

GEOFF BOND

# Back to basics

The Paphos-based Anthropological Nutritionist argues Natural Eating is the way to go

Introducing an all new Paleo Menu with the help of chef Marios of the Archontiko Papadopoulou restaurant, Anthropological Nutritionist Geoff Bond yesterday gave diners a small taste of how people used to eat 400 generations ago.

"It is a terrific example of how it is possible to produce tasty and attractive fare which our bodies, digestive systems and our biochemistries will joyfully recognise and welcome," says Bond of the menu, which comprised of almond bread, Olive loaf, purslane salad, seafood and vegetables and finally coconut and chocolate gateau for desert.

And while few people are familiar with the term 'evolutionary lifestyle anthropologist', Bond, a pioneer and authority on living the way nature intended, is quick to elaborate and explain the term in his own words.

"We are a rare breed of scientists who peer back into the distant past to study the origins of the human species and the lifestyle for which our evolutionary history designed us," explains the Paphos-based Anthropological Nutritionist, whose latest book *Deadly Harvest* has, for thirteen weeks, been number one in Amazon's rankings under the Preventive Medicine category.

Often confronted with opposition that questions whether our bodies have changed or adapted to our modern way of life throughout 400 generations, Bond explains that "apart from some trivial and localised mutations – like lactose tolerance in some people of Germanic origin – we still have the same genome as way back then."

Although it may come as a surprise to many, "the fascinating, and essential point to know is this: we still have the same bodies, the same digestive system, the same biochemistry, even the same mentality for life as back then. OK, we have changed a bit on the outside since



Geoff Bond lecturing

those far off times, but underneath we are still the same 60,000 year-old model," he explains.

Wondering why that is? According to Bond "the answer is that all the big diseases today like cancer, heart disease, obesity, diabetes, osteoporosis, arthritis, and even Alzheimer's are, (to all intents

and purposes) due to the mismatch between the lifestyle designed for us by our evolutionary past and the way we live today".

Brought up as a vegetarian in ration-booked Britain, Bond, from an early age, became very aware of what he was putting in his body. "It became my mission

to find scientific evidence for this way of eating. But I didn't find any" he says.

"Imagine my bafflement to discover that nature did indeed design humans to consume 'animal matter'! I had to confront, head on, my most deeply held belief."

Perhaps this is one of the reasons that Bond can relate to other people's views that are contrary to his. As a person who once held common beliefs on what the best way of eating is, this unconventional nutritionist says: "that is how I can identify with people who, when they hear what I have to say, go into a state of denial."

Bond, who has spent most of his life overseas, came to Cyprus with his wife Nicole – whose recipe book *Healthy Harvest* inspired the Paleo dishes served at last night's event – eight years ago as "like most people" he felt "the call of the sun."

"I regard it as inspirational, both from the lifestyle heritage and its place at the heart of ancient civilizations," says Bond of Cyprus.

Even though he acknowledges that the Mediterranean diet is indeed one of the healthiest out there, Bond proposes that there is still room for improvement.

"We now know that dairy in any form is harmful; that grains like wheat, oats and rice are not human food and are harmful for many reasons; that legumes are not human food either and are problematic; and with what remains, the devil is in the detail! That is why there is so much to teach, so much to learn..."

Raising examples a bit closer to home Bond also speaks of the Cypriots' change in their dietary habits over the course of time.

"In Cyprus, like in so many erstwhile countries endowed with an ancient healthy lifestyle, they are fast losing the old traditional habits – and their health is deteriorating at a concomitant rate."

From his experience, this 'back to basics' pattern of eating can help people adapt a healthier lifestyle that has more to offer than slimming down. Those who follow this "way of living" will see "their vital signs become normal", and will live "to a ripe old age in good shape."

Most importantly for Bond, "they will lose the fear, cost and unpleasantness of some life-threatening disease like cancer, diabetes, or heart disease. Or if they already have these diseases, then living this way will mobilise the body's incredible powers of self-repair."

For those looking to reap the benefits of natural eating Bond says that a good starting point would be to "cut out all starches and sugars and replace them with coloured plant food like: salads, low sugar fruits, and vegetables like green beans, cabbage, turnip and onion," while getting physical activity, sun exposure and "a way of life which doesn't trigger our savannah-bred stress reactions inappropriately."

For more information on Geoff Bond and his practice you can visit his website at [www.naturaleater.com](http://www.naturaleater.com)



Kornos chef Marios, with Geoff's wife Nicole