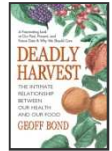




The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing



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Question of Month: What is a Serving Size? **Evolutionary Human Behavior:** Toys – Boys Will Be Boys. **Our Genetic Heritage:** “Bad” Genes Don’t Doom Us. **Quote:** Last Line of Origin of Species. **Recipe:** Grilled Eggplant with Chili Oil & Vinegar. **Myths & Fallacies:** Cold Drinks are Cooling. **Evolutionary Human Behavior:** Male Shopping is Heart-felt. **Food Politics:** Changing Food Buying Behavior – Tax vs. Subsidy. **Testimony:** Ted Slanker “The Real Diet of Man is Very Simple”. **From the Labs:** Lack Magnesium, Lack Memory – Supplements Don’t Work; Zinc Deficiency Damages DNA. **Briefing:** Ketogenic Diet. **Reconnecting With Nature:** Low-Carb Diet Beats Medication. **Letters:** Ferrari in a VW Body. **Our Social Networking:** Facebook Group; Twitter; LinkedIn.

Question of the Month

What is a “Serving Size”?

 Cauliflower ½ cup florets	 Broccoli ½ cup florets
 Spinach, baby, raw. 1 cup	 Green beans ½ cup
 Potato, baked 1 medium	 Half of a ‘small’ French Fries: 20 medium to long strips.

Last month, I belittled a study where the MAXIMUM consumption, by any of the patients, was only 5 servings per day of fruits and vegetables.

I went on to say that the Natural Eater would consume some 15 servings daily. This might seem a lot until you realize that the standard serving size is based on the USDA’s definitions which are pitifully small.

Pictured above are a few of its definitions for vegetables [1]. (See more, including fruits [2], on p.2.) For example, a serving of broccoli corresponds to just 5 little florets.

Worse, the USDA allows Pariah-foods such as potatoes (in any form) to be counted as “vegetables”! (Mind you, the French fry serving is still small: just ONE HALF of a MacDonald’s “Small” size!)

Continued: Page 2.

Evolutionary Human Behavior

Toys: Boys will be Boys



However parents bring them up, many studies confirm that, by the age of 3, boys and girls show differences in their play choices.

Boys are more strongly drawn to balls, vehicles and construction toys, and prefer playing with larger groups.

Any mother who has reared both sexes has no difficulty with this. Only the social sciences and the education establishment find this surprising, even unacceptable.

Social engineers still want to believe that the differences between boys and girls are due to upbringing, and researchers are going back to ever earlier ages to nail the “cause” (as they see it).

Now Dr Gerianne Alexander of Texas A&M University finds that even three-month old babies, display these sex preferences [3].

She reluctantly concludes that the cause is indeed nature not nurture: testosterone surges in the womb have already hard-wired male fetus brains with male traits before the baby is born.

See also: “The Pill for Babies”, May 2000 [4], and “Teacher’s Gender & Learning” January 2007 [5].

Our Genetic Heritage

‘Bad’ Genes Don’t Doom Us

Every day scientists announce the discovery of a gene “for” some kind of degenerative disease: a cancer, or heart disease, or Alzheimer’s, or arthritis, or diabetes, or whatever.

So people are confused. They ask themselves, why worry about lifestyle if they are genetically doomed to one of these diseases?

The answer is that no one is “doomed” to get a degenerative disease. After all, these diseases are often called “diseases of civilization”. And therein lies the explanation.

We each have a set of genes which our evolutionary history designed to resist everything that nature could throw at them. But now we throw “civilization” at them instead! – and some genes don’t like it. These are the genes that cave in under the pressure of living in a way that our bodies don’t recognize.

Continued: Page 4

Quote

Darwin’s writing style was both elegant and poetic. This last line from Origin of Species never fails to give me a frisson of delight...

“There is grandeur in this view of life, with its several powers, having been originally breathed into a few forms or into one; and that, whilst this planet has gone cycling on according to the fixed law of gravity, from so simple a beginning endless forms most beautiful and most wonderful have been, and are being, evolved.”- Charles Darwin

Recipes

Many thanks to the enthusiastic reader who submits this interesting recipe.

