



## The science & art of living the way nature intended

# The Bond Briefing

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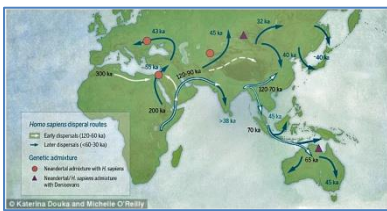


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Human Origins:** Out of Africa – Again & Again. **Letter of the Month:** Stanimir Ivanov on Hunter-gatherer Socializing. **Successful Ageing:** Italian Centenarian Secrets. **Q&A:** Natural Sleeping Positions. **Ancestral Health:** Our Living Gut – part XVIII – Gut-worm Helpers. **Hints:** Erectile Dysfunction - CVD Flag; Muscle Building - Whole Egg Best. **Briefing:** Epigenetic Effects – part VI – Absence of Feeling Hungry. **Health Policy:** The Costs of Sickness. **Ancestral Child Development:** The “Nested” Human – part II. **Celebration of a Life:** Dr Svetlana Rubakovic. **Events:** Book Signing – Expo West, CA; Public Talk: Oxford University.

### Human Origins

#### Out of Africa – Again & Again



#### Human Dispersals

Enlarge <http://bit.ly/2s3vWek>

A massive wave of migration out of Africa some 60,000 years ago is the commonly accepted story of how our species began to colonise the rest of the world.

This seems to be true enough but, as we related in **Out of Africa – Twice, March 2016**, [1], it appears that there was a small, earlier migration which ended up by colonizing Australia.

Now a study from those egghead geneticists at the Max Planck University, Jena, Germany, adds a new layer of complexity.

According to them, the tidal wave of humans 60,000 years ago was preceded by multiple, smaller movements of humans out of Africa beginning some 120,000 years ago [2]. See map above.

**My View?** Actually, this seems more plausible. Typically massed hordes only break out once adventurous pioneers have blazed a trail. We see this most clearly in the Polynesian expansion throughout the Pacific [3] and in particular the Maori colonization of New Zealand in the 13<sup>th</sup> century A.D.

Does this have any relevance for us today? > p 4.

### Letter of the Month

#### Hunter-gatherer Socializing



From the 1966 Marshall Expedition archives: San singing and dancing.

Video clip: <http://bit.ly/2siUpMN>

This is an expanded version of an exchange on our FaceBook Group: <http://on.fb.me/Group-Bond>

From **Stanimir Ivanov**

I keep thinking about how the hunter gatherers spend their evenings. They are surrounded by the whole tribe and are very social. They eat together, laugh and dance. They know each other for most of their lives.

Now compare this to the solitude of modern life where lots of people live alone or just with their partner. At least in the US long gone are the days of big extended family dinners being the norm.

This happens only ones or twice a year during the big national holidays. This lack of socialization might be contributing to lots of stress related conditions such as depression and anxiety.

And also it might be the reason why so many people get addicted to TV shows. They subconsciously accept the characters as part of their extended family and thus spent every night watching the show.

Going out to bars and clubs at night is not the same ... > p 2.

### Successful Ageing

#### Italian Centenarian Secrets



In remote Italian villages nestled between the Mediterranean Sea and mountains lives a group of several hundred citizens over the age of 90. Researchers have identified common psychological traits in members of this group [4].

They found that participants who were 90 to 101 years old had better mental well-being than family members aged 51 to 75.

They displayed resilience and optimism, and espoused working hard. They were controlling to the point of being domineering.

Exceptional longevity was characterized by a balance between acceptance of adversity and the grit to overcome it. They had a positive attitude. Their close ties to family, religion, and land, provided purpose in life.

**My View?** As I wrote in *Deadly Harvest*, page 221 [Ch 8](#) [5].

“All primal peoples, whether we look at the San, Australian Aborigines, or Hadza, are deeply attached to their land and feel deeply connected to the nature that surrounds them.”

Now we lead rootless lives, divorced from our place in nature, and pleading victimhood when adversity strikes. See also: **Hunter Gatherer Socializing**, this page.

## Questions

### Natural Sleeping Positions



Aboriginals sleeping

Enlarge: <http://bit.ly/2GWEw1z>

**Q.** *I have been sleeping without a pillow for about 6 months but I keep having slight back pain in the morning. Do you have any tips for natural sleeping positions?*

**A.** In practice, foragers slept directly on the hard ground. Often they would scoop a hollow in the dirt to take the hip. If ground-based creepy-crawlies are about, they would sleep with their head propped up on one elbow.

