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# The Bond Briefing

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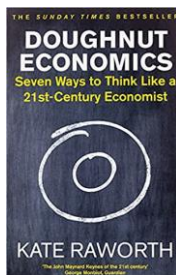


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Socio-economic Policy:** Economics for Human Thriving - Sickness of conventional economics. **Evolutionary Fats:** Omega-3 Good for Bipolar. **News Short:** Salt affects Brain. **Search for Understanding:** Autism Wars Stifling Research. **Quote:** Healthy Longevity (Carrel). **Food Ideas:** Our Yuletide Dinner. **Quick Recipe:** Coconut Whipped Cream. **News Shorts:** Active Brain Nixes Alzheimer's; Key Mental Gains with Age; KFC can wreak Havoc; Society Well-being Measurement; 'Ghosting Linked to 'Dark Triad'; Brain Basis of Psychopathy; Low GI slows Tumors. **Did you Know?** Fast Metabolism, Shorter Life?

## Socio-economic Policy

### Economics for Human Thriving Sickness of conventional economics



Kate Raworth <sup>(1)</sup> The Book <sup>(2)</sup>

For eons our forager forebears lived their lives in a kind of dynamic equilibrium with their environment. They had no notions of 'Economic Development', 'Gross Domestic Product', or 'Progress'. Every year, every generation, followed one after the other, with unchanging and predictable certainty.

Suddenly, within the last 12,000 years, we have had the massive upheavals of, first, the farming revolution; then the rise of city states in biblical times like Nineveh and Tyre; the expansion of empires like the Assyrian and the Roman; and then the incredible dislocation of the Industrial Revolution with the hardships and miseries so well described by Dickens and Victor Hugo; and now we are in the throes of a revolution in IT, social media, and artificial intelligence.

Meanwhile, philosophers and ideologues have attempted to prescribe formulas for how to transition from the stable equilibrium of forager society to the highly unstable societal arrangements we find ourselves in today.

Here we come to the 'dismal science' of *Economics*. Kate Raworth is a maverick, Oxford-educated, > 4

## Evolutionary Fats

### Omega-3 Good for Bipolar

In a diet that **LIMITED** omega-6 oils and **INCREASED** omega-3 oils, subjects susceptible to bi-polar disorder experienced improvements in their condition [3].

**My View?** Yet another lesson teaching us to keep the omega-3 to omega-6 ratio at 1:1. Not easy these days when omega-6 oils (sunflower, safflower, corn, peanut, etc) are omnipresent – not only in our cooking, but in every fast food restaurant's deep-fryer, and in convenience foods, take-aways, and pizzas, pastas, and seafood canned in omega-6 oils.

Strip them out of the diet and substitute preferably with oily fish (mackerel, salmon, sardine, herring, trout etc). Vegetarians can use rapeseed (Canola), flax and hemp seed oils, but do note that they are far less effective. > 4

## News Shorts

### Salt Affects Brain

Researchers at Georgia State, USA find surprising revelations about how high salt levels affect neuron activity and blood-flow deep in the brain [4].

"If you chronically eat a lot of salt, you'll have hyper-activation of "vasopressin neurons". This mechanism causes excessive "hypoxia" (low oxygen levels), which leads to tissue damage in the brain."

Blood flow through the brain's hypothalamus is particularly affected. This is a phenomenon commonly associated with Alzheimer's or after a stroke or heart attack.

**My View?** Salt has rightly been demonised as a 'wretched' ingredient in our food supply. > 2

## The Search for Understanding

### Autism Wars Stifling Research

In [July 2011](#) [5], in **Autism – Good for Foragers?** I introduced the work of Dr Simon Baron-Cohen – the eminent Cambridge University, UK, researcher in autism research.

His "Spectrum 10k" project aims to collect saliva samples from 10,000 people 'to investigate the genetic and environmental factors that contribute to autism and related physical and mental health conditions to better understand wellbeing in autistic people and their families' [6].

