



The science & art of living the way nature intended
The Bond Briefing

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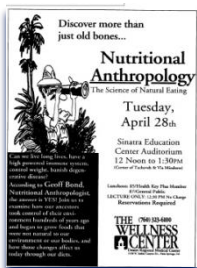
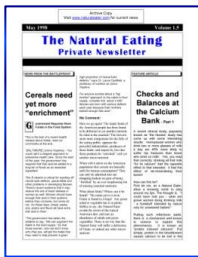


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Spreading the Word: #BondBriefing 20th Anniversary. **Savanna Psyche:** Self-employed Better Adjusted. **What we don't know:** 99% Microbes Unknown to Science. **Celebrating a Life:** Farewell: 105-year-old Edith. **Savanna Brainpower:** Dim Light makes us Dumber. **Q&A:** Konjac Root (Elephant Yam). **From the Labs:** Sucralose Inflames Crohn's; Skin Microbiome Battles Cancer. **Ancestral Psyche:** Maximum Group Size for Comfort. **Achieving Natural Lifespan:** Army Discipline Helps. **Proof of Pudding:** Ideal Omega-3 to Omega-6 Blood Ratio. **Spreading the Word:** Lectures; Paleo Products Judging. **Ancestral Health:** Our Living Gut XXI – Holocaust by Antibiotic.

Spreading the Word

#BondBriefing 20th Anniversary



1st Edition

The Talk Flyer

<http://bit.ly/2l8wDK9> <http://bit.ly/2rizSnO>

This April 2018 edition completes 20 years of continuous monthly publication of the #BondBriefing.

On this occasion we congratulate **Carole Herrera** of Indio, CA, who has been a loyal subscriber since the very first edition.

Carole first heard me speak at the **Desert Hospital**, Palm Springs, CA in April 1998 when I spoke in the **Sinatra Auditorium** for the Wellness Center's outreach program.

In those days the Internet was in its infancy and most people opted for the hard copy version.

Today, Carole is still subscribing to the hard copy version and could have quite a voluminous and valuable archive.

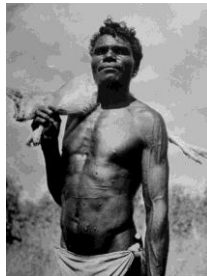
The audience 20 years ago was very receptive and yet, like many since, found the message unconventional, even eccentric.

Yet what is more remarkable is just how the precepts I was promoting 20 years ago have become almost mainstream.

Looking back, I am struck by how little has changed in that time. > p2

Savanna Psyche

Self-Employed Better Adjusted



Forager proudly earns his livelihood

<http://bit.ly/2lr6Xs6>

I often point out, especially in my talks, that being in control of our **LIVELIHOOD** is a vital aspect to our mental well-being.

This forager wanted to feed his family so, without so much as a by-your-leave, just gets up and sets about setting traps, foraging and so forth. **HE IS SELF-EMPLOYED.**

Foragers are well-known for being mentally well-adjusted, whereas today, most people are under the low grade stress of someone else – a manager – an employer – **HAVING CONTROL** over their livelihood.

On the other hand, the evidence has been piling up that the **SELF-EMPLOYED** today have much better well-being than the average... > p 3

What we don't know

99% Microbes Unknown to Science

A survey of DNA fragments in human blood finds that our bodies contain vastly more diverse microbes than anyone previously understood [1]. What's more, the overwhelming majority of those microbes has never been seen before, let alone classified and named. In addition, they found a huge range of viruses... > p3

Celebrating a Life

Farewell: 105 year-old Edith



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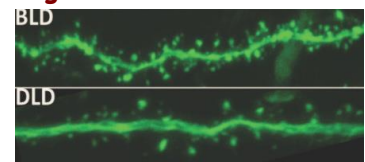
We were sad to learn of the recent passing of Edith Morrey just three weeks short of her 106th birthday. But we are consoled that, in early March, Nicole and I had the chance to pay Edith a last visit in her own home in Rancho Mirage, California.

She was in failing health and we understood that she was going through the 'cliff-edge' mortality more typical of forager life.