Many peoples still sleep on hard floors – like the Japanese on a futon or other Asiatics on a reed mat.

Like so much else about our western lifestyle, we have strayed so far from the path nature intended that it takes perseverance and grueling re-training to find our way back again.

## Ancestral Health

### Our living Gut – part XVIII

[Last month](#) [6] *antibiotics' effect on gut bugs a) fattens kids and, b) drives diabetes. We continue:*

#### Gut Worm Helpers

Foragers guts are routinely host to hookworms, pinworms and whipworms. Many studies indicate that these worms are beneficial and, indeed, in a symbiotic relationship with our own organisms. They might be called the 'good' worms. However, there are also the 'bad' ones like tapeworms and the nasty, tropical, disease-causing, *schistosomes*,

As long ago as 1999, Doctor Joel Weinstock, a parasitologist then at University of Iowa, opined that American children 70 years earlier had had a much closer relationship with dirt than they do now [7]. See **Worms are good for you**, [Nov 1999](#) [8].

There were fewer sidewalks, paved roads and indoor toilets, and kids spent more time playing outside in their bare feet.

As a result of this daily contact with soil, almost all youngsters were hosts to the 'good' worms: hookworms, pinworms and whipworms.

Gut worms still infect billions of people and, because of their long co-evolution with us, have developed a close relationship with our immune system to the point that they can regulate it in healthful ways.

For example, gut worms can improve diseases such as allergic asthma, arthritis, IBS, and MS.

Professor Nicola Harris of École Polytechnique Fédérale de Lausanne (EPFL), Switzerland, has discovered one interesting way that this happens [9].

The gut worms trigger good gut bacteria into making short-chain fatty acids (SCFAs). In turn SCFAs activate receptors which influence the immune system. These receptors are known to modulate colon function (and malfunction) and even allergic airway disease (asthma).

[Next Month](#) [10]: **Part XIX**, Gut Worm Helpers, Part II.

## Hints & Tips

### Erectile Dysfunction: CVD Flag

Erectile dysfunction, especially amongst young men, is an early warning sign of cardio-vascular disease [11]. The researchers' message to physicians – treat not only the symptom (erectile dysfunction) but also the CVD,

**My View?** This is not new. I wrote precisely the same thing in **Erectile Dysfunction (Impotence)**, page 240, [Ch 9](#) [12], *Deadly Harvest*.

Even so, impotence is a wake-up call for a radical change of lifestyle – to the one nature intended – like we say.

### Muscle Building: Whole Egg Best

After resistance exercise, subjects synthesized 40% more protein if it came from whole egg compared to egg-white only [13].

The researchers say: "something in the yolks is boosting the body's ability to utilize that protein in the muscles.

"This work shows that consuming egg protein in its natural matrix has a much greater benefit than getting isolated protein from the same source."

**"Egg protein in its natural MATRIX"**

Such wise words! The point I always make: we can't treat nutrients in **ISOLATION** – they work together in mysterious ways to make a glorious symphony. Dr Mozaffarian makes a similar point in **Doc Rethinks Food/Disease Link** [Aug 2010](#) [14].

**WHOLE** eggs were a vital part of our ancestral diet. This is a hint to keep it that way!

**Continued from Page 1**

### Hunter Gatherer Socializing



...because you're surrounded by strangers.

This probably increases our stress levels even more. And alcohol is used to relax us and thrive in the environment.

I think a village style life, such as the small Italian and Greek villages have, might be a much better choice health wise.

But how can we create that village lifestyle in the modern household? I think lots of it has to do with culture as well.

**My Comment:** As I wrote in *Deadly Harvest*, p 220, [Ch 8](#):

"In every [forager] culture, people lead intense spiritual lives expressed through dance, song, stories, rituals, and deep emotional attachment to the land. All peoples find their identity in tribal stories and myths."

My view, frequently expressed, is that we moderns are caught up in the cogwheels of a technology-driven environment which is implacable, sterile, artificial and unhuman.



Many years ago, studies were already finding that children got hooked on soap-operas since they provided more of a family-feeling than the real life they had at home. Studies on the centenarians of long-lived populations in Sardinia, Crete, Okinawa and so forth emphasize the importance of the village social life in their longevity. See: **Sardinian Centenarians**, [Nov 2002](#) [15], and **Italian Centenarian Secrets**, p. 1.