Grilled Egg Plants with Chili Oil & Vinegar

Ingredients

- 3 to 4 large egg plants, sliced lengthways, ¼ inch thick
- 4 garlic cloves, sliced.
- 1 to 2 red chilies, chopped. Remove seeds if required. (Wash hands after doing this.)
- Large bunch flat leaf parsley, chopped. Use a good amount when you are doing the layers.
- 1 cup (250ml) extra virgin olive oil
- 3 Tablespoons (50ml) vinegar
- Salt & pepper (sparingly)

Special Equipment

Griddle (heavy-based as it will get very hot)

Method

Heat griddle (don't use any oil). When smoking, add egg plant slices to fit and cook till charred but not black. Place on kitchen paper and keep repeating this till all the egg plant slices are done. Get a dish that will fit (this is like doing a lasagna dish). Place your first layer of egg plant. Now sprinkle some of the garlic, chili and parsley, add salt and pepper (sparingly). Continue doing this layer by layer. When you have finished, pour the vinegar, then half the olive oil all over. Allow the vinegar-oil mixture to soak in for 15 minutes. Then pour the remaining olive oil. Let this rest for at least 2 hours before eating. This will keep for some time if kept in the fridge.

Comment:

We haven't tested this recipe but it looks very convincing. To be fully conforming, don't allow the chili to make the dish too pungent.

For more recipes check out

Healthy Harvest

by **Nicole Bond**
ISBN: 978-0-9712-8526-2







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**From Page 1
Question of the Month**

What is a "Serving Size"?

... Some more USDA serving sizes:

 Grapefruit ½ medium	 Tomato ½ cup
 Strawberries ½ cup	 Apple 1 medium
 Zucchini ½ cup	 Mushrooms ½ cup

Compare these with Natural Eater typical daily rations of fruits and salads:

	
Fruit Ration March 2008 [6]	Salad Ration Feb 2009 [7]

And we haven't even counted the vegetables yet!

Myths and Fallacies

Cold Drinks are Cooling

It is commonly supposed that to cool off on a hot day it is best to quaff a cold drink. It might feel good, but it has the net effect of heating you up!

As soon as the icy liquid hits the stomach, the body goes into overdrive to heat it up to body temperature.

In contrast, a hot drink causes the body to sweat a little which has the net effect of cooling the body.

Evolutionary Human Behavior

Male Shopping is Heart-felt

Male stress levels skyrocket when they're confronted with crowded stores, choosing gifts and standing in check-out lines. I first reported this study in my Briefing of January 1999 [8].

My View Now? Most men will not be surprised to learn that shopping is stressful. The modern way of

living disturbs our savanna-bred brains in ways that we are only just beginning to understand. So what is the evolutionary lifestyle interpretation?

Let's turn the question round: why do women find shopping so attractive? It's almost a commonplace to remark that shopping is akin to foraging – browsing the aisles for choice items to please the family. Perhaps women find calm and fulfillment in accomplishing the role that nature designed for them.

In which case we can understand that men might feel themselves in an alien role – even, heaven forfend, a demeaning one such as pushing a supermarket trolley.

Certainly a range of factors play into it: the stress of making choices, and the frustration feeling that the time could be better spent. Shops today are high pressure sales environments, engendering feelings of being manipulated and out of control .

Moreover, males are programmed to pick up danger signals in a savanna environment. The noisy and hectic environment of a shopping mall would mask such signals and so trigger a sense of anxiety and insecurity.

The net result is that males on shopping expeditions experience rocketing levels of stress hormones. As the study recorded, these create havoc with cardiovascular health. We also know that high stress levels are risk factors for cancers, allergies, brain health, diabetes and many more.

These insights can help men and women to understand the deep psychological forces at work and allow them to accept that, where shopping is concerned, going their separate ways is not only acceptable but normal.

More insights in "The Savanna Model Lifestyle", [Chapter 8 \[9\]](#), in [Deadly Harvest \[10\]](#).

