



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

Seasonal Dish: Ugg Paleo Christmas Pudding. **Jungle Lore:** Artificial Sweeteners Toxic to Good Gut Bugs. **Evolutionary Physical Activity:** When Fathers, Children are Healthier. **Evolutionary Mental Harmony:** Commute through Natural Environments for Mental Health. **News Snippets:** Marine Omega-3 – Healthy Ageing. Muscle-mass should be Vital Sign. **Quote:** Studies of Studies – Achilles Heel. **Q&A:** Organic Foods fight Cancer? High Oleic Sunflower Oil. **News Snippets:** Viruses kill Gut Motility Neurons; Life Expectancy falling in Rich Countries; Fish Oils, Probiotics in Pregnancy reduce Childhood Allergies; Living in Foreign Cultures Clarifies sense of self; Low Sunlight/OCD Link; Osteo-arthritis as a Lifestyle Disease; **Book Review - part 2:** Blueprint by Robert Plomin. **Spreading the Word:** Video on Blueprint; **Advance Notice:** Book Signing; Talk

Seasonal Dish

Ugg Paleo Christmas Pudding



Enlarge: <http://bit.ly/2LoU29j>

Nicole has baked this speciality from *Ugg Foods*. The recipe is based on one packet of Ugg Foods' **Fruit & Seed Loaf Mix** plus lots of naughty (but Paleo-conforming) seasonal sweetmeats.

Order the mix online from www.Uggfoods.com and use the promo-code: **ugglove20** to get a 20% discount.

You can find the **RECIPE** on the Ugg Foods site here: <http://bit.ly/ugg-pud>. Enjoy!

Jungle Lore

Artificial Sweeteners Toxic to Good Gut Bugs

Following in a long line of similar studies, a paper from an Israeli-Singaporean consortium finds that a swathe of common intense artificial sweeteners creates havoc with gut bug health [1].

They are: aspartame, sucralose, saccharine, neotame, advantame, and acesulfame potassium-k.

Ten sports drinks using these products also demonstrated the same harmful effects.

My View? These are 'artificial' intense sweeteners. So far so good. >p4

Evolutionary Physical Activity

When Fathers Exercise, Children are Healthier

Men who want to have children in the near future should make sure they have achieved a minimum level of Paleo fitness.

So finds Kristin Stanford, of Ohio State University College of Medicine: [2]. Says Kirsten: "If fathers exercise moderately, even for only a month before conception; it has a strong effect on sperm health and the long-term metabolic health of their children."

The study actually looked at fathers' high fat diet and its harmful effect on glucose mechanism. Kirsten found that good levels of physical activity neutralized the bad diet.

My View? Fine: But much better for fathers-to-be to live their entire lives in conformity with the way nature intended – which includes a diet moderate in fat and plenty of physical activity in conformity with our ancestral heritage. **Paleo-conforming Physical Activity, Sept 2018** [3]

Evolutionary Mental Harmony

Commute through Natural Environments for Mental Health

I cannot be the only one who has experienced this phenomenon. When driving from home to work in Kaduna (Nigeria), Rabat (Morocco), El Biar (Algeria), Salwa (Kuwait), Provence (France), Aragon (Spain), Palm Springs (California) I have rejoiced in the trip through nature: sea views, vineyards, palm trees, cherry orchards, avenues of mango and eucalyptus, perfumed mimosas, orange orchards, and so much more.

Meanwhile I have suffered alienation and stress in driving through >p4

News Snippets

Marine Omega-3: Healthy Ageing

Researchers find that those who had a lifetime history of high consumption of seafood rich in omega-3 oils had healthy ageing – defined as freedom from chronic diseases and without mental or physical dysfunction [4]

The participants were 74 years old at baseline and they were followed for 23 years. Only 11% experienced 'healthy ageing'. The 20% highest consumers of seafood EPA (eicosapentaenoic acid) had a 24% lower risk of unhealthy ageing > p 3

Muscle Mass should be Vital Sign

In Sept 2018 we had Diane Lewis singing the praises of strength training – see: **Ageing Muscles: Hard to build, Easy to lose.**

In confirmation, researchers find that low muscle mass is linked to increased risk of serious health complications and decreased survival. They conclude that muscle mass should be a **KEY FACTOR** in evaluating a person's health status, especially if living with a chronic disease [5]. :

- Women with breast cancer who had more muscle had a nearly 60% better chance of survival.

