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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

Q of Month: Gestational Diabetes. **Letter:** Dr Joe Thompson. **News Short:** Small Boys & Girls Behaviours partly due to Gut Bugs. **Book Review:** A Hunter-Gatherer's Guide to the 21st Century. **News Short:** Plant Diet Nixes Senile Dementia. **Recipe:** Paleo Patisserie Flan. **Reinventing the Wheel:** Goji Berries nix Macular Degeneration; Mom's Choline Boosts Child's Attention. **News Shorts:** Vitamin D pills reduce Autoimmune Disease; 'Green-Med' Diet slows Brain Ageing; Mankai Duckweed – Superfood? **Hints:** Chew well to save Weight. **Viewpoint:** Survival – stay fully functioning.

Question of Month

Gestational Diabetes



<https://bit.ly/35eFSWE>

Q. Re your article about gestational diabetes [last month](#) [1]. I had conflicting urine and blood results during my third trimester so they weren't sure if I had it or not. Finger prick blood tests four times a day showed I had average or below average blood sugar levels.

However I spiked above the average range on (just) three occasions (after eating a single slice of white bread with my normal leafy salad on one occasion and eating restaurant food on another).

That was enough for my doctor to label me as having gestational diabetes because I shouldn't have spiked at all if I didn't have it.

I felt in two minds about this as clearly even if I had it, it was under control. I was well. Baby was measuring as expected etc. Your article implies gestational diabetes is connected with being overweight and having a poor diet but that was not my case.

A. In my, non medical, view you were surely not suffering from gestational diabetes in the true sense of the term. It is mainly connected with obesity.

Any pregnancy is a battle between the mother and the fetus for blood sugar > p 4

Letter

Eye-opening on Gross Domestic Product (GDP)

From Dr Joe Thompson, Rancho Mirage, CA, USA

"I look forward to your monthly publications and read every one. The assessment of the inadequacy of the GDP (Gross Domestic Product) concept was entirely new to me.

It is a breath of fresh air in revealing how much is not measured when it comes to our quality of life."

My Comment. Dr Thompson is referring to the article (in [last month's](#) Briefing [2]). This is where economist Kate Haworth campaigns to move GDP as a measure of human well-being to a much wider range of factors vital to human thriving.

See also: **A Hunter-Gatherer's Guide to the 21st Century**, this page.

News Short

Small Boys & Girls Behaviours partly due to Different Gut Bugs

A study found that infant and early-childhood microbiomes were related to neuro-behaviors such as anxiety, depression, hyperactivity, and social behaviors in a time- and sex-specific manner [3].

For example, increased diversity in the gut was better for boys, meaning it was associated with fewer behaviors like anxiety and depression, but not among girls.

They saw differences in social behaviors with microbiomes measured at later stages, where there was evidence that diversity, again, could be beneficial for boys but not for girls.

My View > p 4

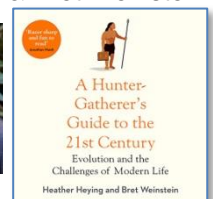
Book Review

A Hunter-Gatherer's Guide to the 21st Century

Heather Heying & Bret Weinstein



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



I admired this choice of title, which could well have been applied to any of my works. However, to my surprise, this book does not duplicate my work but focuses much more on the way we are organized in the so-called WEIRD societies (Western, Educated, Industrialized, Rich and Democratic). In particular it is highly critical of the current social engineering fantasies that are totally divorced from biological reality. > p 3

News Short

Plant Diet Nixes Senile Dementia

A diet rich in plant products reduces the risk of cognitive impairment and dementia in the elderly [4].

The results reveal a protective association with cocoa, coffee, mushrooms, red wine, and phenol-rich foods like apple, cocoa, green tea, blueberries, oranges and pomegranates.

Much of the beneficial effect was due to gut bugs working on the complicated compounds in plant foods and converting them into healthful chemicals that the body can use.

