



The science & art of living the way nature intended

The Bond Briefing

www.thebondeffect.com | Subscribe: \$18 for 12 monthly issues



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

Recipe: Strawberry Mock Cheesecake. **Unintended Consequences:** Antibiotics Weaken Bones. **Q&A:** Decaffeinated Coffee. **Ancestral Health:** Forager Blood Pressure low at any age. **Ancestral Human Behavior:** Well-being: social fabric more important than economic factors. **Quick Hint:** **High Protein diet to lose weight.** **Q&A:** Purfeit Keto Capsules. **Health Policy.** Compulsory Waist Measurement for Japanese. **News Flashes:** Lose Weight by Replacing Starches & Sugars by an equal calorie intake of Plant Food; Advanced Glycation End Products (AGEs) & Breast Cancer Harms; Breast Milk, Baby Saliva Synergy. **Unintended Consequences:** Probiotics no help. **Ancestral Sleeping Patterns:** Siestas for Health

Recipe

Strawberry Mock Cheesecake

Yield: 8-10 servings



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

Dough:

5 oz (150 g) almond flour
 $\frac{1}{4}$ teaspoon baking powder
 1 teaspoon xanthan gum
 1 tablespoon xylitol
 3-4 tablespoons water, as needed

Filling:

7 oz (200g) cashews, soaked in water overnight
 1 tablespoon honey
 1 tablespoon vanilla extract
 1 tablespoon lemon juice
 2 tablespoons xylitol, or to taste
 12 oz (350g) frozen strawberries, defrosted overnight
 2 tablespoon gelatin
 $\frac{1}{2}$ cup coconut milk

Cont: Method: > 2

Unintended Consequences

Antibiotics Weaken Bones

In a state of nature we live in harmony with what are called commensal (helpful) gut bacteria. Amongst other things they contribute to bone building signalling.

Now a study finds > 3

Questions

Decaffeinated Coffee

Q. What do you think of decaffeinated coffee?

A. It's fine. It is certainly good to avoid over-dosing on caffeine. Used regularly -- and in large doses -- caffeine interferes with blood sugar control and bone health; it increases artery stiffness. (See **Caffeine Overdose**, [Deadly Harvest](#), Ch 3 p 82). Many people suffer anxiety, poor sleep, palpitations and so forth.

So decaffeination is definitely a good option. However, some people are squeamish about the decaffeination methods which use organic solvents such as methylene dichloride or ethyl acetate. Unnecessarily so (in my view) since at the end of the process, the solvent evaporates away and leaves no trace.

Instead one can favor other methods which use "neutral" substances like carbon dioxide or water ("The Swiss Water Process"). > 3

Ancestral Health

Forager Blood Pressure low at any age

One group of Yanomamo still lives as hunter-gatherers in a remote rainforest region of Brazil. Their diet is low in fat and salt and high in fruits and fiber. Studies of adult Yanomamo since the 1980s have shown that atherosclerosis and obesity are virtually unknown among them, and that they have extraordinarily low blood pressure, with no increase as they age.

The latest study examined children as well as adults up to the age of 60.

They found that > 3

Ancestral Human Behavior

Well-being: social fabric more important than economic factors

To curry favor with their voters, most governments focus on economic factors like GDP, low unemployment, and rising wages.

This might have been important in the past, but now that people, even in many poor countries, have achieved an adequate level of material comfort they now have other priorities.

Researchers find that well-being is much more to do with the social fabric: fairness, freedom, absence of corruption, generosity and social support [1].

The researches opine that focusing on economic factors is too narrow and it "misses the majority of human well-being effects".

My View? Just so. Witness, the Brexit, Trump and Yellow Vest revolts against their elite's focus on neo-liberal economics at the expense of human dignity, group identity, and control over one's livelihood..

Humans are social creatures and foragers are renowned for being mentally well-adjusted. This is in large part due to their mastery of the material basics for survival combined with **CONFIDENCE** in the **SOCIAL FABRIC** of the forager band. See **Tribal Relationships**, [Deadly Harvest](#), [Chapter 8](#) page 206.

