their fluid from the plants

they ate. That is the message – get inside you plenty of water-rich plant foods (salads, fruits, vegetables)!

Krill Oil

Q. *What do you think of krill capsules as a health aid?*

A. Krill is a rich source of omega-3 fish oil. But avoid the temptation to slip into the magic-bullet medication mentality; avoid being trapped into buying expensive, over-hyped supplements. Be authentic! and just eat your ration of sardines or grilled salmon etc EVERY DAY.

Hints & Tips

Have a Short Mealtimes Window

"Breakfast like a king, lunch like a prince and dine like a pauper". So goes an ancient adage – and one that makes a lot of sense according to trials by Dr Jonathan Johnston at the University of Surrey, UK [7].

He found that mice – and humans – remained slimmer and healthier if they compressed their meal-times into a 12 hour time period per day. In other words they 'fasted' for the remaining 12 hours per day. Since this includes sleep time, this is not so onerous.

This chimes with what I have been saying for a long time – it is important to feel hungry for an hour or two every day.

Dr Johnston found that the subjects who ate breakfast later and dinner earlier lost more body-fat, had lower blood sugar, and had lower cholesterol. This in spite of eating the same amount of calories – see [Not all Calories are the same, May 2013](#) [8].

One thing is for sure, says Dr Johnston – it is good to avoid the midnight cheeseburger.

Sleep Quality Linked to Diet

A diet low in fiber, high in saturated fat and high in sugar is linked to lighter, less restorative, and more disrupted sleep [9].

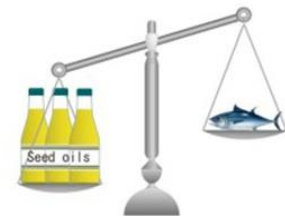
"It was most surprising that a single day of greater fat intake and lower fiber could influence sleep parameters", says researcher Marie-Pierre St Onge of Columbia University, New York.

Moreover it took participants an average of 29 minutes to fall asleep after consuming foods and beverages of their choice, but only 17 minutes to fall asleep after eating meals low in saturated fat and rich in protein.

My View? Forager would not be eating ANYTHING for a couple of hours before sleep let alone saturated fat or low-fiber foods. We also know that evening intake of starches and sugars disturb sleep – and oh – so does alcohol too!

News Flashes

Omega Imbalances in Pregnancy Affect Child's Brain



When researchers fed pregnant female mice a diet rich in omega-6 but poor in omega-3, their offspring had smaller brains and higher anxiety levels [10]. These effects remained even if the children were subsequently fed a correctly balanced diet.

My View? Although the tests were on mice, we do know that a correct balance of omega fatty acids is vital for human health too. If only for the mother's health, a pregnant woman would do well to get the balance right.

More Children, Slower Ageing



A study on Guatemalan women finds that the more children they have, the slower is telomere shortening – one of the vital ageing factors [11]. Telomeres cap the ends of chromosomes and the faster they wear out, the quicker you die. See: [Telomeres and Antiageing, March 2010](#) [12].

The researchers suggest that the beneficial effect can be due to raised estrogen levels which could protect cells against telomere shortening.

They also observe that Guatemalan mothers have much extended-family support which lowers stress; it also increases the quantity of metabolic energy that can be diverted to tissue maintenance.

My View? On average forager women gave birth to about six children (of which only about 2 survived to have children themselves). And forager women too had an extended family – the forager band which provided much social support, a phenomenon called ‘alloparenting’. See: **Grand-parental support reduces Childhood Obesity**, [July 2015](#) [13].

Low Sunlight, Risk of Leukemia

People who live in high latitudes have double the risk of getting leukemia compared to those who live close to the equator [14].

So finds Dr Cedric Garland of UC San Diego. He also found that low levels of sunlight exposure are linked to cancers of the bladder, breast, colon, pancreas, and multiple myeloma.

My View? These studies only confirm what I have been saying (and reporting) for decades. See **Cancer Avoidance and Recovery**, *Deadly Harvest*, [page 232](#) [15]; **Low Sunshine, More Prostate Cancer**, [May 2007](#) [16] plus many other articles.

I have also quoted sunshine gurus Dr William Grant, www.sunarc.org and Dr Marc Sorensen of the [Sunlight Institute](#) [17] [18].

Neighborhood Quality & Cellular Ageing Link

People who live in neighborhoods with high crime, noise and vandalism have a biological age more than a decade older than their chronological age, according to a study led by researchers from the University of Pittsburgh [19].