In other words, she had remained fully functioning until the last couple of months of a very long life. > p3

Savanna Brainpower

Dim Light makes us Dumber



<http://bit.ly/2rF99Sm>

Brain connections in dim light (lower image) vs bright light (upper)

Spending too much time in typical indoor lighting changes the brain's structure and hurts one's ability to remember and learn [2].

Experiment animals exposed to these light levels lost 30% capacity in the hippocampus... > p4

Questions

Konjac Root (Elephant Yam)

Q. *Konjac is being turned into something that looks like rice or noodles yet it only contains a tiny amount of calories- is it because it is watery? Thoughts?*

A. Konjac is a root which has a very high content (40%) of a glutinous dietary fiber called glucomannan.

Since glucomannan is virtually indigestible, it has no bio-available calories. For this reason, it is often used in various dietary supplements promoting weight loss.

The same formulation is used in shirataki noodles.

As a dietary fiber, glucomannan improves colon health [3,4], cholesterol levels [5], satiety [6] (which helps weight loss) and calms insulin surge [7].

Glucomannan is also a food additive being used as an emulsifier and thickener with the E number E425(ii).

My View? These products can be useful non-wheat, low calorie, gluten-free, replacements for pastas and other starchy dishes.

Watch out for side effects of diarrhea, abdominal pain, or flatulence: adapt intake accordingly

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#BondBriefing 20th Anniversary



The same questions arise and pretty much everything that was said over the years is still as pertinent today.

Indeed, I prefaced my talk in 1998 with the words:

“What you hear today may seem off-the-wall, but trust me, in 20 years time it will be as commonplace as the dangers of smoking are known today, whereas just 20 years ago doctors were still promoting smoking for lung health.”

Sure, as the science fills in some gaps, and it nudges the evidence in one direction or another, so we have fine-tuned the message.

Meanwhile, the [Briefing](#) evolved quite fast from two pages to four and settled down to the current name and format some years ago.

As time has gone by, we have adapted to the needs of readers as we perceive them, but we do need feedback! So, if there is anything you would like to see us add, subtract or modify **DO** let us know (admin@naturaleater.com).

From the Labs

Sucralose Inflames Crohn's

The artificial sweetener sucralose, sold under the brand name Splenda, has yet another drawback: it worsens **INFLAMMATION** in those who have Crohn's Disease, a gut affliction [8].

My View? In previous years we have reported on other Splenda downsides: in the gut it halves the amount of good bacteria and encourages over-growth of bad bacteria, it messes with blood sugar and insulin control, it increases hunger and boosts weight gain, and it interferes with medications. See:

Splenda Sweetener Woes, [Dec 2008](#) [9] and [Jan 2009](#) [10], **Splenda Promotes Hunger**, [June 2016](#) [11], **Sucralose (Splenda) not entirely Innocent**, [March 2014](#) [12].

Skin Microbiome Battles Cancer

'Good' skin bacteria such as '*Staph epidermis*', secrete chemicals which suppress skin cancers [13]. They also battle 'bad' bacteria, such as '*Staph aureus*'.

Say the researchers, “There is increasing evidence that the skin microbiome is an important element of human health”.

My View? The complexity and interconnectedness of the natural world should never be underestimated.

Beware the Law of Unintended Consequences. In this case, over-enthusiastic use of antibacterial soaps is almost certainly a mistake. See: **Myth of a Germ-free World**, [Apr 2011](#) [14] **More Triclosan Mischief**, [Sept 2012](#) [15].

Whilst it is good to clean ourselves of 'bad' bacteria, we have to be careful not to destroy the beneficial microbiome. See **Allergies: Hygiene Good, 'Old Friends' Germs, Good**, [Nov 2012](#) [16]

Ancestral Psyche

Maximum Group Size for Comfort

The average forager group consists of some 50 individuals. In some primal societies this might increase to some 150 individuals. But this seems to be the maximum for comfort. As soon as a group gets any bigger, it splits into two smaller groups.

Evolutionary psychologist Robin Dunbar of Oxford University, has investigated this phenomenon [17].

He and colleagues find that community sizes of either 50 or 150 are disproportionately more common than other sizes; they also last longer.

Says Dunbar: “It means everyone works on the basis of personal relationships and personal obligation.”

