



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

Food Ideas: Tuscan Baked Cod. **Quackery Watch:** Dr Oz Rated Pseudo-science. **Spreading the Word:** Book-signing: Paleo in a Nutshell. **Human Behavior:** Children seek their In-group. **Hints:** Short Bouts of Stair-climbing are Healthful. **Recipe:** Tuscan Baked Cod. **Q&A:** Bragg's Aminos vs Soy Sauce.; Chemicals in Personal Care Products; Serrapeptase Supplement; Metabolic Changes with 50 hour Fast. **Myth Busting:** Goat's Milk & Cheese; Ghee (Clarified Butter). **News Flashes:** 24-hour Fast Suppresses Body Clocks; Sleep Deprivation Clogs Brains. **Ancestral Sleeping Patterns:** Daylight Savings & Heart Attacks. **Spreading the Word:** Talk in Oxford; Video Clips..

Food Ideas

Tuscan Baked Cod

Yield: 4 servings



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

This recipe was served to us by my speaker mentor, Jim Melton [1], and his wife Dana when we visited them in their Californian home recently. They have been stalwart supporters for over two decades.

Unlike much other Italian cooking, Tuscan cooking is traditionally simple 'peasant' style. Here we have wondrous flavors of Mediterranean vegetables and spices.

Other fish also work well: Salmon, Orange Roughy or Flounder fillets.

See Recipe: **p2**

Quackery Watch

Dr Oz Rated Pseudo-science

From the fact-checking website "Media Bias/Fact Check", ("MBFC") www.mediabiasfactcheck.com:

"Overall, we rate Dr. Oz and DoctorOz.com as quackery level pseudo-science. While many of the products that Oz promotes are safe and harmless, there are others that are misleading or downright dangerous." [2]

My View? For me scientific integrity is paramount so I check sources. How reliable is MBFC? According to the University of Michigan, MBFC is as good as it gets [3].

Spreading the Word

Book Signing: Paleo in a Nutshell



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

We had a great book-signing event on the stand of my publisher, [Square One](#), [4] at the massive [Natural Products Expo West Exhibition](#) in the Anaheim Convention Center, CA: [5].

This is one photo. Many more on my website: <http://bit.ly/ExpoWest-2019>.

Natural Products Expo West

This is a huge exhibition with more than 3,500 exhibitors and over half a million sq ft (50,000 sq m) of show space. Compared to previous years I was more enthused..

As usual there is a high percentage of magic potions and snake-oil on offer but I also detected a move towards authentic and genuinely honest offerings.

This year the accent seemed to be on collagen supplements, 'keto-conforming' products, dietary fibers, non-dairy (non-whey) protein supplements, omega-3s, food integrity, and 'getting close to nature'.

Our attention was caught by:

- A delicious, caffeine-free, coffee substitute made (by a Chinese company) from mushrooms! [6]
- A bacterial skin spray, "Mother Dirt" [7] to re-create > **p 3**.

Human Behavior

Children seek their In-group

Children tend to prefer to be friends with other children who speak with the same local accent as they have, even if they grow up in a diverse community and are regularly exposed to a variety of accents, according to research published by the American Psychological Association [8].

Children showed stronger preferences for in-group members when the difference between accents was easier to perceive. These preferences still persist in the face of significant diversity in children's accent exposure.

My View? For forager bands, it was vital to know who your group was (your 'In-group') and who were 'Out-group'. It was a matter of life-or death to get it right. See: **In-Group, Out-Group, Deadly Harvest**, [Ch 8](#), p 197 [9].

In particular, children had to rapidly identify who could be trusted (in-group) and who might be a threat (out-group).

All the evidence suggests that these instincts are hard-wired into children's brains. See: **Ethnic Diversity is Not How Nature Intended**, [Oct 2007](#) [10]; **Threatened by Diversity**, [Oct 2016](#) [11]; **Ethnically Homogeneous Neighborhoods are Healthier**, [Dec 2012](#) [12].

Hints & Tips

Short Bouts of Stair Climbing are Healthful

A group of sedentary young adults vigorously climbed a three-flight stairwell, three times per day, separated by one to four hours of recovery. > **p 3**.

