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The Bond Briefing

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

Evolutionary Physical Activity: Paleo fitness – Vanessa Bond. **Food Ideas:** Quick Paleo Cookies. **Medical:** Covid-19 virus enters the Brain. **Q & A:** Stevia vs Xylitol; Sourdough bread and better? **Back to our Roots:** Arabian Sands – Thesiger part V: Tracking & WayFinding. **News Shorts:** Nursing Mum's Diet Shapes Milk Bacteria. **Hints:** Avocado avoids gut Dysbiosis; Blackcurrants help Glucose Metabolism; Stair Climb to test Heart Health; 'Alarming' Vitamin D Deficiency in UK. **Siren Songs:** Movies Portray bad Eating Habits. **Spreading the Word:** Publisher's Announcement; Video Interview Recap .

Evolutionary Physical Activity

How Readers stay Paleo-fit

From Vanessa Bond, London, UK



<https://bit.ly/3nLtdG>

Vanessa (73) – and yes she is my sister! – recounts how she is adapting to physical activity during lockdown:

"In my work [Tour guide animator and facilitator] I'm used to doing 18,000-20,000 steps a day and, suddenly, I was only going up and down stairs in the house and doing some gardening.

"However, I soon adapted my routine and every day I go fast walking for 45-60 minutes around nearby parks. I like to go alone as others don't walk as fast!

"I also do at least 45 mins of Pilates/Yoga aided by my Pilates teacher and her 30 minute videos.

"I use 1.5kg (3.3 lb) hand weights and also ankle weights. The Pilates roller is great for balance and releasing tension from the shoulders and back."

My View > p. 3

Food Ideas

Quick Paleo Cookies

Yield: about 20 small cookies



<https://bit.ly/3dyep42>

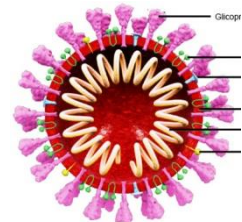
Jeanne Bouvet, Annecy, France, contributes this recipe for a tasty and satisfying cookie. It is very simple, quick and easy to bake. Being mostly nuts it is healthy and calorie dense.

- 1 egg, omega-3
- 3 tablespoons erythritol
- 1 tablespoon dark rum
- 1 teaspoon freshly grated ginger (or ½ teaspoon ground ginger)
- 2 teaspoons lemon juice
- ½ teaspoon bicarbonate of soda
- 100g (3.5 oz) almond flour
- 100g (3.5 oz) shredded, unsweetened coconut
- ¼ teaspoon xanthan gum

1. In a medium-size mixing bowl beat the egg, erythritol and rum with an electric hand-mixer. Mix in all the other ingredients and blend to obtain a "thick dough".
2. Line a baking tray with non-stick baking paper. Spoon heaped tablespoons of dough onto the baking paper. Press down, flatten and shape into small cookies, using a spatula or your fingers. > p.3

Medical

COVID-19 virus enters the brain



Credit: www.airtecnics.com

Evidence is coming out that people with COVID-19 are suffering from cognitive effects, such as brain fog and fatigue – and researchers are discovering why [1].

The spike protein can pass through the blood-brain barrier. The immune system triggers the production of inflammatory cytokines. Sometimes the immune system goes haywire and produces a "cytokine storm" of inflammation.

We met the term 'cytokine storm' in **Vital role of the Sunshine Vitamin, Vitamin D**, [April 2020](#) [2]

When this happens, the excessive inflammation messes with cognitive function. It also affects the centres of the brain controlling breathing and smell.

"You do not want to mess with this virus" say the researchers, "the effects could last for a very long time".

My View? The first priority must be to make sure your immune system is well tuned and that it is not depressed or given to malfunctioning. See: **Surviving Covid-19**, [Feb 2020](#) [3]. See also: *Prof. Dr Alain Fymat's letter, Brain Diseases and Viruses?* [Oct 2020](#) [4] covid-19

Questions

Stevia vs. Xylitol

Q. *Is stevia ok to use as a sweetener in tea and coffee? How does it compare with xylitol?*

A. We use stevia regularly for tea and coffee. I have written often in the past about stevia [5] and, as far as we know, compared to other 'intense' sweeteners, it is pretty safe. Indeed, according to many sources it is therapeutic. It is: antioxidant, antimicrobial, antihypertensive, anti-diabetic, anticancer, antihyperglycemic, antihypertensive, and anti-hyperlipidemic [6].

However, the scientific literature is still very sparse so if there are any major drawback we don't know much about them yet although one source warns that stevia is a kind of steroid and could mess with hormones [7]. But all this is speculative.

In contrast, xylitol has the advantage of being a naturally occurring dietary fiber [8]. Sometimes it is just a question of taste which one you choose.

See: **Alternative Sweetener: Xylitol**, [Jan 2010](#) [9].

For Erythritol as an alternative to Xylitol, we will do a review [next month](#).

Sourdough Bread any better?