My View? Yet more confirmation that the human diet should be rich in highly colored (polyphenol-rich) plant food. See: **'Green-Med' Diet slows brain ageing, p 2.**

Recipe

Paleo Patisserie Flan
Yield: about 8 servings

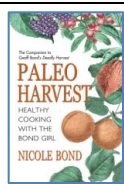
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This makes a nutty dish of pudding-like consistency. Thanks to reader Jeanne for this tasty recipe.

- 1 liter (34 fl oz) almond milk
 - 1 tablespoon vanilla extract
 - 3 large eggs (omega-3)
 - 4 tablespoons erythritol
 - 150 g (5¼ oz) coconut cream
 - 70 g (2½ oz) almond flour
 - 10 g (1/3 oz) coconut flour
1. Rinse a saucepan with water, to avoid sticking. Then fill in the almond milk and vanilla extract. Bring to a simmer.
 2. Meanwhile in a bowl, whisk the eggs with the erythritol. Mix in the coconut cream.
 3. Add the almond flour and coconut flour. Mix well.
 4. Whisk in the hot milk over the eggs. Pour everything back into the saucepan and thicken the pastry cream by whisking and stirring without stopping.
 5. Spray a round baking dish (about 9-inches) and fill in the mixture.
 6. Bake in a hot oven at 300°F (150°C) for 30 to 40 minutes.
 7. Allow to cool to room temperature before chilling for several hours.

Download: <https://bit.ly/3tElyxB>

Many more dishes are in Nicole's [Paleo Harvest](#) cookbook: ISBN: 978-0-9927512-0-3 [5]



Reinventing the Wheel

Goji Berries nix Macular Degeneration

A Chinese study suggests that eating dried goji berries can help prevent the onset of age-related macular degeneration – the leading cause of blindness in oldsters [6].

They identify as the active ingredients the retina-enriching micronutrients called 'lutein' and 'zeaxanthin'.

Hey! Haven't we heard of these compounds before? Yes! I first wrote about how the deficiency of these two micronutrients was a factor in macular degeneration over 20 years ago. See: **Macular Degeneration, Natural Eating, chapter 8**.

I also went on to say that these compounds are plentiful in a wide variety of plants, from spinach, cabbage and broccoli, to kiwi, orange peppers, red grapes, zucchini, eggs, even red wine.

My View? No need to focus on exotic fruits like goji berries. Just eat up your colored plants, fruits and enjoy a glass of wine with a clear conscience!

See also: **Macular Degeneration, Oct 2006** [7] and **Antioxidant Deficit/Age-related Macular Degeneration (AMD), Aug 2018** [8]

Mum's Choline boosts Child's Attention

7-year-old children performed better on a challenging task, which required their sustained attention, if their mothers consumed **TWICE** the recommended amount of choline whilst they were pregnant with them [9].

Have we heard about this before? Yes indeed! See: **Egg Choline Builds Baby Brains, Sept 2018** [10]. **Pregnant Mom's Choline Boosts Child's Genetic Resistance, Dec 2012** [11]. **Choline Deficiency Crisis, Sept 2019** [12].

In this study, when tested at 7-years of age, the children of women who consumed the recommended minimum intake of 480 mg/day of choline during pregnancy showed a **DECLINE** in accuracy of a sustained attention task, while the children of those mothers who had consumed

930 mg/day maintained a high level of accuracy.

My View? Choline is found in egg yolks, fish, poultry, nuts and cruciferous vegetables – that sounds like a good Paleo intake to me – yet more than 90% of expectant mothers consume **LESS** than even the recommended minimum!

News Shorts

Vitamin D pills reduce Autoimmune Disease

We always bang the drum to get your vitamin D from sunshine and, indeed, that is the most successful source. When it comes to the autoimmune disease, *multiple sclerosis*, sunshine is not only effective (see: **Childhood Sunshine Reduces Multiple Sclerosis Later, Aug 2007**, [13]) it also provides a mystery element that is not found in pills – see: **New-found Factor in Sunlight Helps Multiple Sclerosis, June 2010** [14].

Nevertheless, a study finds that subjects, aged over 50, on high doses of vitamin D3 over 5 years had a 22% reduction in autoimmune disease [15].

The doses were 2000 i.u. per day which is 5 times the advised amount.

The researchers don't know quite what is happening – "There are tons of potential mechanisms."

