



The science & art of living the way nature intended

# The Bond Briefing

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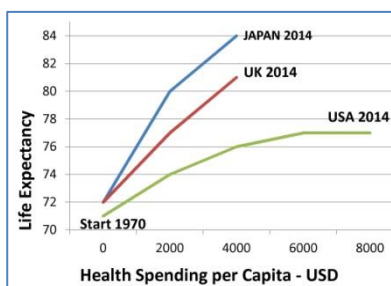


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Health Policy:** USA Spends Double on Health Care for Less Reward. **Human Cognition:** New Moms' Brains Shrink. **Opinion:** Eating Paleo – Benefits vs Costs. **From the Journals:** A Handful of Nuts Nixes many Diseases. **Health Policy:** USA Subsidizes Big Food and Poor Health. **Q&A:** Xmas – Turkey vs Wild Boar; Status of Miso Paste. **From the Journals:** Splenda in Kids' Blood. **Human Psyche:** We Favor Our Own Group. **Ancestral Health:** Our Living Gut VII: Gut Bugs and Behavior, Mood, Brain. **Hints:** Food Combining Revisited. **The Word – Feedback.** **Spreading the Word:** Events

## Health Policy

### U.S. Spends Double on Health Care for Less Reward



Enlarge: <http://bit.ly/2I3DYMO>

The USA spends **DOUBLE** per person on health care compared to the next most expensive nation, Canada [1]. Meanwhile, the life expectancy of its citizens languishes behind most industrialized countries (see graphic).

Cynics say that BigPharma has led people to believe drugs will fix their problem and that it makes its money by keeping the US citizen sick. They have a point.

Each year Americans spend an average \$1,112 on prescription drugs — 44 per cent higher than in Canada, the next highest spender. However, that is not the whole story. Even when costs of treatment, surgery, and medications are taken into account, still over half of the budget is soaked up within the system.

The report concludes: “while other nations target disease prevention and treatment, US spends big on feeding the system itself” [2]

**My View?** The system is incentivized to spend money wastefully. Insurance companies are obliged, by law, to plough back 80% > p 2

## Human Cognition

### New Moms' Brains Shrink



The first pregnancy rewires a woman's brain in ways that persists for long afterwards. Dr Elseline Hoekzema, University of Barcelona, Spain. Brain scans show pruning of the synapses in the hippocampus in favor of building circuits responsible for maternal bonding [3].

Overall, the volume of grey matter was reduced. This one-time effect was so marked that she could tell from the brain scan, whether the woman had ever had a baby.

**My View?** We must be humble in our ignorance of nature's wondrous complexities

## Opinion

### Eating Paleo: Costs vs. Benefit

Sometimes people say to me: “It is expensive eating the way you say.” My usual riposte: “It is more expensive –and disabling and unpleasant – to be chronically diseased and requiring constant medical treatment.”

That is, perhaps, a flippant reply, but let's look at the figures:

In 1929, Americans spent some 20% of disposable income on food at home; today it is only 5.3% [4]. Likewise, the British today only spend some 9% and the French 13% of household income on food.

The fact is, Americans and British are eating cheap rubbish. >p 2

## From the Journals

### Nut Handful Nixes many Diseases



A credible study of populations around the world finds that people who intake some 20 grams ( $\frac{3}{4}$  oz) per day of tree-nuts (of any kind) have the lowest risk of a wide range of diseases. These include: coronary heart disease, stroke, cardiovascular disease, total cancer, all-cause mortality, respiratory disease, diabetes, brain diseases, dementias, infectious diseases, and kidney disease [5].

**My View?** Nuts are a Paleo food of course and nutritious. Foragers ate all kinds, notably baobab and mongongo.

In this study, health outcomes didn't improve when they ate more than 20g per day. That is not much – just 16 almonds. They are 50% fat and caloric, so maybe modest consumption like this is about right.

## Health Policy

### Big-Food Subsidies & Bad Health

A series of studies looked at how the USDA subsidizes farmers, notably of corn (maize), soybean, wheat, rice, sorghum ( a fodder-grain like millet), dairy and livestock.