Quick Hint

A high-protein (1g per kg weight), high plant-food, low-calorie diet helped obese participants lose about 18lb (8kg), most of it fat (87%), yet preserving muscle and bone mass [2] See: **Protein in Focus**, [Jan 2016](#) [3].

Recipe (Continued from p 1)

Strawberry Mock Cheesecake

Dough

1. Take a medium-size mixing bowl and, with an electric hand-mixer, beat the almond flour with the baking powder, xanthan gum, xylitol and water. Mix thoroughly until combined to a pastry of thick consistency. Hand-knead the dough and form into a ball.
2. Take a round 7-inch (18 cm) diameter spring mold baking dish and, using your hands, press the dough into the dish, but leaving a low rim around the edges. Prick the bottom of the dough with a fork.
3. Bake in a hot oven at 320°F (160°C) for about 22 minutes, until slightly brown. Set aside for the filling.

Filling:

4. Drain the cashew and mix with the honey, vanilla extract, lemon juice and sweeten with xylitol to taste.
 5. Take 150 g of strawberries, cut in halves and put aside. Purée the remaining 200g of strawberries and add to the cashew mixture.
 6. Mix the gelatin into the coconut milk and proceed following the product's instructions.
- Then mix into the cashew-strawberry mixture until well pureed.
7. Using a fork, add the remaining strawberry halves into the mixture, but keep a few for decoration.
 8. Line the spring form baking dish around the edge with non-stick baking paper.
 9. Fill the cashew-strawberry mixture on top of the baked dough in the spring form dish. Decorate with the few set-aside strawberries.
 10. Put the cake into the freezer for a couple of hours.
 11. Take out 1 hour prior to serving.



Questions

"Purefit Keto" Capsules

Q. *What do you make of this new slimming product, "Purefit Keto" [4], enthusiastically adopted by the Shark Tank (UK's Dragon's Den).*

A. It's the usual "bait and switch". See what the website says:

1. "Take 2 Purefit Keto capsules daily with water"

2. "Eat keto-friendly meals and snacks throughout the day"

"The best way to support your Purefit KETO journey is with a diet that consists primarily of fat, with moderate protein and low carbohydrate intake."

So it's actually the Ketogenic diet that does the hard work of losing weight!

My View: The active ingredient in Purefit Keto capsules' is called "beta-hydroxybutyrate" which the ketogenic diet produces all by itself – it is a **CONSEQUENCE** of ketosis, not a cause of it! So it is hard to see what benefit Purefit Keto capsules bring to the table.

But why are you messing with the ketogenic diet anyway? See: "**My View?**" in **Paleo Endurance Athletes are Incredible Fat Burners**, [Dec 2015](#) [5]

See also: **The Ketogenic Diet: April 2010** [6]

Health Policy

Compulsory Waist Measurement for Japanese

Ever since 2008, Japan has required citizens between the ages of 45 and 74 to have their waistlines measured once a year and potentially seek medical attention.

This so-called 'Metabo Law' requires men with waistlines more than 35.4 inches (90 cm) and women with more than 31.5 inches (80cm) to go to counseling sessions and take dietary advice.

Companies and state organizations are fined if employees do not meet the standards. NEC, Japan's largest maker of personal computers, says it can incur as much as \$19 million in penalties for failing to meet its targets.

The name 'Metabo' whilst sounding vaguely Japanese, is actually a

contraction of the phrase 'Metabolic Syndrome' – a cluster of five risk factors for heart disease, diabetes, and stroke. They are: high blood pressure, high blood sugar levels, excess waist fat, low HDL ('good') cholesterol, and high triglycerides.

The waistline limits are taken from the International Diabetes Federation's recommended guidelines for Japanese [7]. The same guidelines give European ('Caucasian') men (but not women) a bit of a break – men's waistline limit is higher at 37 inches (94 cm).

My View? Of all the industrialized countries, Japan has the lowest rates of obesity, so they had a chance, back in 2008, to nip the problem in the bud.

Even so it has had patchy results. Perhaps the most useful aspect is the raising of awareness. In particular it mobilizes the Japanese sensitivity to 'shame'. It is reported that, in the weeks before an employee is due for his/her examination, they go on a frenzy of gym workouts and rigorous dieting to avoid 'letting the side down'.