- Patients in the intensive care unit (ICU) with more muscle spend less time in the ICU, and were more likely to survive. > p 4

Quotable Quote

Studies of Studies: Achilles Heel

"Meta-analyses [studies of studies] run the risk of misleading by combining several pieces of low-confidence data into a falsely confident sounding ranking." *Lukas Schwingshackl, PhD, German Institute of Human Nutrition, Potsdam, Germany.*

Questions

Organic Foods fight Cancer?

Q. *What do you make of the French study [6] suggesting that people who consume organic foods have lower cancer risk?*

A. The problem with Population Studies! This study, when looked at closely, seems to find "associations" that are rather weak.

The dietary profile of participants was assessed only once – and of only “16 labeled organic products” at that. The authors even say: "The organic food questionnaire **WAS NOT VALIDATED**; therefore, it is unclear what the intended exposure, organic food consumption, was actually measuring."

My View: We would all like organic production to be found to be healthier. However, this study simply does not establish causality. In fact, as the authors admit: it is not clear what the study found, if anything at all...

High Oleic Sunflower Oil

Q. *I know you demonize regular sunflower oil because of its high, potent, omega-6 oil content. But what about the new breeds which are very high in monounsaturated oil (oleic acid).*

A. Why bother? Even the sunflower oil rich in oleic acid (olive oil) still has a balance of the highly undesirable omega-6 oil. Meanwhile, it still is devoid of the 'good' omega-3 oil. But do beware of the hype – especially from fast food outlets. They love this oil which they can use over and over again before it becomes fetid. But in the meantime it is accumulating all the bad AGEs about which I have written on several occasions. See **What are AGEs?** [Dec 2011](#) [7]; **Why it's healthier to cook with lard than sunflower oil,** [April 2016](#) [8].

News Snippets

Viruses kill Gut Motility Neurons

Some people develop digestive problems seemingly out of the blue. Researchers found that viruses that target the nervous system in the brain and spinal cord also can kill neurons in the guts, disrupting bowel movement and causing intestinal blockage [9].

The researchers looked at exotic, tropical diseases like West Nile and Zika viruses. But other such viruses are much closer to home, for example chicken pox and herpes (cold sores). See: **Herpes/Chronic Constipation Link,** [July 2016](#) [10].

My View? Sometimes, with the best will in the world, we have to live with a 'sleeper' infection, such as herpes. It can flare up unexpectedly and give you constipation out of the blue.

The only clue: usually these viruses only become active when the immune system is depressed – often as a result of stress or another sickness.

Life Expectancy falling in Rich Countries - Part 1

According to a study in the British doctors' trade journal, BMJ, the trend in increased life expectancy in rich countries has **REVERSED** [11].

Populations are dying earlier from a number of causes:

- Drug overdoses and opioid epidemic particularly amongst the 20s to 30s.
- Alcoholism and suicide – 'deaths of despair' particularly amongst working class white middle-aged males.
- A huge rise in death rates in mid-life from dozens of lifestyle diseases: of the lungs, heart, digestive system and other organs; of Alzheimer's, nervous system and mental disorders.
- Death rates are increasing even in pregnancy and early childhood.

Says study author Dr Steven Woolf of Virginia University, Richmond, USA: "Something far-reaching is affecting the health of Americans in the prime of their lives."

My View? Absolutely! And it is not just Americans – it is populations everywhere in the rich world.

I have been sounding the alarm for years: parents in their 70s and 80s are attending the funerals of their children dying in their 40s and 50s of cancer, heart disease and so forth. See: **Diet is shortening U.S. Lifespan,** [July 2016](#) [12].

This phenomenon has been masked by gung-ho politicians and medical professionals mis-representing the life-span statistics. See: **Official Statistics Misused for Political Ends,** [Oct 2017](#) [13].

There is a fundamental truth: we don't know how long people will live until

they die! See **Vanishing Ways of Life; Deadly Harvest,** [Chapter 4](#), [14] p. 86.

Continued: Part 2 [Next Month](#).

Fish Oils, Probiotics in Pregnancy reduce Childhood Allergies

According to a meta-analysis (study of studies), pregnant women who had a high daily intake of fish-oils had children who had a 30% reduction in risk of egg allergy and a 38% reduction in peanut allergy [15].

Those who took a probiotic supplement had children with a 22% reduced risk of eczema. (Probiotics are live bacteria intended to improve the gut flora.) In addition, the length of breast feeding was also linked to a lower risk of eczema and type 1 diabetes.