My View? Clearly vitamin D3 is a hormone vital to a myriad of biochemical processes. But the natural way to get it, and to obtain that extra mysterious '**New Found Factor in Sunlight**', is to get it from sunshine if you can. If not, then pills are second best.

'Green-Med' Diet slows brain ageing

Compared to a conventional Mediterranean diet, a "green" Mediterranean diet, high in polyphenols (plant micronutrients) and low in red and processed meat, slows age-related brain atrophy as reliably measured by MRI [16].

The participants in the "green"-Mediterranean group were further provided high polyphenol "green" components: 3-4 daily cups of green tea and a daily green shake of

Mankai duckweed (Mankai duckweed? See next article).

The 18-month long randomized control trial with 300 obese participants aged 31 to 82 is one of the longest and largest brain MRI trials in the world.

Say the researchers: “polyphenols have antioxidant and anti-inflammatory chemicals. They can cross the blood-brain barrier (BBB), reduce neuro-inflammation, and renew cells and neurons in the hippocampus”.

The researchers also noted an increase in insulin sensitivity (a good thing) as brain atrophy was slowed down.

My View? The Mediterranean diet is a halfway house to Paleo. This Green-Med diet seems to be three-quarters of the way to Paleo. So why hesitate – just go all the way, like we say! See also: **Plant Diet Nixes Senile Dementia**, p 1.

Mankai Duckweed - Superfood?



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Duckweed has been consumed for hundreds of years in Southeast Asia, where it is known as “vegetable meatball” due to its high-protein content -- more than 45% of the dry matter.

It contains all nine essential and six conditional amino acids. In addition, Mankai is very rich in polyphenols, (mainly phenolic acids and flavonoids), choline, omega-3 fatty acids, dietary fibers, minerals (including iron and zinc), vitamin A, vitamin B complex, and vitamin B12 (rarely found in plants).

My View? For those who like exotic and unusual foodstuffs, Mankai duckweed seems to be a handy additive to your daily smoothie.

On the other hand, if you are eating Paleo already, then Mankai does not need to be a part of your diet.

Hints & Tips

Chew well to save Weight

Slow eating, which involves chewing food slowly and thoroughly, is an effective strategy for controlling appetite in order to avoid being overweight or obese [17].

Slow eating also has the effect of increasing postprandial energy expenditure (diet-induced “thermogenesis.” Thermogenesis? – see “**Breakfast like a King...?**” [March 2020](#), [18]).

My View? Foragers were not renowned for taking their time in eating their food, so this is a trick that helps defeat our natural tendency to gobble up our food as much as it is available.

Nevertheless this principle puts me in mind of Solzhenitsyn’s *Ivan Denisovich* [19] who, in the horrors of a Soviet gulag, said that the inmates who survived were the ones who chewed their starvation ration of bread very slowly.

Viewpoint

Survival: Stay Fully Functioning

Over the years we have been witness to the plight of citizens caught up in a war-zone. We see refugees and oldsters with zimmer frames walking 20 miles a day to find safety; we see people sick with diseases of civilization, like cancer, heart disease, diabetes, dying from the sudden unavailability of their medications.

Most of us in the comfortable West, do not truly understand how, for many of us, our survival depends on artificial means of support like wheelchairs and medications.

In a state of nature (which a war-zone reduces us to), we do not survive. As I say in **Self**

Preservation, *Natural Eating II Chapter 11*, [20]

“In the world of our ancestors, they did a lot of walking and running because they had to. It was a matter of survival. It was the means by which they got their dinner. If they were unsuccessful in getting dinners they became dinner for another creature!

“In today’s world such automatic sanctions for lack of physical

fitness are rare. It is quite possible to live a lifetime as a couch potato and never be embarrassed by a situation where your physical abilities are found wanting.

“But just think about this: in an air crash, do you want to be the last one to get out of the emergency door?”

My View? Most of us look after our cars better than we do our own bodies. If nothing else, you will rest easier if you don’t depend on medications and life support systems.

Moral? Live like we say!