Today, we are starving for want of forager-band-style: close-knit attachment, social connectedness, and shared conviviality. It is not surprising that, in our post-industrial societies, mental illness is rocketing.

On the other hand, it speaks volumes that foragers, in spite of their lack of material comforts, are remarkable for being mentally 'well-adjusted'.

Ah! How to replicate this in the modern world? That's the challenge! It is already a big step to have become **AWARE** of this terrible modern psychological mismatch with our ancestral psyches.

So, to some extent we can take control at an individual level. We can make wise choices in how we organize our lives.

### Briefing

#### Epigenetic Effects - Part VI

[Last month](#) [6] we saw how **pollutants** ("endocrine disrupters") mess with our hormones. Now:

#### Absence of feeling hungry

A study on rats found that, after 50 generations of food deprivation, the descendants were 8 times more likely to develop diabetes when put on a normal diet [16].

Interestingly, as hunter-gatherers, food deprivation was probably the norm for thousands of generations, and the genes did their job of maximizing fuel use. Now that food is abundant, those same genes are still active, driving us into obesity and diabetes.

#### Good intentions pave the way to unintended consequences

Government authorities (the FDA in America) often identify the need (as

they see it) to rectify their citizens' poor dietary habits.

They therefore require food manufacturers to "enrich" certain products with a selection of micronutrients. Now, this well-intentioned meddling backfires.

Research on mice suggests that mandatory "fortification" of breakfast cereals with folic acid might be a mistake. It switches on genes in a pregnant woman's fetus that can make that individual obese for life [17]. Worse, once switched on, the effect passes down the generations.

If you are struggling with obesity today, it could be because your grandmother supplemented with folic acid when she was pregnant with your father.

[Next Month](#) [10]: **Epigenetic Effects VI**, Moral? & Conclusion.

### Health Policy

#### The Costs of Sickness

Americans are only too aware of the costs of sickness, but British patients are shielded from any knowledge of what their treatment by the National Health Service (NHS) is costing the nation.

But now they can check it out by looking it up on this platform run by the comparison website "Go Compare": <http://bit.ly/2C0lt2Q>.

For example an overnight hospital stay is £400 (\$560), a doctor's appointment £45 (\$63), a hip replacement £8,925 (\$12,495), and natural childbirth £1,985 (\$2,779).

You can work out too, based on the taxes you pay, if you are a positive contributor to, or a net drain on, NHS funds.

Americans will be surprised at how cheap these rates are. But then, in the view of many, the American health care industry is an egregious example of crony capitalism exploiting legal protections to set whatever price they want.

In **USA: Prescription Drug Rip-off**, [Sept 2016](#) [18] I report how, in UK, over-the-counter medications like Rhinocort Aqua nasal spray sells for £7 (\$10) and Zovirax cold sore ointment sells for £5 (\$8).

In USA they a) require a doctor's prescription and, b) are sold at legally-protected prices of \$250 and \$850 respectively!

President Trump has vowed to bring America's BigPharma to heel. To this end he has appointed a poacher turned gamekeeper, Alex Azar, former head of the pharmaceutical company, *Eli Lilly*, as Head of Health and Human Resources. It will be a gladiatorial contest!

### Ancestral Child Development



#### The "Nested" Human part II

[Last month](#) [6] Dr Dacia Narvaez, evolutionary psychologist, says that young brains are very malleable until adulthood, and that childhood experiences will wire-up our brains for the rest of our lives. Darcia continues:

#### • Responsiveness to needs, keeping baby distress to a minimum.

When caregivers are *warm and responsive* to needs, a baby's vagus nerve (an essential part of the parasympathic nervous system) is properly shaped (myelinated), influencing health and social capacities.[8]

A mutually responsive relationship between mother and child leads to secure attachment and greater capacity for self-control, pro-social and cooperative behavior.[9]

#### • Extensive breastfeeding.

Breast milk has thousands of ingredients including those that are required to build a well-functioning brain and immune system.[11]

Breastfeeding also supports sociality and morality. *Breast-feeding length* is positively related to the development of children's inhibitory control and conscience (guilt and concern after wrongdoing).[12]

**Cont:** [Next Month](#) [10]. Deep social support; Lots of holding & Cuddling; Self-directed play.

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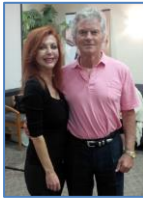
## Out of Africa - Again & Again



... Not really: whether your or my ancestors left our African homeland earlier or later does not change the fact that we are, genetically, still designed for life on the savannas.