Would it work in the West? It would take something apocalyptic to make that happen. Maybe climate change enthusiasts can make obesity a target!

See: **Waist-height ratio beats BMI**, [July 2017](#) [8]

Fatter Men Limp, [Aug 2000](#) [9].

News Flashes

Lose weight by Replacing Starches & Sugars by an equal calorie intake of Plant Food

A high quality, meticulous study finds that eating fewer starches & sugars and more plant food **INCREASES** the number of calories burned [10].

This study tests the 'Carbohydrate-Insulin Model'. According to this model, the starches and sugars that flooded diets during the low-fat era spiked insulin levels, which overstimulated fat cells which in turn takes too much sugar out of the bloodstream, causing a state of hypoglycemia.

In this state, with fewer calories available to the rest of the body, it sends out urgent hunger signals to

take in more calories; meanwhile it slows down the metabolism to conserve energy – a recipe for weight gain.

In contrast, on the low starch and sugar diet the body's hunger hormones stayed controlled and the metabolism stayed boosted.

See: **Not all Calories are the same**, [May 2013](#) [11].

Advanced Glycation End Products (AGEs) & Breast Cancer Harms

AGEs, also known as 'glycotoxins', are harmful compounds which are:

- found in many modern foods
- made in the body through normal biochemical processes
- made in some forms of cooking .

AGEs are agents of **INFLAMMATION** and **OXIDATION**. They produce swarms of free radicals. See: **What are AGEs?**, [Dec 2011](#) [12].

Now a study finds that AGEs are a factor in breast cancer and, worse, they can impede Tamoxifen treatment [13]. (Tamoxifen is the go-to drug for prevention and treatment of breast cancer.)

The Western lifestyle with foods high in sugar, fats and processed meats, whilst low in fruit, salads and vegetables, is particularly AGE laden and linked to chronic disease risk.

AGEs are naturally present in uncooked meats and are greatly increased by frying, grilling, and roasting.

Food processing accelerates AGE formation [14]. Food manufacturers often add AGE precursors in the form of caramelization and browning to improve food appearance and taste.

Good News: The researchers also find that the toxic levels of AGEs stored in the body can be **REDUCED** with exercise and right diet.

My View? The first antidote to AGEs is a low glycemic diet, rich in plant food. A second is cooking with 'moist heat' (steaming) and/or cooking for shorter times and at lower temperatures. A third is getting the right levels of physical activity.

In other words, live like nature intended – just like we say!

Breast Milk, Baby Saliva Synergy

The mixing of breast milk with baby's saliva has some unexpected results: breast-milk and saliva interact to **BOOST IMMUNITY** by regulating the microbiome in the mouths of newborn babies [15].

The interaction of baby's saliva and breast milk releases antibacterial compounds, including hydrogen peroxide, thus regulating the growth of micro-organisms in a healthy way.

The researchers say: "this is one mechanism that contributes to the significant differences in the neonatal oral microbiota of breast-fed and formula-fed babies.

My View? This is yet another remarkable example of how our natural world's intricacies cannot be second-guessed. It's best to live like nature intended!

Continued from Page 1

Forager Blood Pressure low at any age

their blood pressures averaged 95 systolic over 63 diastolic with no trend with age at all [16].

Similar results have been found for all hunter gatherers, including Australian Aborigines and San Bushmen. See: **The State of the San's Health**, [Deadly Harvest](#), page [Chapter 1](#) [17], page 18.

In industrialised countries, blood pressure rises with age, beginning early in life to quickly pass the current 'healthy' limits of 120/80.

My View? Yet another confirmation that Paleo is the only way to go!

Unintended Consequences

Probiotics no help

Probiotics are live bacteria which one swallows in the hope of improving the health of gut flora. One such is Lactobacillus rhamnosus GG, or known as "Culturelle" over the counter.

In a very solid study, researchers find that giving this probiotic to children with gastro-enteritis doesn't do any good [18]. "Parents are better off saving their money and using it to buy more fresh fruit and vegetables."

Another study on the double probiotic, Lacidofil, had a similar outcome [19].