Recipe (Continued from p 1)

Tuscan Baked Cod

Yield: 4 servings



4 cod steaks (about 5 oz, 140g each)
 3 cups chopped fresh spinach
 1 can (14 oz, 400g) artichoke hearts,
 drained and coarsely chopped
 3 cloves garlic, crushed
 4 green onions, finely chopped
 2 tbsp capers
 1 tbsp extra-virgin olive oil
 1 medium red bell pepper, cut in strips
 1 medium carrot, cut in julienne strips
 12 pitted black olives, sliced
 Season with celery salt to taste (the
 purist will leave it out).

Optionally: spice with one or more of:
 paprika, black pepper, cayenne pepper,
 ground dry mustard, ground mace,
 ground cinnamon.

Americans can substitute the celery
 salt and spices with "Old Bay
 Seasoning".

1. Rinse the cod steaks under running water. Drain and pat dry with kitchen paper.
2. Prepare 4 aluminum foil rectangles, spray lightly with olive oil and lay out each cod steak, on the bottom of each foil.
3. Combine the spinach and artichoke hearts with the garlic, green onions and capers in a medium mixing bowl. Coat with the olive oil. Fold in the bell pepper, carrot strips, and sliced olives. Season, as described, to taste.
4. Add $\frac{1}{4}$ of the vegetables on top of each cod and fold up each foil to make a pocket.
5. Place the foils on a baking sheet in a hot oven and bake at 340°F (170°C) until the cod is just opaque in the center, about 30-35 minutes.
6. Open the ends of the foil pocket to allow steam to escape first, then open the top. Serve drizzled with any juices.

Questions

Bragg's Aminos vs Soy Sauce

Q. *Is Bragg's Amino Seasoning (which is very popular in USA) better than soy sauce?*

A. No. Bragg's Aminos are made, just like soy sauce, from a mash of soy beans and contain as much salt as soy sauce (almost 1 gram per teaspoon).

That is the bottom line – I wrote in more detail back in 2001:

Bragg's Liquid Aminos [Nov 2001](#) [13]

Bragg's Mystery Salt [Dec 2001](#) [14]

My View? From a nutritional point of view Bragg's is very similar to soy sauce, so neither of them is Paleo. Both the soy antinutrients and the high salt content condemn them.

Tip: if a product is called a 'seasoning', check the salt content!

Chemicals in Personal Care Products

Q. *Many chemicals are used in products these days. Should we look for brands that avoid these chemicals that can be absorbed through the skin?*

A. Yes. There was a time when chemicals like BPA and 'parabens' were considered to be 'not of interest'. But, as I have indicated more recently, they are now being fingered for all kinds of problem.

I am concerned that these are 'endocrine disrupters' (they mess with our hormones) and there are now so many of them, and are now in such quantities, that no one knows what the combined effects really are. See:

Glyphosphate (Roundup) Mischief. [Dec 2017](#) [15].

More Triclosan Mischief, [Sept 2012](#) [16]

Pollutants Switch on Bad Genes Permanently, [April 2012](#) [17]

Is Obesity Optional? [March 2016](#) [18]

So we do pay attention: for my toothpaste, shampoo, hand-wash soap, washing up liquid, general cleaner and so forth.

We go to the health food store and get their 'zero' products. I also try to use glass containers for storing food where possible. But plastic bottles are hard to avoid!

Serrapeptase Supplement

Q. *What do you think about serrapeptase (serrapeptide) as a remedy for osteoarthritis?*

A. Not a lot. The literature is sparse on credible trials of serrapeptase. It is an enzyme produced by the bacteria in silk worms to dissolve their cocoon. It has shown some help in reducing swelling.

After all, osteo-arthritis is a multi-factorial lifestyle disease. Indeed there are several easier measures to take – for example, making sure omega-3 status is well up - See: **Omega-3 Helps Osteoarthritis,** [Aug 2014](#) [19]

Avoiding grains: see **Osteoarthritis, Deadly Harvest,** [Ch 9](#), p 248 [20]

And working the joint: see - **Running Prevents Knee Osteoarthritis in Oldsters,** [Dec 2014](#) [21].

My View? Serrapeptase is the usual hunt for a 'magic bullet' which separates the gullible from their money. It is unlikely to be much use on its own without lifestyle changes.