My View? Although I am skeptical of meta-studies (see **Quotation**, p.1), this does support the general drift: that living the way nature intended is the way to go. That is to say that some of the scourges of the modern way of life are omega-3 deficiency, gut dysbiosis and inadequate breast feeding.

In particular, omega-3 (especially from fish oils) is anti-inflammatory and calms the immune system.

As for probiotics, I have strong reservations: see **Probiotics have Perverse Effects,** [April 2017](#) [16].

Monkeying with probiotics is akin to a chimpanzee trying to repair a Swiss watch.

Living in Foreign Cultures Clarifies Sense of Self

Living abroad increases "self-concept clarity," the extent to which individuals' beliefs about themselves are clearly and confidently defined and consistent and stable over time [17].

It is the **DEPTH** of immersion in the foreign culture and **NOT** the **NUMBER** of different cultures encountered which counts.

The longer people live abroad, the more self-discerning reflections they accumulate and, as a result, the more likely they are to develop a better understanding of themselves. They have increased clarity about which values and norms define who they are and which simply reflect their cultural upbringing.

My View? As someone who has spent a lifetime immersed in several different

cultures I can attest to the strength of these observations. Living this way certainly cements one's notions of who one is and what one stands for.

And that is more important in the post-modern world where fanatical intellectuals are undermining old certainties; there are no facts only opinions; everything is relative; and even gender becomes fungible. See: **Peer-review Science Tainted**, [Aug 2017](#) [18]

How does this fit in with the forager template? They lived very parochial lives in a suspicious bitter-sweet relationship with neighboring bands. They treated with contempt and derision the slightest divergence from their own taboos and hidebound culture and traditions.

The 18th century Age of Reason released us from the old superstitions and strait-jacketed thinking but now we need to restore some fixed points in our lives. Seemingly a good way is to immerse yourself in a foreign culture.

Low Sunlight/OCD Link

Living at higher latitudes where there is less sunlight, and there are strong seasonal swings in day-length, seems to increase risk of obsessive-compulsive disorder (OCD) [19].

So finds a study of studies which fingered disrupted body-clock rhythms as being a possible cause.

My View? This is circumstantial evidence but the human homeland is on the equator where day-night cycles are the same all year round. So it would not be surprising if our brains have difficulty adjusting to living in higher latitudes.

Anyway, it is not for nothing that people, when taking their holidays or retiring, drift closer to the equator.

Osteo-arthritis as a Lifestyle Disease

Diet & Obesity

A large, up-to-date study-of-studies finds that consuming 1 gram per day of fish oil (for example half of a 4 oz can of sardine) considerably alleviated pain and inflammation in arthritic joints. This is not surprising: the body converts omega-3 oils into anti-inflammatory hormones. You heard this before here: **Omega-3 Helps**

Osteoarthritis, [Aug 2014](#) [20]. See also: **Salmon Species: Fish Oil Content**, [Sept 2018](#) [21].

In addition, losing excess fat helps – not just by reducing loads on joints, but also because fat deposits generate low-grade inflammation throughout the body. See: **Obesity, Deadly Harvest**, [Chapter 9](#), p 262 [22].

Finally, it helps to avoid vitamin K deficiency by eating up your greens. Vitamin K is important for building the proteins in cartilage and joint tissue.

Osteoarthritis & Gut Health

Another study on obese mice finds that when they are fed by a dietary fiber called 'oligo-fructose' the profile of species in the gut changed favourably into anti inflammatory mode. This suppressed inflammation throughout the body suppressing osteoarthritis swelling and pain [23]. Oligofructose is present widely in plant food. Particularly rich sources are: unripe bananas, onions, garlic and chicory. See: **High Fiber Diet Controls Weight**, [May 2015](#) [24].

My View? In addition to diet, it is important to subject joints to physical activity – if you don't use it you lose it! Likewise heavy drinking and smoking are linked to the disease.

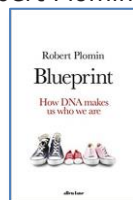
Osteoarthritis is clearly a lifestyle disease – it is unknown in forager societies. Moreover we know what we have to do. It is not difficult, just live the way we say!