Food Politics

Changing Food Buying Behavior

Tax vs. Subsidy

Recently, Obama called for a total ban on candy and soda in the nation's schools. States are beginning to impose "sin taxes" on

fat and sugar to dissuade people from eating junk food.

Are taxes a key to changing behavior? Would subsidies to encourage people to eat fruits and vegetables be better?

Psychological scientist Leonard Epstein at University of Buffalo explored the persuasiveness of sin taxes compared to subsidies [11].

He found that taxes worked. In contrast subsidies only encouraged mothers to take the money they saved and ... treat the family to chips and soda pop!

Testimony

Ted Slanker: 'The Real Diet of Man is Very Simple'

Last month [27] I wrote about Ted Slanker who ranches grass-fed beef [12]. This is what Ted says:

"I eat some 2½ lb of grass-fed meat a day and lots of fat. (I very rarely eat our poultry since it is not 100% grass-fed.) My HDLs: 100 and triglycerides: 60. I'm 5'-10½" and weigh 148 lb.

My blood pressure the other day was 115 over 74 at 61 beats per minute and I'm 65. I eat grass-fed meats (lots), veggies (lots), and quite sparingly fruits and nuts. I try to limit the glycemic index of any one food to no more than 40.

"I'm healthier now than I've probably ever been. Ten years ago my weight peaked at 193. My heartbeat was scary. My blood pressure was rarely under 140. I had arthritic pains. I still had hay fever from when I was five. Now even my hay fever has stopped.

"My daughter (39) moved back to us about 18 months ago. Her weight plunged from over 180 to 120. Her asthma of many years has virtually stopped!

"Linda (5'-4" and 105 lb) and I both use ironclad discipline to a degree that is nearly weird, most folks would say. Going to restaurants and homes of friends is really challenging. But we hold the line even though others just can't get it.

"We know we must hold the line if we want to keep on enjoying life to the max, continue to work at our lifetime passions, spend days on the boat, and maintain our pilot

license. So fitness and health are of paramount importance."- Ted Slanker, Texas.

Geoff says: *10 years ago Ted found his own way of eating which is very close to my own precepts.*

I quibble about the sheer volume of meat and fat, (and the types of fat) but clearly he is enjoying a state of health that most Americans can only envy.

It is notable that Ted & Linda's diet is probably ketogenic with the benefits that that brings. See "Ketogenic Diet", this page.

Ted & Linda provide an object lesson for us all in the way they employ an "iron-clad discipline" in maintaining their regimen in the face of all the temptations and the incomprehension of their friends and family.

From The Labs

Lack Magnesium, Lack Memory Supplements Don't Work

Dr. Inna Slutsky of Tel Aviv University, Israel, finds that rectifying a magnesium deficiency improves memory and age-related memory loss [13].

She says: "Today half of all people in industrialized countries are living with magnesium deficiencies that impair human health, including brain function."

But, Dr. Slutsky cautions, her study showed that magnesium from supplements "does not get into the brain."

She advises people to get their magnesium the old-fashioned way – by eating lots of green leaves, broccoli, almonds, cashews and fruit.

My View? Wow – how refreshing to hear some commonsense!

I have reviewed two books on the subject of magnesium deficiency:

- 'Magnesium Solution to Migraines' in Sept 2004 [14]

- 'Magnesium Solution to High Blood Pressure' in Jan 2005 [15]

Zinc Deficiency Damages DNA

Professor Emily Ho, at the Linus Pauling Institute, Oregon State University finds that only minor zinc deficiency damages DNA [16].

"Zinc deficiency may increase the risk of some chronic diseases,

including cancer due to zinc's role in antioxidant defense and DNA damage repair."

Our View? The Natural Eater will have no problem having adequate zinc intake. Zinc is found naturally with animal proteins such as eggs, fish, shellfish and poultry. It is present in plants too including Brazil nuts, pecans, cashews and spinach.

In contrast, zinc is poorly absorbed from legumes and grains which is why large sections of the population, including vegetarians, can be deficient. But then we don't use legumes and grains do we?

Beware of supplementation too. It is easy to overdose on zinc and then it interferes with the absorption of other important nutrients such as iron and copper.