In contrast, in modern organizations, once groups get larger than 200 then inter-personal communication breaks down, top-down management is needed, face-to-face communication stops, and a silo effect kicks in. In other words, control has to be exercised through hierarchies, rules and procedures.

This de-personalizes the work-place and leads to greater unhappiness, mental stress and loss of efficiency.

Indeed, it used to be common wisdom that schools, for example should be limited to a maximum of some 400 pupils which is the greatest number that teachers could be expected to remember individually.

Even today, 150 is the average size of military companies and academic circles. Many companies, like Amazon, also work on the basis that teams need to be small and personal.

My View? In so many ways, the typical modern workplace cuts across our savanna-bred natures.

Slowly, we are learning from our evolutionary past; we are learning how to make our current workplace – which is really just a modern form of serfdom – how to make it more humane. See: **Self-employed Better Adjusted**, page 1.

See also Robin Dunbar's study which I reported as **Viking Revenge Murder: Lessons**, [March 2017](#) [18]

Achieving Natural Lifespan

Centenarian: Army Discipline Helps

A study on 100-year-old U.S. military veterans finds that they displayed "compression of morbidity". That is, they postponed chronic conditions such as diabetes, COPD (lung disease), CVD, cancer, high blood pressure and so forth, to the last months of life [19].

Indeed, in this regard, they were much better than their octogenarian and nonagenarian Vet colleagues.

These centenarians were mostly white males who had been brought up during the hardships of the Great Depression and who had then fought in World War II.

The researchers noted a key factor: due to their military background, these centenarians were resilient, had a strong sense of self-discipline and held firmly to healthy decisions; many did not smoke or drink.

My View? The researchers marvelled that, in spite of their hard lives, these centenarians lived so long in such good shape.

On the contrary, it seems to me that what we call 'hardship' is actually how life is supposed to be. See: **Hardship and Long Life**, [Nov 2008](#) [20].

Now we have soft lives and have to work hard to recreate the conditions that, in a state of Nature, we would be subject to. See: **Farewell: 105-year-old Edith**, p1

Continued from Page 1

Self-Employed Better Adjusted

...wage-slave. The latest study from Sussex University, UK, provides further confirmation [21].



In comparison with those in our modern feudal system, self-employed individuals have fewer worries about their livelihood; they enjoy the freedom; they are more energized; they are more self-reliant; are more enterprising, are more active citizens; and they can choose to work at what they feel like doing.

Self-employed workers are more likely to be male. Only a tiny minority (17%) would prefer to be employed.

See: **The Stress of Jobs for the Boys**, [Nov 2009](#) [22], [Dec 2009](#) [23], [Jan 2010](#) [24], **Stress of Jobs for the Girls**, [Feb 2010](#) [25], **The Modern Workplace for Men and Women**, *Deadly Harvest*, [Chap 8](#), p 204

Proof of Pudding

Omega-3 to Omega-6 Blood ratio



<http://bit.ly/2HVt2j8>

Diane Lewis of Rancho Santa Fe, CA, is a strict #BondPaleo practitioner. We met her in **Acknowledgements**, [last month](#) [26] when I also lauded her as a great benefactor of what we do.

Now she has shared with us her remarkable results for the ratio of omega-3 to omega-6 in her blood.

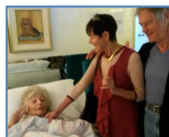
We congratulate Diane in attaining the ideal ratio of 1 to 1. This is a true achievement and a testament to Diane's unwavering dedication to her lifestyle.

Diane eats at least one portion of oily fish a day (e.g. salmon, sardine, herring etc) and forswears obvious sources of omega-6 (e.g. oils of sunflower, corn, peanut, soy, safflower).

Continued from Page 1

Farewell: 105-year-old Edith

Edith, without realizing it, had been leading a quasi-Paleo existence ever since the 1930s.



It was then that the naturopath to the stars, Gayelord Hauser, inspired her with his precepts. See: **Edith Morrey and Extreme Old Age**, [May 2016](#) [27]

I could nit-pick about some of the details, but the proof of the pudding is in the eating: Edith lived in great shape until the end.

In fact I think the chief reason for Edith's success is her remarkable diligence, and her iron self-discipline, in following her chosen precepts.

