



## The science & art of living the way nature intended

# The Bond Briefing

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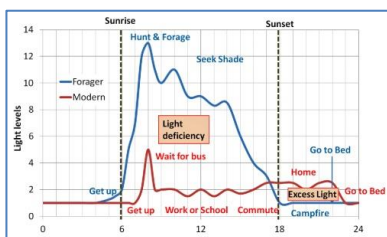


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Ancestral Lifestyle:** Forager vs Modern Light Exposure. **Afterword:** Causes of Death and 'Old Age'. **Quote:** Anthony Bourdain: "Pale, doughy masses..." **From the Labs:** Dark Chocolate Calms Stress and Inflammation. **Back to our Roots:** Nixing "Nature Deficit Disorder". **Q&A:** Gallstones. **Briefing:** Potato Plant Poisons – Lectins. **From the Labs:** Raw Fruit & Veg for Brain Health. **Viewpoint:** Old Timers' Story-telling. **Health Policy:** Epidemic of Diagnoses; More Big Pharma, Quicker Death; Youthful Sun Reduces MS.

### Ancestral Lifestyle

#### Forager vs Modern Light Exposure



Sunlight Exposure: Forager blue line; Moderns brown line.

Enlarge: <http://bit.ly/2sVPvT2>

Foragers had a great exposure to daylight on a daily basis. Here I am talking about **LIGHT** and not the tanning, burning rays of sun-**SHINE**. In studies on three tribes, widely spread around the globe, researchers found very similar patterns of **LIGHT** exposure [1,2].

They woke up before dawn, spent the cool but bright mornings on foraging and hunting, sought the shade of the trees in the afternoon, and then spent some three to four hours around the campfire in the dusk of evening. See **Sleep Patterns and Campfires**, [March 2005](#) [3].

In contrast, us moderns wake up well after sunrise, spend most of the day indoors, just getting a bit of **LIGHT** on the way to/from work/school, and then spend the evenings in the brightness of electric light.

Compared to the forager template, we have a huge **LACK** of light during the day and a large **SURFEIT** of light in the evenings.

All this is accompanied by a parallel range of **TEMPERATURE** variation. Forager bodies are subject to the slide from the heat of day to **>2**.

### Afterword

#### Causes of Death and 'Old Age'

Last month we talked of the passing of Edith Morrey at the advanced age of nearly 106. She had no obvious fatal ailments and she seemed to have had a 'forager's death' where the body just shuts down due to old age. We wondered what the death certificate would cite as the cause of death.

Now we know: it was cited as '*Heart Failure*'. Well yes, when the heart stops, you die!

So this is the catch-all term used when there is no obvious cause of death – at least in the USA, where, no doubt, this term is inflating the 'cardio-vascular' disease statistics.

We had a similar case in UK where a 96 year-old relative died in comparable circumstances. There the cause of death was given as "*Biological frailty*". That seems to me to be a more honest and accurate description which, moreover, will not bias the UK's death statistics.

### Quote

**Anthony Bourdain**, American celebrity chef, who self-slaughtered this June, was horrified by the diet of ordinary Americans:

"Go to a food court and watch the pale, doughy masses of pasty-faced, Pringle-fattened, morbidly obese teenagers, then tell me I'm worried about nothing.

"You see the snail-trail of fast food from Tulsa to Tokyo. Wherever you see fast food, you see fat people."

Quoted by *The Times of London*, June 9<sup>th</sup> 2018. <http://bit.ly/2JtqDwQ>

### From the Labs

#### Dark Chocolate Calms Stress & Inflammation



Dr Lee Berk of Loma Linda University, CA, finds (in a small study) that a dark chocolate, rich in flavonoid antioxidants, calms stress and inflammation [4].

The subjects ate almost half a bar, (48g) of 70% cacao chocolate from the artisan chocolatier, "Parliament Chocolates" of Redlands, CA.

This is important: one can't rely on **>2**

### Back to our Roots

#### Nixing "Nature Deficit Disorder"



Enlarge: <http://bit.ly/218VJLv>

A growing number of American schools advocate going beyond concrete walls and into the outdoors. It's an antidote to a screen-addicted generation, which has its own clinical diagnosis: "nature deficit disorder".