My View? I have long protested at the idea we can second-guess the workings of the thousands of bacteria species in the gut by zapping them with an overdose of one or two species alone. Indeed they can make matters worse. See: **Probiotics have Perverse Effects**, [April 2017](#) [20].

See also: **Kefir Ineffective as Probiotic**, [Sept 2009](#) [21], **Make of Your Gut a Herb Garden – Part VI, Probiotics**, [July 2009](#) [22].

Continued from Page 1

Antibiotics Weaken Bones

that under the effect of a broad-spectrum antibiotic, this signaling goes haywire [23].

It has the effect of increasing the number and activity of bone destroying cells (osteoclasts) and of increasing inflammation.

Meanwhile the bone-building cells (osteoblasts) remain at their normal level of activity.

The net result is that bones are weakened with antibiotic intake.

My View? As I have said on many occasions, these miracle drugs, antibiotics, should be reserved for life-threatening conditions only. They saved my life in the tropics. See: **Antibiotics – a precious resource squandered**, [Nov 2004](#) [24]

In other respects, antibiotics make mischief in many other ways: **Antibiotic-caused diseases**, [Jan 2012](#) [25], **Holocaust by Antibiotic**, [April 2018](#) [26], **Antibiotics linked to Diabetes**, [Nov 2015](#) [27], **Antibiotics Damage Cells**, [Oct 2017](#) [28], **Tetracycline zaps Sperm**, [May 2012](#) [29], **Antibiotics and Breast Cancer**, [Aug 2017](#) [30].

Continued from Page 1

Decaffeinated Coffee

But how are you to know what decaffeination process has been used? Ha! That is the great mystery. Coffee shops don't tell you and most grocery items say nothing either. Specialist shops might say so, especially if it is the Swiss water process because it tends to cost the most.

In other respects, decaffeinated coffee retains all the useful nutritional compounds of the original bean.

Just be aware that there is *always* a residue of *some* caffeine in decaffeinated coffee. It can vary from 1% to up to 20% of the original content. The Swiss water process gives the lowest content.

Ancestral Sleeping Patterns

Siestas for Health

Following on from [last month](#) with insights from sleep scientist Prof. Matthew Walker's latest book [31]:

Humans are not sleeping the way nature intended. The modern industrial complex and its search for 'efficiency' has distorted natural sleeping patterns.

Walker points out that primal tribes (such as the Kenyan Gabra, the Hadza of Tanzania, and the San of the Kalahari) have different patterns of sleeping. In particular it is usually 'biphasic'. That is they have two bouts of sleeping per day: typically 7 to 8 hours at night plus an afternoon nap (siesta) of 30 to 60 minutes.

This was the pattern for most of humankind until the industrial revolution. Indeed, all humans have a

genetically hardwired dip in alertness in the mid-afternoon hours.

As an example of what happens when we try to deny this law of nature, Walker cites the case of Greece when it eliminated the siesta from work schedules. A Harvard study found that working men had a 37% increased risk of death from coronary heart disease [32].

My View? As Prof Walker points out, biphasic sleep was not a rigid routine even in forager societies. If the urge to take a siesta came upon them, they took one. If not they just rested up during the mid-afternoon dip. Somehow, we need to organize ourselves to have this flexibility in our lives!

Insomniac Tip from Prof. Walker

At night the body has to dump heat and lose core temperature. This is the trigger for sleep and corresponds to that experienced over the millennia by our forebears as they slept in the open at night.

The body loses heat mainly through the feet, the hands and face. Simply

washing the hands and face before going to bed helps to trigger sleep. Poke your feet out from under the bedclothes for added effect.

Spreading the Word

EVENTS: <http://bit.ly/bond-event>
Talks to private organizations.

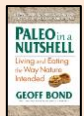
Illustrated Talk

Date: Wednesday May 1st 2019
Time: 7:15 pm for 7:30 sharp
Title: Poor Sleep & Overstressed? Find relief in living as Nature intended
At: Green Templeton College, Woodstock Rd, Oxford Uni, UK.