Q. *There is a sudden interest in making sourdough bread, seeing it as a healthier option to normal bread and with a lower glycemic index. We know that any bread is not a good idea but what do you make of it?*

A. Most bread on the market is made by highly industrialised mechanical processes which, just since Victorian times, have radically changed bread characteristics compared to the unleavened bread first baked 11,000 years with the invention of farming. See: **Food Processing, Transport, and Storage**, *Deadly Harvest*, [Chapter 3](#), p. 39 [10].

So the desire to return to something more authentic is to be welcomed. However, sourdough is not it.

Why not? Simply because it is made from a cereal and so it retains almost all of the bad features of

grains. It still has the antinutrients (like gluten, lectins and anti-amylase inhibitors), it is nutrient poor (empty calories), it is acidic (not alkalisng) and gives high blood sugar spikes.

As a small consolation, in the best of circumstances sourdough bread can have a lower glycemic index [11] and a lower insulin index. It might also contain more **resistant starch**, [Jan 2014](#) [12].

My View? Bread is not human food: sourdough bread is a slightly less bad version of it.

Back to our Roots

Arabian Sands - Thesiger V Tracking & Wayfinding.

Throughout his travels with his Bedu guides, Thesiger was astonished not only by their wayfinding prowess but also by their tracking prowess.

For example, in the middle of the Empty Quarter [13], they crossed some wind-blown camel tracks and droppings. After careful study, the guides announced:

"They were Awamir [a local tribe]. There are six of them. They have raided Junuba in the southern coast and taken three of their camels. They have come from Sahma and watered at Mughsin. They passed here ten days ago."

Thesiger recounts that, 27 days later, when they finally emerged from the desert and came to a village, they were told that indeed 6 Awamir had raided the Januba, killed three of them and taken three of their camels. "The only thing we didn't know was that they had killed anyone".

These Bedu tribesmen had skills that our ancient ancestor hunters would recognise. In **Working Patterns**, *Deadly Harvest*, [Chapter 8](#), p 201 [14], I write:

Laurens van der Post describes how he followed a band of Bushmen while they chased an eland for several days:

"The trail twisted and turned so much that I had no idea where we were or in which direction our

camp lay. But Nxou [chief hunter] and his companions had no doubt. They were always centered."



San hunter examines Kudu spoor

<https://bit.ly/2NouYED>

The wildlife guru, David Attenborough has made a remarkable 7-minute video of a San Bushman tracking and hunt, See it here: <https://bit.ly/37s3KUj>

My View? The skills of tracking and wayfinding were particularly male ones for which they are hard wired, see: **Male/Female Wayfinding Differences**, [Feb 2016](#) [15].

Men don't do tracking anymore. Are their psyches missing anything?

[Next month](#): Bedouin/Forager Fatalism & more

News Shorts

Nursing Mum's Diet Shapes Milk Bacteria

Mother's milk contains a remarkable variety of bacteria, which seed the new-born's gut with a healthy microbiome. See: **Breast Milk Tunes Baby's Gut Flora & Immune System**, [Oct 2020](#) [16]

The milk bacteria are nourished by what are called "Human Milk Oligosaccharides" (HMOs). HMOs are a kind of dietary fiber which exist in many different varieties, some of which feed healthy bacteria and some of which feed bad ones.

Now a study finds that the mother's diet influences whether she is producing healthy or bad bacteria in her milk [17]. Critically, they found that a high fat diet tipped the balance in favor of bad bacteria.

This resulted in long-term dysbiosis [unhealthy microbe profile] in the infant, long after weaning leading to increased risk of obesity, diabetes and inflammatory bowel syndrome. Bad bacteria were also implicated in the mother suffering mastitis.

My View? The researchers were frustratingly lacking in detail of just

what in the diet can be favourable or unfavourable (apart from much fat).

However, the closer mom's diet is closer to our ancestral, naturally adapted one, then that has to be the way to go. See also: **Avocado avoids Gut Dysbiosis**, p. 3.

Continued from Page 1

Readers staying Paleo fit

My View? Vanessa certainly seems to be compensating well for the restrictions of lockdown and getting her activity levels up to Paleo standards.



It is good that she is doing strength exercises and working with weights. A feature of forager life was heavy load bearing and laborious digging at all ages. See: **Importance of Load Carrying**, [Aug 2014](#) [18]

Continued from Page 1

Quick Paleo Cookie



3. Bake in a hot, fan-assisted oven at 300°F (150°C) for about 15 minutes, until golden brown. Check cookies for doneness.

Hints & Tips

Avocado avoids Gut Dysbiosis



Participants eating 175g (men) or 140g (women) of fresh Hass avocado daily had a greater diversity and abundance of gut microbes that break down fiber and produce metabolites that support gut health [19].

Some worry that avocado is energy-dense due to the high content of oil (albeit healthy monounsaturated). However, interestingly, the researchers found that some of this

fat was excreted in the stool, so the impact was lower than expected.

Moreover, a medium avocado contains some 12g of fiber, which goes a long way towards meeting the recommended minimum intake of 28g to 34g per day.

My View? Avocado is also nutrition-dense and it makes sense to include it in the diet when you can.