However, a 'Boycott Spectrum 10k' campaign organised a demonstration last month attended by around 30 people outside Baron-Cohen's Autism Research Centre, with banners declaring 'Say No to Eugenics' and 'Hands off Our DNA'. The research project has been 'paused' pending further consultations with the protestors.

**My View?** On the whole I side with those who seek knowledge rather than superstitious ignorance.

Every day I thank my lucky stars that I don't live in an era where thinkers like Galileo narrowly escaped being burned alive for "thought-crimes" against the prevailing orthodoxy.

## Quote

"Longevity is worthwhile only if it prolongs youth rather than old age"

French Nobel laureate Dr Alexis Carrel 1873-1944

Dr Alexis puts more pithily our own homily that our objective is to live in good shape and fully functioning until the end – just like a forager.

## Food Ideas

### Our Yuletide Dinner



Crab St Jacques<sup>7</sup> Wild Boar Stew<sup>8</sup>



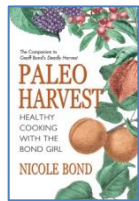
Bohemian Red Cabbage<sup>9</sup> Cauliflower Puree<sup>10</sup>



Xmas Pudding<sup>11</sup> Coconut whipped cream<sup>12</sup>

We share with you our Christmas dinner menu which, indeed, is becoming a tradition.

Most of the dishes are straight from Nicole's [Paleo Harvest](#) cookbook: ISBN: 978-0-9927512-0-3 [13]



Crab St Jacques, Wild Boar Stew (based on Hunter's Stew), Bohemian Red Cabbage, Cauliflower Purée, Xmas Pudding (based on Christmas cake) and whipped coconut cream (see **Quick Recipe** next):

We even doused the Xmas pudding in flavorful, black-spiced rum, turned the lights out, and set fire to it!

All was accompanied by sparkling white wine, a fruity red wine, and night-capped with a tot of peaty, smoky, malt whisky.

## Quick Recipe

### Coconut Whipped Cream

**Yield:** about 1½ cup

8 oz (225g) can coconut cream (not coconut milk)

1-3 Tblsp. fine ground (or 'icing') xylitol, to taste

1 teasp. vanilla extract to taste

1. With an electric hand-mixer beat the coconut cream on medium

speed a couple of minutes, until the cream becomes light and fluffy and forms small peaks.

2. Incorporate vanilla extract and xylitol to taste.
3. Serve the whipped cream immediately, or refrigerate. It can be re-whipped if necessary.

**NOTE:** Not all brands of coconut cream perform as well. Use trial and error to find what works best for you.

## Continued from Page 1

### Salt Affects Brain

Most medical literature focuses on salt's relationship with high blood pressure [14]. But its evils spread much wider than that. For a start there are other mechanisms by which it can be a factor in dementia: **High-salt Diet & Alzheimer's**, [Nov 2019](#) [15]; and **Salt a Factor in Dementia**, [Feb 2018](#) [16].

Then there is a host of other mischiefs: **Salt drives Autoimmune Disease, Rheumatoid Arthritis**, [Oct 2014](#) [17]; **Salt a Factor in MS**, [Sept 2015](#) [18]; **High Salt Diet Injures Arteries**, [June 1998](#) [19]; **High Salt - Calcium Depletion**, [Sept 2012](#) [20]

So the bottom line is the usual mantra: salt was always a scarce ingredient in the forager diet, and over consumption overloads our bodies' ability to cope – with who knows how many other health undermining effects?

The usual advice: most salt is present in processed food – so avoid! Very little (in proportion) is added in home cooking and from the salt cellar.

## News Shorts

### Active Brain Nixes Alzheimer's

It is tempting to think that keeping the brain active is helping to prevent dementias of various kinds.

One study at least supports this idea [21]. It found that people with highest level of brain activity on average developed dementia at age 94. The people with the lowest cognitive activity, on average, developed dementia at age 89.