Briefing

The Ketogenic Diet

A ketogenic diet is one that, by starving the body of starches and sugars, forces the body to burn fats instead. The liver converts fat into fatty acids and chemicals called "ketones". The ketones pass into the brain and replace glucose as an energy source.

This diet has been found helpful for Alzheimer's disease, Parkinson's disease [17], inflammation [18] and spinal cord injury [19]. The ancients used it as a remedy for epilepsy [20] and it is now an agreed medical therapy [21].

Reader Charles Smith wrote to us in June 2001 [22] happy that Natural Eating had controlled his epileptic seizures. And therein lies the secret. Natural Eating is ketogenic too!

However, the classic ketogenic diet encourages a high fat intake and doesn't pay much attention to the types of fat. That is where we differ: fat intake should be modest and it is vital to manage a good fatty acid profile. See "Fats & Oils", Deadly Harvest, Chapter 6 [23], page 152.

Reconnecting with Nature

Proving the blindingly obvious.

Low-Carb Diet Beats Medication

A low-carbohydrate, ketogenic diet (see "Ketogenic Diet" above) proved better at lowering blood pressure than the weight-loss drug

Orlistat, finds Dr William Yancy, Duke University, North Carolina [24]. So far so good.

Opines Dr Yancy, "If people have high blood pressure and a weight problem, a low-carbohydrate diet might be a better option than a weight loss medication."

My View? In March 2009 [25] I wrote of Dr Rita Stec's book "A Woman's Home Health Companion" [26] that: "she firmly eschews the role assigned by much of modern medicine – that of being a pill-dispensing automaton. Pills have their place of course, but only if needed after the patient has adopted a healthy lifestyle."

Dr Yancy in stating the obvious is, blessed relief, moving in the same direction.

Letters

Ferrari in a VW Body

"We very much enjoyed the Walter T Stec seminar [last month 27] and getting ourselves reinvigorated with Geoff's insights. Thank you for the photos [28].

"While I can see why nobody asks for proof for my senior discount anymore I can claim a Ferrari engine still rumbles inside that VW Beetle body.

"There aren't too many of my contemporaries who can go out and bicycle 100+ miles on any given day and feel none the worse for wear afterward. Something I

attribute to being a reasonably good disciple of Geoff's health guidelines." - *George Stock, CA.*

Geoff says: We appreciate George's support now for many years. He attended my lectures in the early days, for example at the John F Kennedy Memorial Hospital in Bermuda Dunes, CA.

See also my response to George's query 'Pink Lady Apples, Fruits and Blood Sugar', March 2004 [29].

From Page 1 Our Genetic Heritage

'Bad' Genes Don't Doom Us

It is commonly felt that a disease "runs in the family". My counter to that is to say that bad lifestyle habits run in families too.

Nevertheless, we do indeed inherit genes and some of them are more vulnerable; genes that are overwhelmed by the abuse that we heap on them. But which genes they are will be different for each individual.

For example one person will have a weakness for breast cancer, another for diabetes. But it is not inevitable that they will develop these diseases.

That is why the only sensible solution is to return to a way of life that we know works for everyone, whatever their genetic make-up.

Is it foolproof? Only inasmuch as we stack the deck of cards in our favor. How often do you see in

reports of scientific studies that such and such a behavior is "more likely to" or "increase the risk of" a disease? Those phrases are telling you that we are playing the odds.

Some people dodge the bullets whatever they do. But how willing are you to play Russian roulette? If you are, just know that you will, "most likely", trigger a bullet.

If not, know that it is within your power to make the odds of developing a disease of civilization vanishingly small.

Our Social Networking Sites

New Facebook Group

I have started a new Facebook Group called *Geoff Bond's Evolutionary Lifestyle Anthropology*

I see it as an opportunity for all those who follow my ideas to keep up to date and to debate our issues. Already discussions have started, so feel free to join in or start a new one. I will be popping in with my own points of view too.

This is the short, clickable, link: <http://tinyurl.com/Bond-FB-Group>

Full Facebook Link:

<http://www.facebook.com/group.php?gid=123752254307162&ref=ts>

Twitter

www.twitter.com/savvyeater

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