Note: the variety of avocado used in the research was the Hass. It has a wrinkled skin, is often black in color, and has about 160 calories per 100g. The Florida avocado has a smooth skin and has only 120 calories per 100g. The difference is entirely in the oil content so either of them is equally valid in nutritional terms and fiber content.

Blackcurrants help Glucose Metabolism

Blackcurrants have a beneficial effect on after-meal blood sugar spikes. Moreover, the size of the portion needed, at 75g, is much smaller than previously thought [20]. Black-coloured berries are rich in a class of plant micro-nutrients called "anthocyanins". Anthocyanins form part of the category of plant nutrients called "polyphenols".

Polyphenolic compounds slow down the absorption of glucose from the small intestine. In addition, they reduce oxidative stress and inflammation.

My View? There is no doubt that berries, the darker the better, are a vital ingredient in the BondPaleo intake. It is a bonus that their impact on blood sugar is less than their sugar content would predict.

Stair Climb to Test Heart Health

Climbing four flights of stairs (60 steps) in less than a minute indicates good heart health [21]. So finds Dr Jesus Peteiro of University Hospital of La Coruña, Spain. Patients who climbed the stairs in fewer than 40-45 seconds were linked to a low mortality rate (1% or less per year, or 10% in 10 years).



[Click \[22\]](#)

In contrast, patients who took 1½ minutes or longer to climb the stairs had a mortality rate of 2-4% per year, or 30% in 10 years.

Says Dr Peteiro, "If it takes you more than more than 1½ minutes to ascend four flights of stairs, your health is suboptimal and it would be best to consult a doctor. This is a simple test that physicians can use to triage patients for more extensive investigation."

I wrote to Dr Peteiro to find out the actual height climbed. The steps were 6" (15cm) high so the 60 steps amounted to a height of 30 feet (9m) or two storeys.

My View? I timed myself walking up four flights (2 storeys) at a normal pace and it only took 24 seconds. So this test picks out those who are very frail indeed.

'Alarming' Vitamin D Deficiency in UK

[Last month](#) [23] in **Sunshine Dearth, Covid Thrives**, we highlighted the dearth of sunshine exposure in many western countries.

In UK, 57% of Asians and 35% of black Africans are 'severely deficient' in vitamin D [24]. Native English had a much lower rate of 17% in winter and 6% in summer.

There was also a gradient with the highest rates from Scotland in the north to the lowest in the south coast of England.

My View? People with darker skin pigmentation need to work harder at getting sufficient sunshine. These figures might explain – at least in part – why Covid-19 is more serious in winter and also in black and Asian communities. See: **Vital role of the Sunshine Vitamin, Vitamin D**, [April 2020](#) [25].

Note: those living in higher latitudes (above 35°) should work hard on building up vitamin D reserves in the summer – they will be stored in fat cells to be released as needed during the winter.

Failing that, a winter tanning session once a week can do the trick. See: **Vitamin D: Diet or Sunlight?** [March 2008](#) [26], and **Sunbeds are OK after all**, [Feb 2018](#) [27].

Siren Songs

We are bombarded with messages tempting us off the safe, straight course and onto the rocks.

Movies Portray bad Eating Habits

An interesting study, published in the prestigious JAMA, has done a nutritional analysis of foods and drinks portrayed in top-grossing US movies 1994-2018 [28].

It found that most top-grossing US movies depict a diet that would fail UK's laws on advertising junk food to children.

Overall, 73% of movies depicted medium or high (amber or red traffic light) levels of sugar, saturated fat, total fat, calories and salt. They did not give sufficient exposure to intake of fruit, vegetables, fiber and protein.

91 % of movies depicted 'amber' or 'red' beverage consumption.

Interestingly, only 12% of foods and beverages (11.5%) were visibly branded. Nevertheless, the researchers rated the branded items as even less healthy than the non-branded items.

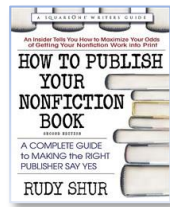
My View? It seems that the movie industry, mostly unwittingly, is subliminally encouraging current American unhealthy eating patterns. They do this without much input from product-placement programs but, where they do, such products really are junk.

Spreading the Word

Publisher's Announcement

My publisher, Square One of New York, [29] specializes in child education and health-related publications.

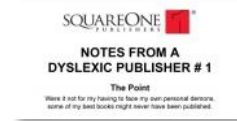
Rudy Shur is its founder and head honcho with a remarkable story. It took a while for him, as a youngster to be diagnosed with dyslexia. He then forced himself to read books with such success that he made a career of publishing them.



<http://bit.ly/3s3GR1y>

He has even published his own book "[How to Publish your Non-fiction Book](#)"

Rudy relates his story and describes some of the books he has published in his [Notes from a Dyslexic Publisher #1](#). This is the first in an occasional series.



<https://bit.ly/37qR2pg>

Video Interview Recap

Some years ago, I did this interview with George Anderson [30], who is a Paleo physical activity trainer. It is about living an ancestral lifestyle and so living in harmony with the way nature expects. It is just as relevant today and well worth viewing again.

<http://youtu.be/a9mw2jOxYIQ>

It has also been picked up by awesomepaleoforever.com [31]

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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