These "nature preschools," or "forest kindergartens," have sprouted up across the country.

In these outdoor schools, children roam acres of woodlands and wetlands and go on "expeditions" **>3**

## Questions

### Gallstones

**Q.** *I have gallstones and the option is to remove my gallbladder. But do you think with diet change I could keep my gallbladder and forget surgery altogether?*

**A.** The short answer seems to be 'No'. Once you have gallstones, there is nothing in the way of lifestyle changes that will make them go away.

With gallstones, **PREVENTION** is everything. As far as we know, foragers never suffer from gallstones. They began to appear in antiquity when the ancient Greeks observed the occasional case in the upper classes who led a rich lifestyle [5]. Similarly, gallstones were found in the mummy of an ancient Egyptian high priestess [6].

Yet it is only in the last century that gallstones have become a commonplace. We can conclude that, once again, gallstones are a 'Westernized' lifestyle disease [7] [8]. Factors seem to be :

- Diets high in fatty, fried and processed food;
- Diets low in fiber;
- Diets high in starch,
- Diets high in sugar;
- Food allergies especially to eggs and dairy;
- Obesity;
- Rapid weight loss;
- Physical inactivity.

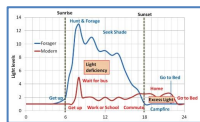
So, in this instance, your doctor will have not only the authority, but also the detailed knowledge, to advise you on how best to deal with your gallstones.

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### Forager/Modern Light Exposure

the chill of night.

This is a double whammy (light and heat) that



triggers many biochemical processes, including resetting the body-clock and programming healthy sleep.

**My View?** We talk about "The Body Clock" but we should really talk about the 'Master' body clock followed by thousands of 'Individual' body-clocks.

Indeed it is suspected that **EVERY CELL** in the body has some sensitivity to time cycles.

But for certain, disruptions in the body-clocks in general:

- a) Upset biorhythms and
- b) Is a factor in many ailments including heart disease, cancers, obesity, diabetes, depression, and other mental disorders.

There are three rules of thumb:

1) Spend at least 45 minutes **EVERY MORNING** in broad daylight (even if the sky is overcast). See: **Sleep in a State of Nature**, [Oct 2015](#) [9], **Morning Sun Keeps off the Pounds**, [May 2014](#) [10].

2) Avoid bright light, especially the artificial blue light from device screens, before turning in for the night. See: **Evolutionary Sleep Patterns**: [Sept 2015](#) [11].

3) Keep the bedroom at a cool, even chilled, temperature compared to the ambient daytime temperature. See also **Sunlight-starved Myopia**, [May 2016](#) [12]. **Sunlight Boosts Immune System**, [Dec 2016](#) [13] **Telling Time of Day by Color**, [May 2015](#) [14]. **Hunger Hormone Control**, [June 2005](#) [15]

## Briefing

### Potato Plant Poisons: Lectins:

[Last month](#), I promised to write more about plant poisons in potato known as "lectins".

All plants contain lectins, but our bodies don't know how to handle potato lectins. These attack and disable immune system cells known as "basophils" and "mast cells" [16].

They release histamine from both these types of cell which leads to inflammation and allergic reactions [17].

Indeed, potato lectin shares great similarities with snake venom [18].

Not everyone is sensitive to these poisons and, if you avoid the skins, exposure is considerably reduced.

**My View?** This is in addition to the mischief caused by another class of potato plant poison, the "glycoalkaloids".

Glycoalkaloids aggravate gut inflammation and leaky gut and, in extreme cases, cause death or

disability from strangulated bowel, respiratory failure, or cardiac arrest. See: **Poisonous Green Potato**, [Sept 2008](#) [19] and **Vegetables, Starchy, Deadly Harvest**, [Chapt 5](#), p 125 [20]

Also: **Lectins, Deadly Harvest**, [Ch 5](#), p123. **Poor Thyroid Function**, [Aug 2001](#) [21]. **Stature of Ancient Humans**, [March 2004](#) [22]. **Colon Cancer**, [April 2003](#) [23]. **Green Bean Safety**, [May 2010](#) [24]

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### Dark Chocolate Calms Stress & Inflammation

the fact that chocolate is dark that it has preserved its flavonoids. Indeed



most processing methods destroy the flavonoid content. See: **Buyer Beware**, [Dec 2015](#) [25], **Cocoa-best not Dutched**, [Feb 2011](#) [26]. (Dutched cocoa powder has been treated with alkali to give it a milder taste, reduce its acidity and give a darker 'richer' color.)

