



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

Q of month: Testicular Cancer. **News Shorts:** Dog Owners Healthier. **Did you Know?** Overdosing on Protein. **News Shorts:** Housework is good Exercise; Vaginal Microbiome affects Baby's Cognition; Children's Food should be the same as Adult's; Magnesium for Immune System & Cancer Fighting; Gut not Duped by Sugar Substitutes. **Book Review II** – a Hunter Gatherer's Guide to the 21st Century. **Spreading the Word:** Macrobiotic Diet Revisited. **Health Policy:** Fighting the Mainstream Health Establishment – part II

Question of Month

Testicular Cancer

Q. I have just had successful surgery for cancer of a testicle and will be receiving follow up therapies. What is likely to have caused it and is there anything about future lifestyle that I should know?

A. Curiously, testicular cancer mainly afflicts **YOUNG** men (aged 25 to 40) [1]. It is more prevalent in industrialised countries and is much more common in white men than black men. What is going on? There is one factor which stands out: those men who had an undescended testicle at birth could have up to 10 times the risk of testicular cancer. There is also some suggestion that excess exposure to estrogen in the womb can be a risk factor [2].

For these reasons, the question of pre-birth conditions has been studied from all angles: mother's smoking habits, premature birth, mother's age at conception, month of birth, mother's and father's occupations – but no coherent causation can be identified.

Attention is then turned to lifetime factors such as: exposure to pollutants, obesity, occupation, sedentary behavior, reduced physical activity, smoking, marital status, baldness, tight underpants (!), electromagnetic fields – all with inconclusive results. Diseases such as measles and STDs seem to not be implicated either.

On the other hand, young age at puberty, and injury to the testes, do have a small added risk. Famously, the champion cyclist Lance Armstrong had testicular cancer at age 26 but studies on bike-riding > p 4

News Shorts

Dog Owners Healthier



Credit: Shutterstock

Current dog owners who walked their animal more than once a week were around half as likely to develop a disability compared with people who had never owned a dog [3].

Unsurprisingly, the benefit is lost if you don't walk your dog (or take part in another form of exercise) more than once a week.

So it's the **WALKING**, not the dog that provides the benefit. Unsurprisingly, owning a cat did not benefit its owner in the same way.

See: **Housework: Good Exercise**, p2.

Teen Sleep is better with Covid-closed Schools

I have often written about the crazy early-morning starts that so many students are subject to. See: **School Starts too Early**, [Oct 2015](#) [4] and **Immature Adolescent Brain Wiring**, [April 2019](#) [5].

Now a Swiss study finds that, thanks to the Covid-19 lockdowns and consequent home-schooling, teens had 75 minutes more sleep and a better quality of life in many respects [6].

Say the researchers, "The early start of the school day in Switzerland conflicts with the natural, biologically determined sleeping habits of teenagers." And that: > p 4

Did you Know?

Overdosing on Protein



Polar bear consumes its seal prey [7]

<https://bit.ly/38gaubl>

Polar bears in the wild do not suffer from kidney disease whereas polar bears in captivity typically die 10 years earlier with kidney disease [8]. What is going on?

Seemingly, zookeepers, knowing that polar bears are classed as carnivores, feed them the same way as they do other carnivores such as the 'big cats' – lions and tigers.

In particular, the big cat diet has a ratio of 3 parts protein to 1 part fat. But this is not how polar bears eat. They have a diet (mainly of seals) which is the reverse ratio: 2 parts fat to 1 part protein.

In fact, say the researchers, bears in general, require relatively low levels of protein intake, more similar to humans. Indeed humans too can overdose on protein, see: **High-protein Diet: Kidney failure**, [Jan 2014](#) [9].

Our readers will know that the naturally adapted diet for humans is roughly 25% protein-rich food to 75% conforming plant food, measured by weight. See: **Judging Protein Intake**, [Feb 2013](#), [10] and, **Protein in Focus**, [Jan 2016](#) [11]

Of course one can under-consume protein too. See: **Protein Deficiency Drives Carb Over-consumption?** [June 2020](#) [12].

News Shorts

Housework is good Exercise



Photograph: Bettmann/Bettmann Archive

Women who regularly wash dishes, clean the house and cook meals have healthier hearts than those who sit back and take it easy, a study suggests [13].

Scientists at the University of California followed 5,500 women who were asked to wear movement-tracking gadgets for a week.

Results showed women who did at least four hours of 'daily life movement' cut their risk of a death from a heart attack or stroke by 62% compared to those who did fewer than 2 hours a day.

Daily life movement was defined as just simple routine activities, which include cooking, household chores, gardening and even showering.

Say the researchers: "Spending more time in daily life movement, which includes a wide range of activities we all do while on our feet and out of our chairs, resulted in a lower risk of cardiovascular disease."