Continued from Page 1

A Hunter-Gatherer’s Guide to the 21st Century



Authors Heying and Weinstein are a married couple who are professors of evolutionary biology at the University of Michigan. They spend several weeks every year taking parties of students to camp out in the wild jungles of tropical America. There the youngsters learn to manage danger, hardship, grit, jungle lore, and to experience living in close contact with raw nature.

As evolutionary biologists, the authors relate how our humanity is embedded in a billion years of evolution from the earliest organisms – and how we should think about our lives today through this lens.

For example they explain how “sex roles are inherited from a long line of ancestors and are biological solutions to evolutionary problems”; and to recognize “the evolutionary truth that, on average, women are more ‘agreeable’ [21] than men – and more anxious.”

The authors introduce a number of useful concepts. For example “Chesterton’s Fence” which is, to paraphrase English philosopher G.K. Chesterton’s homily: “Don’t take down a fence until you know why someone thought it important to put it there in the first place.”

The world we live in today has thoughtlessly torn down innumerable fences provided by nature, such that we are, unwittingly, exposed to a vast range of harmful forces. I write about this often, notably in **Death by Toast & Fries**, [Feb 2006](#) [22]:

“Our naturally adapted lifestyle was surrounded by invisible fences. Food was hard to get, sugar was unavailable, grains and potato did not exist.”

Another concept is what the authors call the ‘Omega Principle’. This recognizes the role of ‘epigenetics’ where lifestyle and culture can modify the switching on and off of genes. (see **Epigenetic Effects**, [Aug 2017](#) [23].

The idea that culture can modify one’s genes and so, instinctive behavior, is not welcome in progressive circles.

Continues: [Next Month](#) [24]

Health Policy

Fighting the Mainstream Health Establishment

Extract from financial guru Bill Bonner’s Daily Reckoning for December 22 2012.

“We met with four zombies. On the table was a discussion of how a company could publish the views and opinions of various experts – mostly MDs – on health... without going to jail.

“Health, medicine, drugs, food and supplements are heavily regulated in Britain and Europe... just as they are in the US. You can read the laws... if you dare. You’re not likely to know much more after you read them than you did before.

“They insist that opinions on health must be ‘fair’, ‘balanced’, ‘based on reliable testing’ and impeccable ‘research’. What this really means is that it has to pass muster with the mainstream health establishment.

“The regulators are ignoramuses themselves. They turn to ‘experts’ to tell them what is okay for publishing and what isn’t.

“That leaves the publisher of ‘alternative’ ideas and opinions in a tight spot. You may recall Dr Atkins. Back in the ‘90s, Dr Atkins came to us and asked us to publish his newsletter. We agreed. We stood behind the First Amendment and let fly with Dr Atkins’ theories on why the American high-sugar, low-fat diet was all wrong.

“The establishment didn’t like it. They had staked their careers on the idea that ‘fat’ was the number one problem, leading to heart disease and other ailments. They called Atkins a quack and tried to take away his medical licence. Atkins eventually won that battle. But not without a lot of scars...”

Continued: [Next Month](#) [25]

Continued from Page 1

Gestational Diabetes

sugar - the fetus manipulates the mother’s body to make more blood sugar, which is best for it. The mother’s body fights to keep it down to the level which is healthy for her.



Maybe, once in a while, the fetus gets the upper hand for an hour or two and blood sugar spikes. But overall, it seems the battle between you and your baby was a score-draw, which is as good as it gets. See: **Diabetes in Pregnancy**, [Dec 2003](#) [26].

Continued from Page 1

Small Boys & Girls Behaviours partly due to Gut Bugs

My View? Apparently, the change in behaviours **FOLLOWED** the change in gut bugs and not the other way round. What caused the gut bugs to change is unknown.

Whatever is going on, biology confirms the reality that, sexually, boys will be boys and girls will be girls – all as sustained by biologists **Heying & Weinstein** – see page 1.

Paleo in a Nutshell: Geoff’s latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nutshell.com



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22 <http://bit.ly/2kISNNB>

23 <http://bit.ly/2wN1aEj>

24 <https://bit.ly/36pdyBr>

25 <https://bit.ly/36pdyBr>

26 <http://bit.ly/1ngenij>