Book Review – Part 2 of 2

BLUEPRINT

How DNA makes us who we are

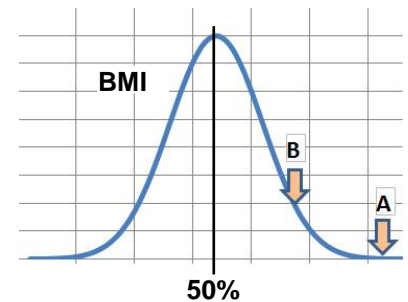
Robert Plomin [25]



- all these are 'likelihoods' with percentage probabilities attached to them. For example, eye color is 95% genetic and even weight (BMI) is 70% genetic. Plomin himself has a genetic profile putting him on the 94th percentile of overweight (point 'A' on the Bell Curve). With this knowledge, Plomin knows that he has to work

harder than the average person to keep his weight down – which he has done successfully, bringing it down to the 70th percentile (point 'B' on the Bell Curve).

- Bell curves can be drawn for all such features such as Autism and ASD. From this it follows that there are no 'disorders' as such, simply extremes at the end of a Bell Curve spectrum.



This plays into the proposition that Autism is simply an 'extreme male brain', as proposed by Prof. Simon Baron-Cohen. See **Autism: Good for Foragers?** [July 2011](#) [26]. (8 out of 10 autists are boys.)

- Genetics is by far the major source of individual differences in school achievement even though educators rarely mention genetics, and they are very slow (or reluctant) in absorbing the messages from genetic research. In conclusion, Plomin advises us that genes are not necessarily destiny. Heritability describes what is; it does not predict what could be. Rather than strive for an ideal self it is better to look for your genetic self, and to feel comfortable in your own skin. Go with the grain of your genetics! Indeed, the older we get, we become who we are genetically. In other words we stop striving to be something we are not and learn to work with the grain of our natures.

Children make their own environments and it is important that parents get the message that children are not malleable blobs of clay. Rather relax and enjoy your children just as they are. Even after bad experiences they bounce back to their genetic trajectory.

Continued from Page 1

Marine Omega-3: Healthy Ageing

The researchers opine that these beneficial results are due to the hormonal effects of EPA in reducing blood pressure, reducing

inflammation, reducing blood thickening, controlling heart rate,

My View? Just so! Our bodies expect to have the moderating effect of marine (omega-3) oils to keep the body's biochemistry operating in harmony.

Continued from Page 1

Artificial Sweeteners Toxic to Good Gut Bugs

... But there is still silence on one other intense sweetener, albeit 'natural' – **STEVIA**.

So, 'watchful waiting' is the watchword and, since we do use stevia ourselves, we'll be on the alert for any news – good or bad.

See: **Sucralose Inflames Crohn's**, [April 2018](#) [27]. **Surprise Sweetener Spook**, [Sept 2014](#) [28]

Continued from Page 1

Commute through Natural Environments for Mental Health

... the bleak concrete jungles of north London or the frenetic stress of 10-lane Los Angeles freeways, or diving down like a mole into the swarming, promiscuous hostility of the Paris Metro tunnels.

Now, surprise, surprise, a study finds that those who commute through natural environment have better mental health [29].

The effect was even stronger in those who walked or cycled through natural environments.

My View? Natural environments speak to our savanna-bred psyches. To be well adjusted, give a priority to living in harmony with our mentality!

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Muscle Mass should be Vital Sign

... • People with chronic obstructive pulmonary disease (CPD) who have more muscle have better respiratory outcomes and lower osteoporosis.

• In the long-term care setting, individuals with lower muscle mass had more severe Alzheimer's disease.

My View? As I have emphasized on many occasions, frager life involved heavy labor, heavy lifting and, for men, impressive bow-pull strength. So, in a state of nature, people are well muscled.

It is believable, therefore, that muscle mass could indicate resilience in the face of health challenges.

Spreading the Word

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

Talks to private organizations.

YOUTUBE VIDEOS:

In [#BondBriefing](#) October 2018, <http://bit.ly/2Q5qhPI>. I describe how scientific study of Human psychology was corrupted since the 1920s by ideological zealots who wanted to believe that Human Nature is infinitely malleable.

How, at last, researchers like Robert Plomin, with their studies of identical twins, are showing how so much of our personalities and abilities are written in our genes.

View: <https://youtu.be/dXjYmyKBhyQ>

Advance Notice

Book Signing

Date: March 8th or 8th, 2019

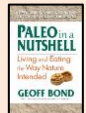
At: Square One Publishers stand, ExpoWest, Anaheim, CA

Illustrated Talk

Date: Wednesday May 1st 2019

Title: TBA

At: Green Templeton College, Oxford University, 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



Paleo Harvest Cookbook: Over 170 delicious, Bond Precept conforming recipes www.paleo-harvest.com

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