My View? This will be a great boost to women (men weren't studied) who feel that they have had their ration of physical activity just by doing the housework every day.

See: **Ancestral Physical Activity, Nov 2016** [14], and **Physical Activity, Deadly Harvest, Chapter 8**, p 187 [15].

Vaginal Microbiome affects Baby's Cognition

When babies pass through the birth canal, they are exposed to their mother's vaginal microbiome where their skin is coated and they ingest their first microbes outside the womb.

A study in mice finds that an unhealthy vaginal microbiome in pregnant mothers, largely provoked by an unhealthy diet, contributed to

increased baby deaths and altered development in the survivors [16].

The researchers were able to reverse the death rate by giving the mothers a healthier diet rich in fruits and vegetables containing soluble-fiber. See: **Defining Dietary Fiber, Aug 2016** [17]

Bacteria in the gut ferment such fiber to produce short-chain fatty acids, like butyric acid. These play an important role in baby's brain development and are also effective anti-inflammatory agents for the mother.

Say the researchers: "The unhealthy vaginal microbiome led to dramatic changes in the brain through fetal immune system development, and this overactive immune system ups the risk for infant mortality."

My View? Humans are not mice, but even so we know that good intake of plant food is an essential component of eating the way nature intended.

See: **Our Living Gut, June 2016** [18]

Children's Food should be the same as Adult's

In **Deadly Harvest, Chapter 1**, p17 [19], I wrote that in forager life:

"Children eat what the adults eat."

Well, what a surprise, a study finds that this is just what we should be doing in today's world [20].

The researchers complain that: "There is a long-held belief in the United States that children need different types of foods than adults, and many of these foods are highly processed; energy-dense; and high in saturated fat, salt, and sugar."

"It is known that children over 2 years of age can eat the same healthy foods as adults, but kids' food and menus have become a social norm. This social norm persists because ultra-processed foods like chicken tenders, hot dogs, French fries, and grilled cheese are highly palatable to children."

My View? I have often been surprised that even with home cooking, the adults have a different meal to the children – and almost always the adults are eating **HEALTHIER** than the children.

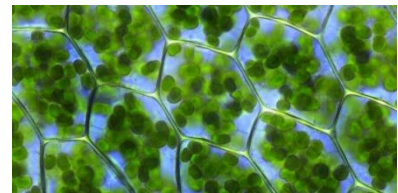
What a terrible start in life those parents are giving to their kids!

Magnesium for Immune System & Cancer-fighting

Magnesium is an essential element for life. Notably, the immune system's killer T-cells need a sufficient quantity of magnesium in order to operate efficiently [21]. These T-cells are a vital weapon in neutralizing cancer cells.

My View? But apart from cancer, magnesium deficiency is a factor in a multitude of illnesses and ailments: high blood pressure, CVD, kidney damage, liver damage, migraine, multiple sclerosis, glaucoma, Alzheimer's, bacterial infections, fungal infections, PMT, osteoporosis, mood swings, diabetes, cramps, muscle weakness, impotence, aggression, and many more [22].

However, the BondPaleo practitioner should never be deficient!



Chlorophyll [credit: 23]

Magnesium is a major component of **CHLOROPHYLL** – which is what makes foliage green.

So, just eat up your spinach, kale and other green vegetables along with other magnesium-rich Paleo foods like nuts, salmon, mackerel, halibut, avocados, bananas and dark chocolate.

See also: **Magnesium Deficiency Anxiety, Oct 2015** [24].

Gut not duped by sugar substitutes

Your taste buds may or may not be able to tell real sugar from a sugar substitute, but there are cells in your intestines that can and do distinguish between the two sweet solutions. And they can tell the brain in milliseconds [25].

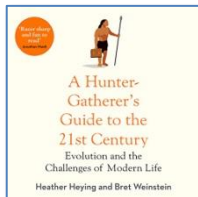
Say the researchers: "Many people struggle with sugar cravings, and now we have a better understanding of how the gut senses sugars and why artificial sweeteners don't curb those cravings."

My View? In fact the gut only reacts to sugar (sucrose) and even fructose is treated like an artificial sweetener. The study did not examine polyol sweeteners like xylitol or erythritol but we might suppose that they too would not satisfy a sugar craving. Be that as it may, we still consider that sugar substitutes can play a useful role in calorie and sugar-spike restriction – just understand that you will still have to resist any sugar craving!

Book Review – part II

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

Heather Heying & Bret Weinstein



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

Last month we saw how these biologists use the lens of evolutionary development to identify the best way to live our lives so as to be in harmony with our human natures. We continue:

The authors have a go at some aspects of 'reductionist' traditional medicine, notably the "error of thinking we are machines, not people – which under-appreciates how complex and variable we are." On the contrary we are: "Embodied beings with feedback systems between brain and body, hormones and mood that cannot be fixed with simple switches."

