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# The Bond Briefing

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

**Ancestral DNA:** Pre-Brits – Blue-eyed, Dark Skin. **Q of Month:** Lectin Cure-all – or Snake-oil? **How to be Human:** Old-timers Story-telling. **Q&A:** Mayan Corn-grinders had bad backs; Erythritol Source Nit-picking; Baby Spacing. **From the Labs:** How Sat-fat Damages Cells; Pea, Bean & Wheat Lectins – a Factor in Parkinson's? **Ancestral Health:** Our Living Gut – part XX – Fecal Transplants. **Quote:** Food Better than Supplements. **Breaking News:** Palm Oil Depression. **Ancestral Child Development:** The 'Nested' Human – part IV. **Spread the Word:** Lectures (Basty); Book Signing (Anaheim); Acknowledgements: Lewis & Brigman

## Ancestry DNA

### Pre-Brits: Blue-eyed, Dark Skin



<http://bit.ly/2JgviOc>

Scientific reconstruction

The face of 'Cheddar Man', Britain's oldest nearly complete skeleton at 10,000 years old, is revealed for the first time and with extreme accuracy by University College London and Natural History Museum researchers [1].

The results indicate that Cheddar Man had blue eyes, dark curly hair and a dark skin.

He lived at the end of the last Ice Age, when sea levels were much lower, and a land-bridge still connected Europe to Britain.

Hunter gatherers wandered backward and forward across the whole region including what is now Germany and the Slavic lands.

Pale skins and reddish hair came in the 10<sup>th</sup> century BC with Celtic peoples migrating from central Europe. The Anglo-Saxons displaced them from England in the 5<sup>th</sup> century AD, but the Celts live on in Scotland, Ireland and Brittany.

Meanwhile some more blonds arrived with the Vikings of the 10<sup>th</sup> century AD. See: **Blondes got the Blokes**, [March 2006](#) [2]

Cont: > p.3

## Question of Month

### Lectin Cure-all - or Snake-oil?

**Q.** A physician has written a book about lectins. He says that they are at the origin of all lifestyle diseases but that he has concocted an anti-dote which he sells aggressively through infomercials.

Amongst other things he claims that cashew nuts are a legume (and so to be avoided) and that gluten is a lectin. Thoughts?

**A.** Much smoke-and-mirrors here. First of all the lectin story is much more complex than he makes out.

All plants make lectins – they do so as a poisonous defense against insects, fungi and bacteria. They are incredibly potent – only a pinhead of "ricin" from the castor bean is enough to kill a body.

Humans, as plant eaters over the eons in our ancient homeland, have developed resistance to many lectins – but not those contained in the new food groups, mainly grains, potato and legumes. These are the ones to be avoided.

Lectins can even be helpful. As I wrote [Last Month](#) in **Are all Nightshades Deadly?**: "...in low doses, [lectins] create a 'beneficial stress' which triggers healthful responses in the immune system."

I have written frequently about lectins of which this is a selection:

**Lectins, Deadly Harvest**, [Ch 5](#), p123.

**Poor Thyroid Function**, [Aug 2001](#) [3].

**Stature of Ancient Humans**, [March 2004](#) [4].

**Colon Cancer**, [April 2003](#) [5].

**Green Bean Safety**, [May 2010](#) [6]

Turning now to the detail: > p2

## How to be Human

### Old-timers' Story-telling

Adult foragers are Jacks-of-all-trades – they can turn their hands to most skills that are necessary for survival. That is the case until they reach old-age. Then they become more frail and less effective in daily survival activities. That is when storytelling takes over [7] Traditional stories are learned mostly from same-sex older relatives (84%), and especially from grandparents.

Because they still have undiminished brain function, grandparents serve as the "libraries" of accumulated cultural and practical knowledge. Through storytelling and musical performance, children are socialized and educated.

Since humans are one of only a few species to have a grandparent generation, it must, in some way, have been essential to the survival of the human species. It seems that storytelling, by educating the young and promoting social cohesion, is a major factor. It has lessons for us today.

A) Grandparents should play a vital role in bringing up the grandchildren.