The questions included: "During the past year, how often did you read books?" and "During the past year, how often did you play games like checkers, board games, cards or puzzles?"

Participants also answered questions about cognitive activity in childhood, adulthood and middle age.

**My View?** What would an old forager think of this? Simply that oldies had to keep the same level of cognitive activity that they had practised all their life in order to survive in the dangers of the savannah.

Also they were the fount of folk tales and wisdom to the younger generations around the evening campfire. Indeed they could recite from memory thousands of lines of folklore learned by heart as a child.

There was no retiring to pasture at age 65 and slumping thoughtlessly in front of vacuous daytime television.

### Key Mental Gains with age.

Meanwhile, studies find that two key brain functions, which allow us to attend to new information and to focus on what's important in a given situation, can in fact improve in older individuals [22].

These functions underlie critical aspects of cognition such as memory, decision making, and self-control, and even navigation, math, language, and reading.

Say the researchers, "These results are amazing, and have important consequences for how we should view aging."

Improved faculties are: "Orienting" which involve shifting brain resources to a particular location in space and: "The executive network" which inhibits distracting or conflicting information, allowing us to focus on what's important. These faculties improve with practice.

In contrast, the study found that only "alerting" abilities declined with age. Alerting declines because this basic state of vigilance and prepar-

edness cannot improve with practice.

**My View?** In forager societies, the elders were held in great esteem, not by convention, but because of the immense survival value they brought to the success of the forager band.

Today, older people have to fight on two fronts: a) the temptation to 'retire to pasture' and, b) to battle to make their experience and wisdom heard and relevant in today's avalanche of ideologies, much of them pathological.

### KFC can wreak Havoc



Before [23]

After [24]

Australian Conan Visser challenged himself to only eat Kentucky Fried Chicken (KFC) for a month [25]. He gained 18 lb (8 kg), his physical health, mental health, self esteem, confidence, and social interactions all declined.

Visser documented his day-to-day changes in a series of videos uploaded to TikTok.

Here Visser is following in the footsteps of **Morgan Spurlock** who carried out a similar experiment, with similar catastrophic results, by eating MacDonald's for a month. He recorded his experience in his film 'Supersize Me'. See **24/7 McDonald's Wreaks Havoc**, [Apr 2004](#) [26]

### Society Well-being Measures

Since 2012, *The World Happiness Report* has ranked the average life satisfaction of more than 150 nations [27]. In the past four years, the top slot has been taken by one country: Finland.

No one was more surprised than the Finns. "The Finnish self-image is that we are this introverted, melancholic people," says Frank Martela, a philosopher and

psychologist at Aalto University in Finland.

More surprising, at first glance, is the fact that as the country has ascended to the top of the well-being charts, its economic development (GDP) has remained remarkably flat.

This seeming paradox confirms what many people have long suspected – that our traditional focus on economic growth doesn't translate into greater well-being.

While gross domestic product (GDP) continues to be the default proxy for people's welfare, many economists and governments are waking up to the fact that our fixation on money is distracting us from policies that could actually improve the quality of people's lives.

Is the Finns' happiness real? And if so why?

More [next month](#). In the meantime see: **Economics for Human Thriving: Sickiness of conventional economics, p 1**

### 'Ghosting' linked to Dark Triad

'Ghosting', or breaking up with someone by stopping contact without warning, is considered more acceptable in short-term relationships, and is linked with certain personality types.

Such a strategy seems rational to people who have the so-called "Dark Triad" personality traits: Machiavellian, manipulative, cynical; narcissistic, self-centered, unempathetic, and psychopathic, (being socially callous and antagonistic) [28].

**My View?** Anyone 'ghosted' like this has had a lucky escape!

But do be aware that Dark Triad personalities are more common than you think and indeed seem to have an evolutionary origin. See: **"Dark Personalities" to Drive Company Earnings**, [Aug 2021](#) [29] and next article

### Brain Basis of Psychopathy

In psychopathic criminal offenders, the density of the brain areas involved in cognitive control and emotion regulation was damaged.