Metabolic Changes with 50 hour Fast

Q. *An interesting scientific article [22] talks of sharp changes in our metabolism whilst fasting for 50 hours. The body turns fat stores into glucose, boosts antioxidants, boosts muscle building hormones, and mobilizes a whole variety of new chemical pathways to keep the body's chemistry functioning healthily.*

Instead of extreme 58 hours of fasting how about restricting just sugar & starches to ensure ketosis? What do you think? Or, what if I eat only vegetables from the Green-Green chart in Deadly Harvest, [Ch 6](#) [23], for 2-3 days? This will significantly reduce the calorie intake but still provide high quality nutrients to the body. What are the benefits?*

A. Actually, the researchers are much more excited to have uncovered new and unsuspected biochemical changes in what amounts to a state of starvation.. Indeed the body has to go

* Ketosis when the body, through lack of fermentable carbohydrates to make glucose, burns fat. See: **Ketosis: Devoutly to be Wished?** [June 2012](#).

first to a state of hunger, then of fasting, and finally to one of starvation.

Starvation is an emergency, and it is not surprising that the body has to produce more anti-oxidants to combat the extreme oxidative stresses, and anabolic compounds to build muscle to combat the loss of muscle (catabolism) that starvation brings on.

The researchers are careful not to claim health benefits with one possible exception: it might slow the effects of ageing. In this regard it would chime with the known benefits of calorie restriction.

I have written frequently about the benefits of feeling hungry on a regular basis: this indeed mirrors the forager lifestyle and it seems that the body has to experience this in order to function at optimum levels. See: **Feel Hungry Regularly**, *Deadly Harvest*, [Ch 6 p 138 \[24\]](#); **Calorie Restriction Nixes Degenerative Diseases**, [Sept 2018 \[25\]](#); **Benefits of Fasting** [May 2003 \[26\]](#); **Fasting Renews Immune System**, [Sept 2014 \[27\]](#); **Fasting Diet**, [Jan 2013 \[28\]](#)

However, in my view, **STARVATION** is not a healthy, normal, or forager thing to be doing. My ideas on this topic are summed up in: **Intermittent Fasting Revisited**, [July 2017 \[29\]](#)

See also: **24-hour Fast Suppresses Body Clocks**, This page.

Myth Busting

We are constantly fighting off the flood of misinformation – even to the extent where our own followers are led astray by cultish blandishments:

Goat's Milk and Cheese

There is a fetish about goats milk that suggests that it is, somehow, "OK" compared to cow's milk.

Not so! Goat's milk is very similar to cow's milk and suffers the same drawbacks: lactose, bad fats and bad proteins. See **Goat's Milk**, [April 2006, \[30\]](#).

In particular, like cow's milk, it contains the highly allergenic protein "beta-lactoglobulin" which is not present in human milk and which even baby humans do not know how to handle.

See: **Human Breast Milk Cheese**, [May 2008 \[31\]](#). where I say:

Even human milk is not good for humans after weaning [32].

See also: **It's like milk but made for Humans**, [Dec 2018 \[33\]](#)

Ghee (Clarified Butter)

Another fad is to believe that ghee (an Indian word) is somehow better than butter. On the contrary it is a form of **concentrated** butter – called in English "butterfat".

Butterfat is exactly the same 'bad' fat, in the form of cream, which is removed from milk to make 'skimmed milk' (which is safer to consume). But the bad fat is then recycled as ghee!

In contrast, consumption of ghee is the main factor in the "Indian Paradox", where skinny natives nevertheless suffer from cardio-vascular disease. See: **Heart attack by Ghee**, [Sept 2003 \[34\]](#)

Note: I am not mentioning ghee's massive cholesterol content of 250mg per 100 ml. That is because cholesterol is "not a nutrient of concern". See: **Debunk of the Month "Butter is a Health Food"**, [last month \[35\]](#).

News Flashes

24-hour Fast Suppresses Body Clocks

In another twist on fasting's effect on the body, researchers find that a 24-hour fast reduces the effectiveness of the clocks in liver cells and skeletal muscle cells [36]. In other words, fasting causes genes to switch on and off which have the net effect of blunting the normal rhythmic operation of the body clocks.

The researchers opine that with this knowledge, diets could be manipulated to reset body clocks in a favorable way.

My View? An interesting addition to our general knowledge of the body's workings. But also a lesson in how messing with living the way nature intended can have unintended and unsuspected consequences. See: **Metabolic Changes with 50-hour Fast**, page 2.