But do we need to go to a gourmet chocolatier to get these flavonoids? Not necessarily. To my surprise, another study [27] used Trader Joe's "72% Cacao Chocolate" which, at 316mg of flavonols, had **18 TIMES** the flavonol levels (40 mg) of 'Crispy Rice Milk Chocolate Bar'.

By the way, this second study found that dark chocolate consumption improved "visual acuity and contrast sensitivity" two hours later. In other words, you see and read better after eating a whole bar (3.5 oz, 100g) of this Trader Joe's chocolate.

**My View?** The first priority is to eat chocolate because you like it – but it has to be **DARK** chocolate – otherwise it is just empty calories (lots!) plus blood sugar spikes.

The second priority is to choose one that is actually rich in the wondrous flavonols (or 'flavonoids'). I will set out the favored brands [Next Month](#).

## From the Labs

### Raw Fruit & Veg for Brain Health

Compared to canned, frozen or cooked fruit and vegetables (F&V), raw F&V reduced depression and increased positive mood, life satisfaction, and 'socio-emotional flourishing' (which captures feelings of

meaning, purpose, and fulfillment in life). So finds a study done by New Zealand researchers [28].

The top 10 raw foods related to better mental health were carrots, bananas, apples, dark leafy greens like spinach, grapefruit, lettuce, citrus fruits, fresh berries, cucumber, and kiwifruit.

The study has its limitations.

- It was done online (using Amazon Mechanical Turk crowd-sourcing marketplace).

- The subjects were limited to young adults 18 to 25 years old “because they are the ones who eat the least fruit and vegetables and are the most prone to mental disorders”.

- Respondents had to fill in a questionnaire where they recall what they ate and record how they feel.

In other words, this study lacked the rigor of a laboratory-controlled environment. The researchers acknowledge that their study can only find ‘correlations’ at best.

As for the ‘cause’ of the results, the researchers speculate that it is probably something to do with the nutrients in raw F&V which get lost in processed F&V.

**My View?** With the exception of tubers and some nuts, it is the forager way to eat plant food raw. So this should be our starting point. Indeed, adopt the motto: Eat raw F&V when you can, processed when you must”

There was an unexpected outcome of the study. From their responses, a high percentage of subjects were diagnosed as clinically depressed and should seek help straight away!

**Viewpoint**

**Old Timers' Story-telling**

In [March 2018](#) [29] I opined:

“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.”

This is a subject that I wanted to develop further. My brain’s data banks dredged up a memory of the philosopher George Steiner’s book “*Real Presences*”. Says Steiner:

“To learn by heart affords the text an indwelling life force and clarity; what we commit to memory – and can subsequently recall – constitutes the “ballast of the self”. It safeguards the core of individuality.

“The pressures of political exaction, the detergent tide of social conformity, cannot tear it from us”.

“Under censorship and persecution in Russia, poetry was passed from mouth to mouth. Nadezhda Mandelstam, memorised her husband’s banned poem and taught it to 10 people, who in turn taught it to others. There were no copies. They cannot take it from you, if you learn it by heart.”

Of course, committing immense amounts of a tribe’s fables and histories to memory have famous examples: Homer’s *Iliad* (See: **Farming’s not for Everyone**, [April 2005](#) [30]) and the *Icelandic Sagas* (See **Memorizing life’s Essentials**, [Nov 2010](#) [31]).

Steiner’s wonderful phrase: ‘ballast of the self’ says something important: Just like a ship’s ballast, the iconic cultural stories that we commit to memory **STABILIZE** our sense of identity and **RIGHT** our psyches through all the tempests that life throws at us.

This was one way in which foragers stayed **WELL-ADJUSTED**. Can the absence of such ‘ballast’ in our modern lives be a factor in the tidal wave of mental disorders?

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**Nixing “Nature Deficit Disorder”**

that foster creativity and teamwork. This trend has grown at least 500% since 2012. Their aim is to foster independence, physical interaction, and unstructured play.