These changes explain the callousness and impulsiveness associated with psychopathy.

So says Hannu Lauerma from the Psychiatric Hospital for Prisoners in Finland [30]. "For about 1% of the population, psychopathy is so strong that it leads to criminal and violent behaviour"

**My View?** It is a harsh reality that some 2-3% of the population are 'high performing' psychopaths and often end up at the heads of corporations and political organizations. There is also a hard core of about 1% (mostly men) who end up as violent criminals. See: **Psychopaths born that way**, [June 2010](#) [31]

### Low Glycemic diet slows tumours

It is a commonplace that tumours feed on blood sugar and that the modern, high glycemic diet is a major factor in the meteoric rise in cancers of all kinds.

Now a study has compared a calorie-restricted diet with a ketogenic diet [32]. See: **The Ketogenic Diet**, [April 2010](#) [33]

Both of them reduce blood sugar and both of them slowed the progression of tumors.

However, the calorie restricted diet was more effective. The reason is that only the calorie-restricted diet reduced the availability of fatty acids. And cancer cells need fatty acids to build their cell walls – without this basic building block they have difficulty growing.

**My View?** It only makes sense, whether you have a cancer or not, to do as our forebears did: low glycemic and feeling hungry a lot of the time.

### Did you know?

#### Fast Metabolism, Shorter Life?

"I would predict that no human being who is over a hundred years old was unusually vigorous as a young adult." *George Williams* [34]

Dr. Williams was a brilliant evolutionary theorist who inspired, amongst others, Richard Dawkins (**The Selfish Gene** [35] - quote [36])

and E.O. Wilson (**Sociobiology: The New Synthesis** [37])

Williams' interested himself in the subject of 'senescence' or ageing. He noted that all creatures, including us, start to age (deteriorate) from the age at which we become able to reproduce (that is, young adulthood).

He further observed that creatures (including us) who, as young adults are more vigorous (and so have a higher metabolic rate), 'burn out' more quickly and so, on average have shorter lifespans. Hence his quote above.

**My View?** Since Williams made that prediction some 65 years ago, studies find that the situation is rather more complex.

Of course we cannot do anything about the metabolic rate we are born with, but we can maximize our healthful lifespan by avoiding a stressful burnout lifestyle.

A closely related phenomenon concerns people who, living in a risky environment, adopt a 'live fast' strategy. See: **Die Young, Live**

**Fast: Evolution of an Underclass, May 2011** [38]

**Continued from Page 1**

**Economics for Human Thriving**  
**Sickness of conventional economics**



economist who questions the assumptions of conventional economic theory. Unlike these theories, humans are not rational units of production and consumption, and the market doesn't always find an honest level.

On the contrary she says, powerful players conspire together to rig markets, to lobby for regulations that keep out competition. These players use their power to cream off people's 'surplus production' to the point where the richest 1% now own more wealth than the all the remaining 99% put together.

Worse, just in the last 70 years, economists have become 'fixated'

on Gross Domestic Product (GDP) as a measure of the success of an economy.

As Raworth says this blinkered obsession means that: "Today we have economies that need to grow whether or not they make us thrive."

This is contrary to the view of the 'Father of Economics', *Adam Smith* (1723–1790), who said that economies should: "Provide a secure living and jobs for all in a mutually thriving community".

**Continue & finish:** [Next month.](#)

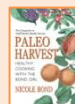
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**Omega-3 good for Bipolar**

Say the researchers: "This carefully constructed nutrition plan shows promise for regulating mood between manic and depressive episodes."

Our bodies were habituated in the eons of our forager past for an equal balance between these two fatty acids. Our modern drastic departure from this harmony is at the root of so many illnesses.

**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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