Sleep Deprivation Clogs Brains

Following on from Prof Mathew Walker's view on the "Poor sleep/Alzheimer's" link, [last month](#), a study finds that, indeed, sleep

deprivation causes an increase of the 'sticky' protein 'Tau' in the brain leading to risk of both Alzheimer's and Parkinson's diseases [37]. See: **What does Sleep do? Deficiency Link with Alzheimer's**, [last month](#).

Continued from Page 1

Short Bouts of Stair Climbing are Healthful

They repeated the protocol three times each week over the course of six weeks [38].

The "stair snacking" approach was as effective as interval training. Say the researchers: "Vigorously climbing a few flights of stairs on your coffee or bathroom break during the day seems to be enough to boost fitness in people who are otherwise sedentary."

In addition to being more fit, the stair climbers were also stronger, and generated more power during a maximal cycling test.



Spot the staircase!
<http://bit.ly/2Wp8Nx5>

My View? In addition, avoid using the elevators and escalators and take the stairs wherever you can!

Continued from Page 1

Natural Products Expo West

... the microbiome that our over-hygienic habits have eliminated. This is an issue that I have fulminated about for years. See **Allergies: Hygiene Good, 'Old Friends' Germs, Good**. [Nov 2012 \[39\]](#).

So it is intriguing that a company finds a market niche in providing a spray to put back the good skin bacteria that we have washed off in our daily ablutions.

- A focus on humane farming exemplified by Farmer Focus with their fully traceable chickens: www.Meetourfarmer.com

- An awareness of the importance of omega-3 oil exemplified by Barlean's "high potency" fish oils [40]

- An emphasis on sugar alternatives, notably stevia [41].

- There were also many curiosities, of which we cite just one: "Poo Pourri" a spray of natural oils that is applied to the water in a toilet bowl before one does one's business – it (allegedly) stifles all odors before they can escape into the bathroom [42].

On another note, the Chinese were present in force – much more than in previous years. They have become serious producers of health products many of them genuinely honest alternatives to the factory-farmed products common in the West.

My View? In the so-called health industry, as always, watch out for humbug and sleight of hand designed to part your money from your wallet. Often this is in the guise of some so-called 'healthy' but nevertheless rubbish product. But in the dross, as highlighted above, you will find some gems.

Ancestral Sleeping Patterns

Daylight Savings & Heart Attacks

Following on from [last month](#) with insights from sleep scientist Prof. Matthew Walker's latest book [43]...

Once a year, 1.5 billion people on the planet are subjected to the most

extraordinary experiment: reducing their "sleep opportunity" by one hour.

This experiment is otherwise known as the March move to Daylight Savings Time when the clocks are moved forward one hour.

Result? "A frightening spike in heart attacks the following day" But that's not all – the lack of sleep causes "attention lapses and micro-sleeps" resulting in an increase in traffic accidents and many other day-to-day errors of judgement.

Says Prof Walker, the brain is highly "sensitive to very small perturbations in sleep.

My View? I have long upbraided the practice of daylight savings time. See: **Social Jetlag, Fatigue & Obesity**, [Sept 2012](#) [44].

Daylight Savings Stupefies Teens, [Oct 2015](#) [45].

To live in harmony with our body clocks we should keep to the one time zone, preferably one that keeps astronomical time where the sun is at its zenith at midday – that is, 'Winter Time'.

(The European Union is close to abolishing clock changes and each constituent country must decide by

2021 whether it wishes to stay on permanent summertime or wintertime) **Insomniac Tip from Prof. Walker:** To trigger sleep we, along with our hunter-gatherer forebears, are adapted to experience a sharp drop in body temperature at night.

To help emulate this, keep the bedroom temperature cool -- no higher than 65°F (18°C).

Spreading the Word

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

Talks to private organizations.

Illustrated Talk

Date: Wednesday May1st 2019

Time: 7:15 pm for 7:30 sharp

Title: TBA

At: Green Templeton College, Woodstock Rd, Oxford University, UK.

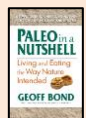
Video Clips

1. Article from [#BondBriefing](#) Dec 2018: **Life Expectancy Falling in Rich Countries**.

<https://youtu.be/HWvv1O2qY3Q>

2. Article from [#BondBriefing](#) Jan 2019. **Sleep and Alzheimer's**

<https://youtu.be/xetjY95Xg7g>



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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Tel: +357 99 45 24 68 **Skype:** gvlbond
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4 www.squareonepublishers.com

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