They learn creativity as they “explore and engage with complex ecological system, and imagine new worlds of their own”.

Freed from playground guardrails, “kids build strength, develop self-confidence, and learn to manage risks as they trip, stumble, fall, hurt, and right themselves.”

Time spent outdoors calms aggression, cultivates self-esteem, eases anxiety, reduces stress and improves overall physical fitness.

Currently, the average American child spends only four to seven minutes a day in unstructured play outdoors, compared to over seven hours a day in front of a screen, reports [The Child Mind Institute](#) [32].

**My View?** What has happened to us? These lucky kids are re-discovering a world that, to my generation, was a normal part of life.

But, more importantly, it is re-creating the experience of the forager template. And the proof is that, by living the way nature intended, our children’s physical and mental health is restored.

**Health Policy**

**Epidemic of Diagnoses**

We are all born with some abnormalities – most of us live out our lives without knowing or caring about them. At least that is until recently.

For many years now, Dr H Gilbert Welch has been claiming that physicians are detecting problems too early and convincing people that they are sick and treating them too aggressively [33, 34]. Sometimes, he says, it is better to do nothing.

For example, on routine CT scans, doctors often stumble across an innocuous cancer which leads to treatment for a disease that’s never going to bother them. It matters: 1 in 50 people then die of the unnecessary surgery.

The drawbacks of screening are:  
a) Either it is too late for the fastest, most aggressive cancers or,  
b) It finds cancers that are going nowhere anyway.

“The poster-child for the problem is South Korea. 15 years ago, doctors started doing ultrasound screening for thyroid cancer. Then 15 years later, there was a 15-fold increase in the incidence of thyroid cancer. But, the death rate from thyroid cancer has not changed. It is not an epidemic of disease — it is an epidemic of diagnosis [35]...”

“You have all this reservoir of abnormalities that could be called

cancer, but most of them would never go on to cause death.

If you start looking for thyroid cancer, you find a lot of it, you scare a lot of people, take out a lot of thyroids, people need lifelong thyroid replacement and you don't change their death rate."

**My View?** Doctors have an impossible task: they have to flag a problem and deal with it in accordance with protocol or, if something goes wrong, they are sued and maybe struck off.

But in the end the patient has the final say and so it is down so each of us individually, to make the final decision about treatment.

There are no easy answers, but I have already explored the dilemma in some detail in: **Breast Cancer Screening: More anxiety than it's worth?** [Sept 2013](#) [36]

**Docs avoid Aggressive End of Life Treatment for Themselves,** [July 2014](#) [37]. **The**

**Quagmire: How American Medicine is Destroying Itself,** [Aug 2011](#) [38].

### More BigPharma, Quicker Death

In a remarkable analysis of the 30 most developed (OECD) nations, researchers find that the more a country spends on the pharmaceutical industry the quicker people die [39].

Opine the researchers: "It could be due to toxic side effects of drugs, doctors' prescribing practices, patients' misuse of prescription drugs, BigPharma's aggressive marketing, or some combination of these factors,"

**My View?** As always, live like nature intended and keep out of the clutches of the medico-industrial complex!

### Youthful Sun reduces MS

In a data mining of the Nurses Health Study, analysts find that women who live in areas with the highest levels of UV-B rays between ages 5 to 15 had a

51% **REDUCED** risk of MS as adults compared to the lowest group.

'Highest' levels of sunshine were defined as 10 hours or more in summer and 4 hours or more in winter.

**My View?** Yes, we have heard this before, see: **Childhood Sunshine Reduces Multiple Sclerosis Later,** [Aug 2007](#) [40] and, **Sun Reduces Multiple Sclerosis,** [June 2011](#) [41].

The current researchers put the beneficial effect down to sunshine's vitamin D, but they are ignorant of another, mystery, factor. See: **New-found Factor in Sunlight Helps Multiple Sclerosis,** [June 2010](#) [42].

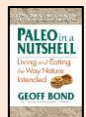
### Spreading the Word

**EVENTS:** <http://bit.ly/bond-event>

Talks to private organizations.

### LECTURE AVAILABILITY

Geoff has some availability to talk to all organizations including Lions, Rotary and U3A etc. Contact: [geoff@geoffbond.com](mailto:geoff@geoffbond.com)



**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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