Many of us crave simple immovable rules with which to navigate our lives – rules "to set and forget" But this is not possible with modern life. We are divorced from 'our biological niche'; we have lost the guard-rails to keep us on the straight and narrow.

So, say the authors, listen to your body, spend time in nature, move your body, be barefoot often, be chary of pharmaceutical solutions.

The authors do venture into the field of food patterns. They commit the only-too-common error of thinking that Paleo is 'high in fat'. They seem to have confused it with the keto diet

(see: **The Ketogenic Diet** [April 2010](#) [26]).

But they do make the point that the 20th century saw the abandonment of 'Chesterton's Maxim' (don't tear down a fence until you know why it was put there).

So it is that we have industrialised junk food, which 'games' our sense of taste. On the contrary, we should focus on 'real food' and that children should be exposed to a diverse range of 'whole' foods.

They note that: "people with some understanding of their food's origins and history are also less likely to assume that an energy shake is a complete replacement for food."

Moreover meals are, or should be, a social lubricant and, in an observation close to my heart, they say eating round an open fire brought people together to **DREAM**. As I say in: [Deadly Harvest, Chapter 8](#) page 195 [27]:

"We all feel, even today, the fascination of a fire: gazing reflectively into the flames is a pleasure deeply anchored in our psyches. Campfires constitute a flickering island of reassurance going back to the beginning of human existence. This is our naturally adapted prelude to sleep."

This section leads to one of the authors' major declarations: "That, in today's world, we cannot now rely on our feelings or instincts to live healthily – we have to eat (and live) **CONSCIOUSLY**."

My View? This is the huge challenge for us as a society. Our brains are not hard-wired to constantly discipline our behavior like this.

Only those with the cognitive ability and whose personalities have a high score in 'conscientiousness' will succeed.

That is why, in the long run, a living environment has to be created where the right behaviors respond automatically.

Anyone ready for WWII ration books? (See **Fat Hardship Helps**, [June 1999](#) [28])

Continued: [Next Month](#) plus the authors' academic fate

Spreading the Word

Macrobiotic Diet Revisited

I last wrote about the Macrobiotic diet some 20 years ago. See: **Macrobiotic Diet**, [July 2002](#) [29].

I find my analysis of it still relevant although, with the benefit of 20 years of advancing maturity, I think in retrospect I was a little hard on it at the time.

The diet is not Paleo of course, but it does have many similar features and is certainly a vast improvement on the SAD (Standard American Diet).



My current publisher, Square One, has had some success with Macrobiotic books and I have pleasure in passing on his latest **Notes from a Dyslexic Publisher #10:**

"As a publisher, sometimes you come across projects that can unexpectedly reshape the direction of your company and your life. Take the subject of **macrobiotics** and your health **Part Two**. <https://bit.ly/3OsFhCA>

Health Policy

Fighting the Mainstream Health Establishment - part II

Extract from financial guru Bill Bonner's Daily Reckoning [30] for December 22 2012.

Last month we heard the view that for decades the food industries, regulatory agencies, BigPharma, 'zombie lawyers' and others have stitched up the dietary message to be delivered to the public and any divergence is severely sanctioned. The zombie lawyers continue to explain:

"In Europe and the UK there is no First Amendment. What you can say about health is regulated. And the regulators, as always, are in the pocket of the big, established industries they are supposed to regulate. A new competitor – with different, contradictory or gamey ideas – is at a big disadvantage.

He'd better be careful, or his competitors will rat him out and the regulator will get on his case. "Basically, you can't say anything that is not approved", said one \$500-an-hour lawyer. "Well, you can say what you want" said an associate at \$250-an-hour, "but you have to be sure it meets all the tests and criteria. You can't say one of the things that has been proscribed, for example". "You mean there are specific things that you can't say?" we asked naively. "Oh yes. There's a list of 1,280 things that by regulation or court decision have been found unacceptable." "But what if our expert doctor really believes the contrary is true?" we continued. "Well, he just can't publish it." The conversation continued for an hour and a half. Estimated cost: \$3,200. Result? None. The system is rigged in the zombies' favour. Zombie pharmaceutical businesses are protected from competition by

zombie regulators. Upstarts must hire zombie lawyers to figure out how to remain at liberty while still doing business. This is, of course, the 'complexity' that American anthropologist, Joseph Tainter, describes in his book [31] explaining how societies collapse. They add layer upon layer of 'complexity'. Each layer costs money (resources). Finally, the society can no longer afford it. It declines and falls.

[Next Month](#): My View?