My View? What’s new! Actually, what is interesting is the ‘biological age’ that the researchers were studying. This is the state of the telomeres, (caps

on the chromosome ends, see: **More Children, Slower Ageing**, page 2)

The stress of living in a bad neighborhood hastens cell death and, by extension, the person’s death.

The basic message remains the same: we are best at ease in an environment which speaks to the deepest parts of our psyches – natural, green spaces which remind us of our ancient homeland.

See next article and, inter alia, **Ethnically Homogeneous Neighborhoods Healthier**, [Dec 2012](#) [20], **Greenery Reduces Kids’ Obesity**, [Nov 2008](#) [21].

Green View Boosts Student Results



High school students perform better on tests and recover better from stress if they are in a classroom with a view of a green landscape, rather than a windowless room or a room with a view of built space [22].

My View? Just so! – and see next article.

Standing Desks boost Students’ Cognition

Test results indicated that continued use of standing desks made significant improvements in students’ executive function and working memory capabilities [23]

“Executive functions” are cognitive skills we use to analyze tasks, break them into steps and keep them in mind until we get them done.

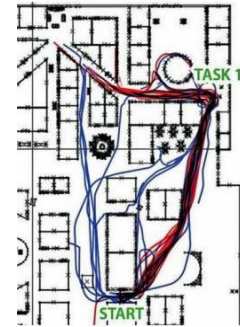
These are skills that allow students to manage their time effectively, memorize facts, understand what they read, solve multi-step problems and organize their thoughts in writing. These functions are largely regulated in the frontal brain regions.

My View? It works not only for students; as I write I am using a standing desk – and Nicole uses one too...

See: **Limit Sitting Time**, [April 2008](#) [24], **Too much sitting is bad for you**, [June 2014](#) [25] – and see previous article.

Human Behavior

Male/Female Wayfinding Differences



Extract of 3D Maze.

Enlarge: <http://bit.ly/21Jm0we>

Routes: Red - men; Blue- women. *The men arrived faster and solved more tasks.*

It’s well established that men perform better than women when it comes to specific spatial tasks. The researchers used fMRI imaging which pictures the brain as it performs various tasks.

When tested on a maze the men took several shortcuts, oriented themselves more using cardinal directions and used the hippocampus part of the brain more than women [26].

Say the researchers, “This is a more flexible strategy and depends less on where you start. Men’s sense of direction was more effective. They quite simply got to their destination faster, the men solved 50 per cent more of the tasks than the women.”

But when the women got a drop of testosterone under their tongue, several of them were able to orient themselves better than before in the four cardinal directions.

Opine the researchers: “In ancient times, men were hunters and women were gatherers. Our brains evolved differently. In simple terms women, using their brain’s frontal lobes, are faster at finding things in the house and men, using the hippocampus, are faster at finding the house.”

My View? Laurens van der Post in his 1950s exploration of the San

Bushmen was astonished how, after chasing a wounded eland for miles and miles and for several days through many twists and turns of the Bush, the men afterwards unerringly found their way straight back to camp [27].

See: [Pasta is not for Runners, January 2005](#) [28]

Continued from Page 1

[Beware! Barmy Headlines!]

Paleo diet is dangerous, increases weight gain, diabetes expert warns

... As Hamlet observes bitterly:

“...he that filches from me my good name./Robs me of that which not enriches him,/And makes me poor indeed”

Continued from Page 1

Buyer Beware - GMO Salmon

The fish has a growth hormone gene from a Chinook salmon and a

gene from the ocean pout. The result is an Atlantic salmon that reaches market size much more quickly. Read the gory details here: <http://1.usa.gov/1MEDh2k>.

Spreading the Word

Inaugural Paleo Society Seminar



More photos on our Facebook Group page: <http://on.fb.me/Group-Bond>

Under the driving force of Kim Lloyd, founder and CEO of [Ugg Foods](#), the UK's [Paleo Society](#) [29] got off to a terrific start with its

inaugural seminar on Saturday March 5th 2016.

I gave two one-hour keynotes: *"Why the Paleo way of life is right for us humans, and how to do it."*

We also had excellent contributions from four other specialists who brought their own insights on various aspects of Paleo lifestyle.

Check the [Program](#) (pdf): [30] and the [Brochure](#) (pdf): [31].

Radio Interview with Dr Rita Stec on the Tom Read Show

While in USA this winter, Dr Rita Stec and I recorded three interviews for Tom Read on station KTRW. This is the link to the first one (30 min):

<http://bit.ly/1VKM76j>



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



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