See: **Centenarians - Army Discipline Helps**, p3

In common with almost all centenarians, she was physically active all her life, she stayed slim, and (of

course) she never suffered any degenerative diseases such as cancer, heart disease or Alzheimer's. See: **How to Live to 100 or more**, [March 2008](#) [28].

Indeed I would like to know what the doctor put as 'Cause of Death' on the death certificate. It is not permitted to say 'old age' anymore, although that is just what it was – her vital systems just shut down, without any specific cause.

Edith was an active and influential benefactor of my work and her encouragement and support will be sorely missed. See also: **Centenarian Edith Morrey**, [May 2012](#) [29]

Spreading the Word

LECTURE: "Is Cancer Optional?"



My talk for Speedwell at Oxford Uni [last month](#) went well. As is my wont, I had prepared a fully updated and carefully crafted presentation.

It received an enthusiastic response. Here are some tributes:

- "As always, your lecture was excellent and full of amazing facts. Your PowerPoint presentation was awesome!..."
- "Great talk. He was amazing at bringing out the most salient points from what must be a never-ending mine of information. It made me want to escape with the children and go and live somewhere quiet and hot, with lots of fresh vegetables and fruit..."

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/>

Continued from Page 1

99% Microbes Unknown to Science

... that are not disease-causing. They caution that researchers usually focus on just a narrow range of common microbes in just one location such as the gut or skin. As such they miss the combined effect of all these bugs operating in concert.

My View? I keep banging on about how it is impossible to second guess the complexity of the body's workings with our limited knowledge of its immense complexity.

I have even talked about this very question in connection with the gut microbiome. I regularly pour cold water on the idea that we can find easy fixes with pro-biotics which, inevitably, focus on just one or two bacterial species. See, notably the "Long tail of minor species" in **Our Living Gut**, [July 2016](#) [30].

Ancestral Health

Our living Gut - part XXI

Holocaust by Antibiotic

[Last month](#) we finished talking about *Fecal Transplants*

What happens when we kill our biomass with antibiotics? Dr Leslie Dethlefsen of Stanford University, finds that, even with a mild antibiotic (ciprofloxin), some species failed to recover even after six months [31].

So far, attempts to reseed the colon with probiotics have proved futile (and occasionally harmful). Such is the

case with kefir – a milk drink rich in live bacteria.

In a randomized, double-blind trial (the best sort) on children, the intake of kefir did not reduce cases of antibiotic-induced diarrhea [32].

Outside of a *fecal transplant* ([last month](#)), you can't do anything to "seed" the good bacteria. Live bacteria products, such as yogurt and kefir, contain only one or two species out of the hundreds you need (see: **99% Microbes Unknown to Science**, page 1).

Anyway, the stomach juices do a good job of killing them off long before they can reach your colon. .

No, various bugs recover and fight a battle royal for this prime piece of real estate on your colon wall. You must do everything you can to ensure that the good guys win.

You can do nothing better than to continue to eat, and live, like we say. Plenty of plant food (salads, vegetables, low-sugar fruits). Strictly avoid the foods that irritate the gut such as grains in all their forms, dairy, potato, and legumes – see **Lectin Cure-**

all - or Snake-oil?, [Last month](#). (More on potato lectin [Next Month](#).)

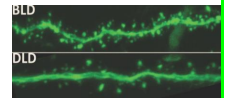
Go easy on foods that feed the sulfur-reducing bacteria in the colon which produce corrosive quantities of sulfuric acid, notably cold meats, packed lettuce, hamburgers and such.

You need to keep this up for several weeks until the colon flora finally finds its equilibrium.

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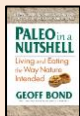
Dim Light makes us Dumber

(a critical brain region for learning and memory)



and performed poorly on spatial tasks. On the other hand, exposure to broad daylight restored the animals' cognition.

My View? Foragers had a great exposure to daylight on a daily basis and [Next Month](#) I will write more about this. However, I have already emphasized, on many occasions, the importance of **LIGHT** for optimal health and performance. See: **Daylight in Office Boosts Health**, [Sept 2014](#) [33]; **Lightness of Being**, [Jan 2006](#) [34]



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



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