Continued from Page 1

Testicular Cancer

... do not support the view that this is a causal risk. Finally lifestyle: increased risk of testicular cancer has been linked to **HIGH** intakes of milk, cheese, and red meat, and with **LOW** intakes of fruits, vegetables and dietary calcium. **NOT ENOUGH SUNSHINE** is also a risk factor [32]. What to do now? Naturally you will follow the medical treatment that you are prescribed which is designed to deal with any cancerous cells that

can have spread to other parts of the body. This is where you can maximize the treatment by fully mobilizing your **immune system**. For a good guide, see: **Surviving Covid-19**, [Feb 2020](#) [33]. But as a quick rule of thumb: **AVOID** dairy, animal fats, omega-6 oils, red meat, starches & sugars. **DO** eat omega-3 fish (salmon, sardine, herring etc) every day, and plenty of salads, fruits and vegetables.

DO get your 10,000 steps a day (or equivalent), good sunshine exposure, good sleep – and avoid over-stressing yourself!

Continued from Page 1

Teen Sleep is better with Covid-closed Schools

"The positive effects on health and health-related quality of life would have been even greater had there not also been the negative effects of the pandemic on mental health." **My View?** Just so! See also **Sleep in a State of Nature**, [Oct 2015](#) [34].

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

<p>1. Testicular cancer incidence predictions Ariana Znaor, 26 November 2019; https://doi.org/10.1002/ijc.32810</p> <p>2. Epidemiology of testicular cancer: An overview; Michael J. Garner, 10 June 2005 https://doi.org/10.1002/ijc.21032</p> <p>3 Dog ownership protects against the onset of disability in an older community. Yu Taniguchi: February 23, 2022. DOI: 10.1371/journal.pone.0263791</p> <p>4 http://bit.ly/1OpXR6Q</p> <p>5 http://bit.ly/2WxR2jG</p> <p>6. Joëlle N. Albrecht. Adolescent Sleep Duration School Closure. JAMA N-O, 2022 DOI: 10.100/jamanetworkopen.2021.42100</p> <p>7 A Weith, CC BY-SA 4.0 <https://creativecommons.org/licenses/by-sa/4.0/>, via Wikimedia Commons</p> <p>8 Charles T. Robbins. New insights into dietary management of polar bears & brown bears. Zoo Biology, 2021; DOI: 10.1002/zoo.21658</p> <p>9 http://bit.ly/1BHZ1ll</p> <p>10 http://bit.ly/1mJMVXI</p>	<p>11 http://bit.ly/2bLVMHG</p> <p>12 https://bit.ly/31jlcH8</p> <p>13 Physical Activity & CVD in Older Women. Eric T Hyde, 7 Apr 2022. DOI: 10.1161/circ.145.suppl_1.036. Circulation. 2022;145:A036</p> <p>14 http://bit.ly/2n6EgIrl</p> <p>15. http://bit.ly/ch-8</p> <p>16 Eldin Jašarević, Vaginal microbiota affects offspring health. Nature Communications, 2021; 12 (1) DOI: 10.1038/s41467-021-26634-9</p> <p>17 http://bit.ly/2dUVthh</p> <p>18 http://bit.ly/2bprle1</p> <p>19 http://bit.ly/DH-1</p> <p>20 Pamela Rothpletz-Puglia, Healthful Food for Children is the Same as Adults. J Nutr Edu & Behav, 2022; 54 (1): 4 DOI: 10.1016/j.jneb.2021.09.007</p> <p>21 Jonas Lötscher, Magnesium sensing via LFA-1 regulates CD8 T cell effector function. Cell, 2022; DOI: 10.1016/j.cell.2021.12.039</p> <p>22 http://bit.ly/1kDYmm5</p>	<p>23 Photograph by kristian peters—fabelfroh, licensed under cc by-sa 3.0 unported.</p> <p>24 http://bit.ly/1OpXR6Q</p> <p>25 Kelly L. Buchanan. The preference for sugar over sweetener depends on a gut sensor cell. Nature Neuroscience, 2022; DOI: 10.1038/s41593-021-00982-7</p> <p>26 http://bit.ly/1HCNFFF</p> <p>27 http://bit.ly/ch-8</p> <p>28 http://bit.ly/2X4oqv9</p> <p>29 https://bit.ly/2TvyM00</p> <p>30 https://bit.ly/3Mr8tYR</p> <p>31 The Collapse of Complex Societies; ISBN-13:978-0521386739. https://amzn.to/3EytLAL</p> <p>32. Testicular Cancer Incidence, Latitude and Sunlight Associations. Robert J. Biggar, 11 July 2016 https://doi.org/10.1111/php.12617</p> <p>33. https://bit.ly/37Zm06U</p> <p>34 http://bit.ly/1OpXR6Q</p>
--	---	---