B) Humans are designed to commit a vast amount of literature to memory. It is a brain discipline and deeply held database of knowledge that enriches and makes possible creative thought – something that is sorely neglected today.

C) Old workers are effective in jobs that rely on good verbal and mental skills and can be even better than younger workers. > p 3

## Questions

### Mayan Corn-grinders - Bad Backs



**Q.** In the museum of Mayan history in Cancun it said that: "...women suffered bone deterioration of their backs from bending over grinding stones..." This seems to contradict your article [Last Month](#) which talked about strong forearms.

**A.** Actually there is no contradiction. Other studies of early farming women in the Fertile Crescent found that, in spite of their strong forearm bones, they had terrible wear and tear of the spine.

See **Farming - Double Edged Sword**, [Dec 2005](#) [8] and,

**The Eloquent Bones of Abu Hureyra** [9].

Download article (pdf):  
<http://bit.ly/2GyzHLC>

### Erythritol Source Nit-picking

**Q.** A Paleo blog claims that, since erythritol is often extracted from corn, it isn't Paleo and should be avoided. Thoughts?

**A.** Nuts! Erythritol is a naturally occurring dietary fiber called a 'polyol' and our bodies accept it very happily.

I think this issue arose because commercially, yeast is used to ferment erythritol from glucose. The glucose in turn is often made from corn starch.

But so what? It's like suggesting that because alcohol is fermented from sugar it is the same as sugar.

No, the whole point about grains not being Paleo is because of their non-conforming properties like blood sugar spikes, and their content of gluten and plant poisons. None of this applies to erythritol.

This is another case of a blogger's over-zealous and sloppy thinking. See [last month](#) [10]: **Paleo Calumny**

### Baby Spacing

**Q.** [Last month](#) you said that a mother's pregnancy spacing was about every 4 years. How did they do this without contraceptives?

**A.** As reported [last month](#), a newborn needs to be nursed for about four years before it becomes completely independent food-wise. On the other hand, a mother can only nurse one baby at a time.

In view of this, Nature has developed a way of preventing a pregnancy following on too quickly from the previous one. This is done mainly through the suckling reflex.

Forager babies are on the breast most hours of the day and night. They are not drinking all the time, just playing with the nipple.

But this continuous stimulation **SUPPRESSES** the mother's periods. On average a forager women has only 100 periods in a lifetime compared to 400 in western women [11].

Occasionally things go wrong: twins are born, a baby is defective, a baby comes too soon. In all such situations, harsh reality means that infanticide is practised.

See also: **Your Jaws are what you Chew**, [Aug 2011](#) [12]

**Healthier Mother & Child and Night Nursing**, [June 2007](#) [13].

**Pregnant & Nursing Women, Deadly Harvest**, [ch 7](#) page 183. [14]  
**Female Puberty & Fertility, Deadly Harvest** [ch 8](#), page 210 [15]

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### Lectin Cure-all: Snake-oil?

**CASHEW NUTS.** Wrong. They are **NOT** a legume, they are a tree nut of the family 'Anacardiaceae'. On the other hand, legumes are of the family 'Leguminosae'. Quite different!

**GLUTEN.** Wrong. It is **NOT** a lectin. Gluten is the chief **PROTEIN** in wheat, rye and barley. It can be up to 14% of wheat flour. Even so, gluten does create as much mischief as many lectins.

These are just two examples of the many assertions displaying a lack of intellectual rigor casting doubt on the scientific credibility.

On a personal note, the doctor you refer to consulted with me nearly 20 years ago. At the time he struck me as an open-minded physician keen to integrate the insights of evolution-

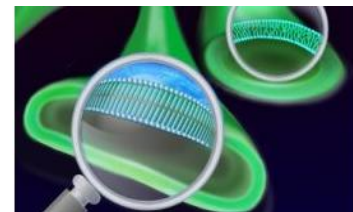
ary lifestyle into conventional medical practice.

I am disappointed that he has now chosen a path which hard-sells cure-all nostrums using slipshod science, and flaky and flawed arguments.