## Celebration of a Life

### Dr Svetlana Rubakovic



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

We are sad to report the passing of one of our most stalwart supporters, Svetlana Rubakovic MD.

As founder and manager of Mirage Medical Group, Palm Desert, California, Dr Svetlana promoted a lecture for me every year in her clinic. There I addressed an audience mainly composed of her patients from local country clubs.

Dr Svetlana first consulted with me in 2012, aged 50, when she had been diagnosed with a galloping cancer. I like to think that, between us and her doctors, we managed to stave off the inevitable and give her another six fully functioning years.

Even so, the end came suddenly and as a complete surprise. Dr Svetlana was a ball of energy and enthusiasm. She was particularly remarkable for her recognition that conventional medical practice has much to learn from the science of lifestyle and its mismatch with our ancestral past.

She will be sorely missed but we are sure that her life's work will live on – both with her medical practice, and with her three children, who continue in her footsteps.

## Spreading the Word

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

Talks to private organizations.

## RADIO INTERVIEWS



My second Q&A session with Amy of Humarian is now posted. Listen to it here on the Humarian site <http://bit.ly/Humarian-QA-2>

Also [Facebook](#) [19], [Twitter](#) [20].

## BOOK SIGNING



**Of:** [Paleo in a Nutshell](#) [21]

**Date:** Friday March 9, 2018

**Time:** 1:00 pm.

**Where:** Booth 2421, [Square One Publishers](#) [22], Natural Products Exhibition, Expo West, Anaheim, Los Angeles. [www.expowest.com](http://www.expowest.com)

## PUBLIC TALK



**Oxford University:** April 11, 2018

**Time:** 7:15 pm for 7:30 pm

**For:** Speedwell Trust

**At:** Green-Templeton College, Woodstock Road, Oxford, OX26HG

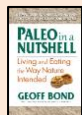
**Map:** <http://goo.gl/maps/iky3O>

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

**Contact:** Mary Perryman.

**Tel:** +44 (1865) 552688.

[mary.perryman4@gmail.com](mailto:mary.perryman4@gmail.com)



**Paleo in a Nutshell:** Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. [www.paleo-nutshell.com](http://www.paleo-nutshell.com)



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

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**Tel:** +357 99 45 24 68 **Skype:** gvlbond  
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1 <http://bit.ly/2daCLYg>

2 Human Colonization of Asia in the Late Pleistocene: An Introduction to Supplement 17. Christopher J. Bae, Michael D. Petraglia et al. *Current Anthropology* 2017 58:S17, S373-S382. Rethinking the dispersal of *Homo sapiens* out of Africa

3 Vaka: Saga of a Polynesian Canoe, Thomas R.A.H. Davis (Auckland, New Zealand: Polynesian Press, 1992).

4 Anna Scelzo, Dilip V. Jeste et al. Mixed-methods quantitative–qualitative study of 29 nonagenarians and centenarians in rural Southern Italy: focus on positive psychological traits. *International Psychogeriatrics*, 2017; 1 DOI: 10.1017/S1041610217002721

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

6 <http://bit.ly/2Az5ix5>

7 Joel Weinstock, American Gastroenterological Association Conference, May 1999

8 <http://bit.ly/110dAbp>

9 Nicola L. Harris et al. The intestinal microbiota contributes to the ability of helminths to modulate allergic inflammation. *Immunity*, Oct. 2015 DOI: 10.1016/j.immuni.2015.09.012

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12 <http://bit.ly/DH-Ch9>

13 Alexander V Ulanov, Nicholas A Burd et al. Consumption of whole eggs promotes greater stimulation of post-exercise muscle protein synthesis than consumption of iso-nitrogenous amounts of egg whites in young men. *The American Journal of Clinical*

*Nutrition*, 2017; 106 (6): 1401 DOI: 10.3945/ajcn.117.159855

14 <http://bit.ly/1sL91IP>

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16 Anandwardhan A et al. Multigenerational Undernutrition Increases Susceptibility to Obesity and Diabetes that Is Not Reversed after Dietary Recuperation. *Cell Metabolism*, 2015; DOI: 10.1016/j.cmet.2015.06.008

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20 <https://twitter.com/savvyeater>

21 [www.paleo-nutshell.com](http://www.paleo-nutshell.com)

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