

Geoff Bond  
Nutritional Anthropologist  
June 2008

### **Press Article**

#### **Should Different Races have Different Lifestyles?**

When I first studied physical anthropology back in the 1960's we had a quite erroneous view of human origins. We knew about the Neanderthals, who had lived in Europe for over a million years and seemed to have disappeared about 35,000 years ago. Somehow, the theory went, they had "evolved" unbelievably rapidly into Europeans at that time. Similar arguments were applied to million-year-old Peking Man and Java Man. They too were supposed to have evolved into Chinese and Indonesians respectively – all at the same, suspiciously coincidental, time.

It was only in the 1990's that this notion was conclusively disproved. The evidence came from a most unexpected quarter – our genes. DNA analysis showed that everyone on this planet is descended from a small group of humans who lived just 60,000 years ago in the savannas of East Africa. It was our ancestors who poured out of Africa at that time to drive into extinction the Neanderthals, Peking man, Java Man, and all other similar human-like creatures.

At the time of this Diaspora, our ancestors were copper skinned and had black curly hair. Since that time humans have split up into many varieties who look different on the outside. For example Scandinavian, Mongol, West African, Australian Aboriginal, Native American and so on.

People frequently ask me: "Surely we have evolved and adapted to changed lifestyles since humans left their ancestral homeland?" The short answer is: "no". Although we have changed on the outside since then we are still the same basic model underneath. Some of my older readers will remember the Austin 1100 cars which were "badge engineered" into Humbers, MG's, Wolseleys, Rileys and so on. They had the same chassis but different bodywork and finishes.

Another analogy can be drawn with dogs. Breeders, just in a couple of hundred years have created a remarkable range of varieties – from Great Danes to Pekinese – yet they are all still genetically dogs – and their dietary needs are identical.

In fact humans have a remarkably similar DNA, no matter where they come from on the planet. And 60,000 years represents only about 2,000 generations. This is an eye-blink in evolutionary terms, so we would not expect much to have changed anyway.

Nevertheless, researchers have looked closely at this question, and they find very little evidence that different populations have evolved different lifestyle needs. Only two are worth mentioning, lactose tolerance and insulin resistance. The bodies of people of Germanic origin seem to cope better with milk and its lactose content – but only while they are still young! We suppose that the herder ancestors of the Germanic tribes must have suffered numerous

lactose-induced deaths of their children: the survivors were the ones with some kind of genetic tolerance.

We can make a similar observation for insulin resistance. Our evolutionary history did not design humans to consume starches or sugars. Our bodies do not cope well with the blood sugar spikes. In turn our bodies do not react swiftly to the insulin secreted to deal with the spikes. Peoples who come from populations with a long history of farming (like Europeans and Asians) seem to be slightly less affected. In contrast, primal peoples, like Eskimos, American Indians, Australian Aboriginals, and Polynesians suffer terribly from the diseases of insulin malfunction: diabetes, obesity, heart disease and even cancers.

Even so, whatever your origins, you do well to live and eat just like nature intended for all of us. I set what this means and how to do it in my latest book *Deadly Harvest*.

[GeoffBond@naturaleater.com](mailto:GeoffBond@naturaleater.com)

---

Geoff Bond is a nutritional anthropologist and a recognized authority on what it means to be human in lifestyle terms. He has just completed a lecture tour in America bringing his insights to the doctors of major hospitals.

Geoff's latest book, *Deadly Harvest*, is the reference work for lifestyle anthropology and the mastering of degenerative disease. It is stocked by all good bookstores in Cyprus.

More information about Geoff's work on his website: [www.naturaleater.com](http://www.naturaleater.com).

©2008 Geoff Bond