That is not just my view. For a more trenchant criticism see what Prof. Colin Campbell PhD, author of the highly acclaimed **China Study**, has to say about this doctor's claims at this pdf download: <http://bit.ly/2GrztzI>

## From the Labs

### How Sat-fat Damages Cells



*Sat-fat Stiffening of Cell Walls*

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

Nutritionists have told us for decades that saturated fats are bad for us. People who consume more of them definitely suffer from a large range of diseases – but just what is happening has not been clear.

Now scientists have put their finger on at least one reason [16].

Saturated fats cause "islands of stiffness" to develop in the cell wall.

Under healthy conditions, this wall should be flexible and the molecules fluidic. On the other hand, stiff cell walls cause the entire cell to malfunction and eventually die.

All saturated fats had, more or less, the same effect. Unsurprisingly palmitic acid (palm oil) and myristic acid (pork fat, lard) were the worst. But also, to a lesser degree lauric acid (coconut oil) and stearic acid (beef fat, tallow) are culprits.

### Antidote

It is a consolation that the damage can be undone by consumption of monounsaturated fats like olive oil and Canola (rapeseed) oil, and polyunsaturated omega-3 fish oils.

**My View?** This is more evidence to support the conventional wisdom: saturated fats – bad; olive oil, rapeseed oil and fish-oils – good.

See: **Palm Oil Depression**, p. 3



### Pea, Bean & Wheat Lectins: a Factor in Parkinson's?

Researchers from Louisiana State University find that lectins (plant poisons) from beans, peas and wheat can travel from the gut, along nerve fibers, to the brain,

There they create mischief, in particular triggering Parkinson's disease [17]. At least they do in the worm "*C. elegans*".

Does this apply to humans? We don't know for sure, but we do know that lectins from these plants are harmful to us in general and that people who consume them are more vulnerable to brain diseases amongst others.

For example tofu (soy-bean curd) consumption is strongly associated with dementia. See: **Legumes**, *Deadly Harvest*, [Chap 5](#), p 131 [18] So vegans, if they haven't already lost their wits, have to take care to avoid their favorite protein sources like soy, beans and lentils. See also: **Lectin Cure-all: Snake-oil?** p.1.

### Ancestral Health

#### Our living Gut - part XX Fecal Transplants

[Last month](#) we looked at how gut worms can help our health. Now we look at the benefits of transplanting healthy feces into a dysbiotic colon.

Many studies and now, many treatments, involve transplanting 'healthy' microbiomes (from a 'healthy' donor) into the guts of the study subject or patient. [19] The results are usually spectacular.

The transplant of human stool contains on average 100 billion bacteria per gram. But it also contains 100 million viruses and archaea per gram. (Archaea are microbes similar to bacteria). In addition, there are about 10 million colonocytes (cells lining the colon) and a million yeasts and other single-celled fungi per gram.

According to Professor Seth Bordenstein of Vanderbilt University, Nashville, Tennessee, it is quite possible that the effects of fecal transplants may be influenced by, or possibly even caused by, their non-bacterial constituents – but we don't know enough about that yet.

Meanwhile, when we talk of 'healthy' stools for transplantation, this begs the question: these are Westerners' stools and so nothing like the ideal forager stool (see **Forager Stool**, [July 2007](#) [20])

[Next Month](#) [21]: **Part XXI**, Holocaust by Antibiotic

### Continued from Page 1

#### Old-timers' Story-telling

For more on this important topic: **Daylight Talk vs. Firelight Talk**, [Oct 2014](#) [22].

**Myths & Rituals**, *Deadly Harvest*, [Chapter 8](#), p. 220 [15].

**Story-telling in Evolution, part I** [Oct 2009](#) [23] and **part II** [Nov 2009](#) [24].

### Continued from Page 1

#### Pre-Brit Blue-eyed, Dark Skin

In spite of the lapse of time, and the waves of ethnic displacement, the researchers find that today, around 10% of indigenous British ancestry is linked to Cheddar Man's people.

### Quote

#### Food Better than Supplements

From *JAMA*, the American doctors' professional journal:

"A healthful diet provides an array of nutritionally important substances in biologically optimal ratios as opposed to isolated compounds in highly concentrated form [25].

Indeed, research shows [26] that positive health outcomes are more strongly related to dietary patterns and specific food types than to individual micronutrient or nutrient intakes."