**ALL THESE ARE BAD & NON PALEO!**

They find a direct link between the consumption of these subsidized products and ill-health [6]. Adults with the highest subsidy scores compared with those... >> p 4

### Questions

#### Xmas: Turkey vs Wild Boar

**Q.** [Last month](#) your menu for Christmas included wild boar. Any reason to favor this over turkey?

**A.** Simply a desire to avoid the obvious and use something more exotic and more in the spirit of Paleo.

Wild boar meat is richer in most nutrients than farmed animals [7]. It is low fat (some 3.5%). As a result, as in Nicole's [Paleo Harvest](#) [8] **Hunter's Stew** recipe [9], the meat needs marinating for a day or two.

Wild boar is in fact most likely farmed – but it has to be done in ways which reproduce wild conditions – so the boar are free to roam over a large territory and to practice their normal behaviors [10].

As for turkey – yes it's OK and even better if it, too, has been allowed to be raised in natural conditions – or at least qualifying as 'free-range' and/or 'organic'.

#### The Status of Miso Paste

**Q.** Is the Japanese condiment paste "Miso" Paleo conforming?

**A.** In a word, No. Traditionally, Miso is made from a legume: soy bean (not Paleo conforming) and a grain: barley or rice (not Paleo conforming), with a strong dose of salt, some 10% (not Paleo conforming).

In its defense, fans of Miso will cite its impressive list of vitamins and minerals – but so can Marmite which, moreover, contains no grains or legumes.

Being pragmatic, Miso in condiment quantities can be tolerated (except, of course, for those who are legume and/or grain intolerant).

### From the Journals

#### Splenda in Kids' Blood

There was a time when we thought that artificial sweeteners were 'tolerable'. We thought they are inert, are not digested, and have no effect on the body biochemistry.

We were wrong – especially in the case of sucralose, sold under the name 'Splenda' (see **My View** later). Now the charge-sheet gets longer:

Researchers find that children who consume just one can of diet soda, had double the blood concentration compared to an adult [11].

Say the researchers: "Artificial sweeteners influence a child's future taste preferences, diet and metabolic fate... they are especially vulnerable to the intense sweetness provided by artificial sweeteners." Splenda ends up in breast milk too. This is worrying since babies' kidneys have not developed the ability to fully clear substances like Splenda from the blood.

Finally, the study found that some people absorb relatively small amounts of artificial sweeteners and some exorbitantly high amounts.

**My View?** We now know that Splenda messes with Insulin, Blood Glucose, Gut Bugs, the Gut Lining, and Hunger Hormones; it can cause mutations in DNA. **AVOID!**

See: **Splenda Promotes Hunger**, [June 2016](#) [12]. **Splenda Sweetener Woes**, [Dec 2008](#) [13]. **Sucralose (Splenda) not entirely Innocent**, [March 2014](#) [14] **Surprise Sweetener Spook**, [Sept 2014](#) [15]

### Human Psyche

#### We Favor our own Group

Oscar winners and their films are much more likely to be American and displaying American culture; winners of the UK's BAFTA awards are much more likely to be British and showing British culture. So finds Dr Niklas Steffens, University Queensland, Australia [16].

Dr Steffens says that we fondly believe that, when judging creativity, we are objective. But in fact we are heavily influenced by membership of our own group.

**My View?** Only a social scientist would have imagined otherwise! See: **Story-telling in Evolution, Part II**, [Nov 2009](#) [17].

**In-group, Out-Group, Deadly Harvest**, [Chapter 8](#), page 197 [18].

### Continued from Page 1

#### Eating Paleo: Costs vs. Benefit

>> ... Famously, the French do go for more quality. But even their expenditure is a very modest proportion of spending power.

I argue three things:

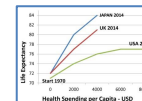
a) that we should be joyfully grateful that wholesome, conforming food is readily available all year round.

b) that we should be willing to spend a bit extra on such a worthwhile cause.

c) that eating Paleo means eating **GENERIC**. That is actually the cheapest way of accessing such foods. Not counting fast food, most families spend money on industrial, highly processed food, ready meals, and so forth. Of course the processing is a device to charge a lot more than the raw material cost. Meanwhile as begun on page 1 and continued here...