Advance Notice

Lecture

Date: Feb 1, 2020
Time: 14:15 – 15:15
Provisional Title: Ways to improve workforce health & business performance - lessons from our human origins.
At: ARTZ Symposium, Montabaur Castle, nr Frankfurt, Germany.



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

SUBSCRIBE TO THIS BRIEFING!

\$18 Electronic (with active hotlinks). \$59 Hard copy.



Tel: +357 99 45 24 68 **Skype:** gvlbond
email: admin@NaturalEater.com

1 Christopher Barrington-Leigh, Eric Galbraith. Feasible future global scenarios for human life evaluations. Nature Communications, 2019; 10 (1) DOI: 10.1038/s41467-018-08002-2

2 Monica C. Serra. Effects of a Hypocaloric, Nutritionally Complete, Higher Protein Meal Plan on Regional Body Fat and Cardiometabolic Biomarkers in Older Adults with Obesity. Annals of Nutrition and Metabolism, 2019; 149 DOI: 10.1159/000497066

3 <http://bit.ly/2bLVMHG>

4 <http://visitor.4tdg.com/>

5 <http://bit.ly/20QrPta>

6 <http://bit.ly/2a2Y0Fh>

7 Diabetic Medicine Volume 23, Issue 5, Metabolic syndrome—a new worldwide definition. J. Shaw, 20 April 2006, <https://doi.org/10.1111/j.1464-5491.2006.01858.x>.

8 <http://bit.ly/2eEdOBV>

9 <http://bit.ly/2lppHsk>

10 Cara B Ebbeling, David S Ludwig. Effects of a low carbohydrate diet on energy expenditure during weight loss maintenance: randomized trial. BMJ, 2018; k4583 DOI: 10.1136/bmj.k4583

11 <http://bit.ly/1G5Gfjx>

12 <http://bit.ly/2QDNqtn>

13 Katherine R. Walter. Advanced glycation end products are elevated in estrogen receptor-positive breast cancer patients. Breast Cancer Research and Treatment, 2018; DOI: 10.1007/s10549-018-4992-7

14 Uribarri J, et al. Advanced glycation end products in foods and a practical guide to their reduction in the diet. J Am Diet Assoc. 2010;110(6):911–16.e12. doi:10.1016/j.jada.2010.03.018

15 E. L. Sweeney et al. The effect of breast-milk and saliva combinations on the in vitro growth of oral pathogenic and commensal microorganisms. Scientific Reports, 2018; 8 (1) DOI: 10.1038/s41598-018-33519-3

16 Noel T. Mueller et al. Association of Age with Blood Pressure across the Lifespan in Isolated Yanomami and Yekwana Villages. JAMA Cardiology, 2018; DOI: 10.1001/jamacardio.2018.3676

17 <http://bit.ly/DH-1>

18 David Schnadower et al. Lactobacillus rhamnosus GG versus Placebo for Acute Gastroenteritis in Children. NEJM, 2018 DOI: 10.1056/NEJMoa1802598

19 N Engl J Med. 2018 Nov 22;379(21):2015-2026. doi: 10.1056/NEJMoa1802597. Multicenter Trial of a Combination Probiotic for Children with Gastroenteritis. Freedman SB et al

20 <http://bit.ly/2uSkyBt>

21 <http://bit.ly/1s5LsN4>

22 <http://bit.ly/Q63ywl>

23 Jessica D. Hathaway-Schrader, Chad M. Novince. Antibiotic Perturbation of Gut Microbiota Dysregulates Osteoimmune Cross Talk The American Journal of Pathology, 2019; DOI: 10.1016/j.ajpath.2018.10.017

24 <http://bit.ly/1SDf8kv>

25 <http://bit.ly/yU25Zs>

26 <http://bit.ly/2PFfbNz>

27 <http://bit.ly/1PAJ3ZR>

28 <http://bit.ly/2A9m8Cb>

29 <http://bit.ly/1KeeN3H>

30 <http://bit.ly/2qUPsqh>

31 Scribner; Reprint edition (June 19, 2018) ISBN-13: 978-1501144325

32 Arch Intern Med. 2007 Feb 12;167(3):296-301. Siesta in healthy adults and coronary mortality in the general population. Naska A, DOI: 10.1001/archinte.167.3.296