**My View?** In spite of the opaque and hedged-about language beloved of such publications, we can espy valuable advice to physicians. "Before you reach for the prescription pad, get your patient to eat nutrient-dense foods!"

Of course we have been saying this for years. But it is good to see that this is now official. See:

**Doc Rethinks Food/ Disease Link**, [Aug 2010](#) [27].

**Whole Food not Supplements**, [Jan 2012](#) [28].

### Breaking News

#### Palm Oil Depression

Until now, I have been fairly relaxed about saturated fats of vegetable origin such as palm oil. See **Palm Oil: Friend or Foe?** [Oct 2011](#) [29].

But now, out of left field, comes a study which finds that intake of Palm Oil causes unhealthy changes in brain function [30].

Palm oil causes inflammation in a part of the brain called the "nucleus accumbens". In turn this leads to depression, anxiety, despair, sugar-cravings, weight-gain, abnormal insulin, and diabetes.

**My View?** Palm oil along with many other saturated oils of vegetable origin, like **cocoa butter** and **coconut oil**, were never part of our ancestral environment. However, up till now, they seemed to be only mildly problematic. See **Coconut Oil Mania**, [Oct 2011](#) [31]

New evidence is always coming in which means that we are always fine tuning our ideas. The evidence piling up (see also **How Sat-fat Damages Cells**, p.2) reinforces **My View** in [Oct 2011](#),

"We don't give house-room to coconut oil. Why risk it?"

"However, many products, notably defatted coconut flour and low-fat coconut milk, are within the safe zone and make useful additions to Nicole's recipes."

### Ancestral Child Development

#### The "Nested" Human part IV



[Last month](#) Dr Dacia Narvaez, evolutionary psychologist, at Notre Dame University, Indiana, 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:

#### Self-directed play in the natural world with multi-aged playmates.

"Playing supports social development, self-control, and executive functions [32].

"Small-band hunter-gatherer societies are highly cooperative and

communal (though individuals all have high autonomy).  
 “Relationships are established in trust, which entails acting in the hope and expectation that they will do likewise toward you [33].  
 “What does all this mean for human nature? In Western societies like the USA, culture has overtaken biology. That is, parents are socialized and pressured to provide a species-atypical nest to their young. “Industrialism and then capitalism and their effects are undermining the human optimization that the evolved nest supports. Indeed, health and well-being in the USA have been diminishing and perhaps even the moral sense.[34]  
 “As health and well-being, sociality and morality are established in early neurobiological development, the future of human nature and humanity itself may depend on whether we restore the evolved nest.”[35]  
**My View?** In her paper, Dacia Narvaez has laid out, in rather stodgy prose, just how we have a mismatch between the way we

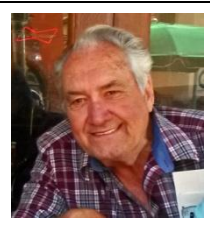
allow children to grow and develop and the way Nature intended. She raises big doubts about how we are wiring children’s brains in ways that are unhealthy for society. For a more reader-friendly account, see my segment: **Childhood, Deadly Harvest**, Chapter 8, page 218.

**Spreading the Word**

**Acknowledgements**  
 My speaking tour in southern California came to a successful conclusion. Our sincere thanks to our benefactors and sponsors who made this possible. Chief among them are **Art Brigman** of Club Trinidad, CA and, in her private capacity, **Diane Lewis** of Rancho Santa Fe, CA.



**Diane Lewis**



**Art Brigman**

**Lectures**



Geoff lecturing to 4<sup>th</sup> year naturopathic doctor students at **Bastyr University**, San Diego, CA

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

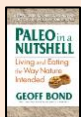
**Book-Signing**



Enlarge: <http://bit.ly/2HQWYrY>  
 At **Square One Publishers** [36] stand, Natural Products Exposition, Anaheim, CA

**PALEO PRODUCTS AWARDS UK**

I will be again judging the Paleo products competition which takes place during the summer. More at: <https://ukpaleoawards.co.uk/>



**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)



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 3. <http://bit.ly/1Lef4hs>  
 4. <http://bit.ly/2q1Hn1N>  
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