### Continued from Page 1

#### U.S. Spends Double on Health Care for Less Reward

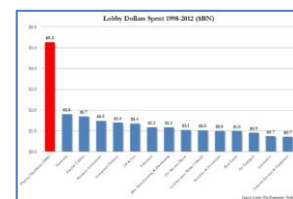


>> ... of premiums into medical care. So the only way they can increase their 20% profit share is by increasing turnover and that means prices!

Secondly, the health industry is protected by a special trade-secret law from divulging the true cost of medical treatments. Consequently, the 'network rate' is whatever the network decides. Some patients might pay 10 times what the patient in the next bed pays for the same treatment. But this fact is kept secret.

#### Lobbying

The Health Industry far outspends all other lobbying groups in tying up political support. Their lobbying dollars (red) are **THREE TIMES** the next highest spender, Insurance, followed by Electric Utilities [19].



Enlarge: <http://bit.ly/2kKcAqm>

The U.S. Healthcare industry has successfully rigged the market in its

favor and, until now, no politician has dared to question it.

See: **Over 50% Americans are Chronically Sick**, page 3.

### **The Supplement Paradox: Negligible benefits, Robust Consumption**

Peter Cohen, MD laments in *JAMA* (the USA doctors' trade journal) that, in spite of a multitude of high quality studies demonstrating the uselessness of dietary supplements, over 50% of Americans continue to use them [20].

For example, evaluations showed no benefits of multivitamins to prevent cancer or heart disease; of *echinacea* to treat the common cold; of St John's wort to treat major depression; or of vitamin E to prevent prostate cancer [21]. Likewise, no benefits have been shown for *Gingko biloba*, garlic, glucosamine, or coenzyme Q10. Indeed, some supplements, like *ephedra*, are harmful.

**My View?** The supplement industry in USA has rocketed to a \$32 billion business in just the last 20 years. This industry plays on our human frailties of wishful thinking, the attractions of the easy option, and the temptations of fool's gold.

As we know, there are no alibis: eat the way nature intended and the body gets all the nutrients it needs – in the right combinations and in the right matrix.

### **Over 50% Americans are Chronically Sick**

According to study author Elizabeth Walker of Emory University, GA, USA: "Just over half of adults in the US have one or more chronic condition, mental disorder, or dependence on substances. These conditions commonly overlap with each other and also with poverty, which contributes to poor health." [22].

**My View?** It is appalling that such a huge percentage of the population is 'not fit for purpose' and would not survive a day in our ancestral homeland. Mind you, maybe that is what is needed to restore them to health! There is the example I quoted of the acculturated diabetic Aborigines who were cured by

returning to live in the Australian bush, see:

**Food for Diabetics**, [Aug 2013](#) [23]  
**Cancer & Co-morbidities**, [Dec 2013](#) [24].

### **Ancestral Health**

**Our living Gut - part VII**  
[Last month](#) [25] we saw how gut dysbiosis is a factor in Allergies. We continue:

**Gut Bugs affect behavior, mood, brain**  
For a long time, it seemed far-fetched to think that the microbiome could also be responsible for processes outside the digestive tract. Yet the scientific community keeps uncovering further amazing details.

Over the past 10 years, studies have linked our gut flora to a range of complex behaviors, such as mood and emotion, and appetite and satiety. Not only does the flora help maintain brain function but it also influences the risk of psychiatric and neurological disorders.

It has been proven in the meantime that the gut and the brain communicate with each other via several routes including the vagus nerve [26], the immune system, the enteric nervous system, or by way of microbial metabolic processes.

For instance, intestinal bacteria convert carbohydrates into short chain fatty acids (SCFAs), e.g. butyric acid and propionic acid. This strengthens the connections between the cells and reinforces the blood-brain barrier, thus protecting the brain from infections and inflammations.

An increasing body of research results confirms the importance of the "gut-brain axis" for neurology and indicates that the triggers for a number of neurological diseases may be located in the digestive tract.

The gut microbiome can influence the central nervous system, the development of nerve cells and the immune system. [27]

**Next Month: Happiness, Anxiety, Sloth, Autism, ADHD Connections.**

### **Hints & Tips**

#### **Food Combining Revisited**

This is the precept that some food groups don't mix well. I haven't labored this point for several years, and yet the concept does often come up in practice.

Our forager forebears did not have this as an issue. Their consumption of one food group – starches and sugars – was very low; and the nature of fruits was very low sugar. I deal with this topic at length in *Natural Eating II*, [Chapter Five](#), p 94 [28]; and in *Deadly Harvest*, [Chapter 5](#), Page 120 [29]. To recap, the two main rules are:

- a) Eat fruit on an empty stomach, prefer low sugar fruits like berries.
- b) Don't combine starches with animal proteins – e.g. Big Mac or Steak and Fries. (Of course we wouldn't dream of eating these things anyway, would we!)

### **The Word - Feedback**



Enlarge: <http://bit.ly/2lc9Lqi>

Had a great private talk at the exclusive **Bridges G&CC**, Rancho Santa Fe, California. This is the wonderful testimonial from the organizer, Diane Lewis:

"Thank you for preparing and delivering such a wonderful speech! Your new slides are fascinating! I wish I could memorize each and every one of them.

"And your style of speaking is so down-to-earth and practical. Several attendees have commented on this, Geoff, how beautifully you communicate your concepts in very understandable phrases. It's simple and yet profound, all at once.

"People are getting your message! I truly believe that we are making an impact in this area and that the ripple-effect may grow exponentially from here.

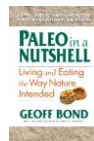
"Please accept my deepest gratitude for all that you do."



**Continued from Page 1****Big-Food Subsidies & Bad Health**

>> ... with the lowest had a 37% higher risk of being obese; a 41% higher risk of having belly fat; a 34% higher risk abnormal C-reactive protein (a marker of inflammation); a 14 % higher risk of having abnormal cholesterol levels; and a 21 % higher risk of having bad blood glucose levels.

**My View?** As researcher Raj Patel of University of Texas says: "We need to ensure that the food industry pays for the damage that it has caused." See: **Over 50% of Americans are Chronically Sick**, p.3.

**Spreading the Word****NEW BOOK: Paleo in a Nutshell**

Square One Publishers of New York plan to publish my new book, in the next few weeks.

<http://bit.ly/Paleo-nutshell-cover>

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

**Public Talk IMMINENT**

Welwood Murray Library, 100 South Palm Canyon Dr, Palm Springs, CA 92262

**March 07 2017 at 10.00 a.m.**  
How to Grow Older without Feeling Old: Insights from our ancient origins

**Public Talk - Green Templeton College, Oxford University**

**March 22, 2017**

Successful ageing: How to restore, rejuvenate and maintain normal functionality in advancing years.

**Public Talk - Paleo Society, Oxfordshire Spa Hotel, Thame, OX9 2PU, UK**

**March 28<sup>th</sup> 2017 at 7:00 pm**

**Title:** Paleo Lifestyle in a Nutshell – how to do it and why.

**Info:** [www.thepaleosociety.org.uk](http://www.thepaleosociety.org.uk)

**Reservations:**

[practicallypaleo2.eventbrite.com](http://practicallypaleo2.eventbrite.com)

**Entry:** Early-bird ticket £25 (until 1st March). Standard ticket £35



**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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**email:** [admin@NaturalEater.com](mailto:admin@NaturalEater.com)

**Tel:** +357 99 45 24 68 **Skype:** gvlbond

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

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23 <http://bit.ly/1NbWBUu>

24 <http://bit.ly/1KmrZIE>

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26 The main nerve running from the brain to the colon and all stops in between.

27 Dr Patricia Lepage, Microbiota and the gut-brain axis, Second Congress of the European Academy of Neurology (EAN), Copenhagen, 2016

28 <http://bit.ly/2l6jXEL>

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