



## The science & art of living the way nature intended

# The Bond Briefing

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

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### Book Review – part III

#### Hunter-Gatherer's Guide to the 21<sup>st</sup>C

Heather Heying & Bret Weinstein



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

Last month we saw how these two anthropologists took on the current ideological 'fantasies' surrounding sex and gender. Now they turn to *Parenting & Childhood*.

By following current trends, suggest the authors, "we are stealing childhood away by micro-organizing their play and keeping them from risk and exploration."

On the contrary, "we grow stronger with exposure to manageable risks."

But, [with drugs like Ritalin]: "we drug our children into submission: girls tend to be more anxious and unassertive so we drug them; boys act out rough and tumble play and so we drug them too. Neuro-diversity is being suppressed by drugs"

"We sedate children with screens, algorithms and drugs such that they arrive at the age of adulthood as children in the bodies of adults."

This is good for corporations since "Infantile values make a good consumer", but bad for us since, "Infantile values make poor adults."

We have lost the traditional 'rites of passage' by which the child experiences the transformation into an adult, **KNOWS** that they are now an adult and is **MENTALLY PREPARED** to take on the role of an adult. > 4

### Ancestral Health

#### Pre-industrial peoples - low Dementia Rates



Tsimane people in 1913

<https://bit.ly/3QQ13Bg>

*Cr. Wiki Commons*

Two indigenous groups in the Bolivian Amazon have among the **LOWEST** rates of dementia in the world [1].

An international team of researchers found among older Tsimane and Mosen people, only about 1% suffer from dementia. In contrast, 11% of US citizens age 65 and older have dementia.

The roughly 17,000 Tsimane remain physically very active throughout their lifespans as they fish, hunt and farm with hand tools and gather food from the forest. The 3,000 Mosen also reside in rural villages and engage in subsistence agricultural work.

Researchers say that, in contrast to the Tsimane, **LIFESTYLE FACTORS** in industrialised countries -- including lack of physical activity and diets rich in sugars and fats - may also accelerate brain aging.

Says Prof. Benjamin Trumble of Arizona State University: "What we do know is the sedentary, urban, industrial life is quite novel when compared with how our ancestors lived for more than 99% of humanity's existence." >4

### Evolutionary Physical Activity

#### 7,000 steps per day are enough

Those middle-aged subjects who averaged 7,000 steps per day had a 50% to 70% lower risk of mortality than those who did fewer than 3,500 steps [2]. This particular study found no benefit in higher numbers of steps per day.

**My View?** Steps per day is only a rough and ready proxy for the level of physical activity practised by foragers for 99% of human history. 7,000 steps may well be a good target but there are also many other forms of activity to be included. See: **Housework is good Exercise**, [March 2022](#), [3]. See also: **10,000 Steps a Day?** [July 2014](#) [4]; **Older women: 10,000 steps per day not needed**, [July 2019](#) [5].

### Our Food Supply

#### Purple Superfood Tomato



Brace yourself for a new tomato on the block which has been genetically modified to have 10 times as much anthocyanin antioxidant pigments as normal tomatoes. During tests, mice fed on this tomato had lifespans extended by 30%.

**My View?** I balk at monkeying around with the genes of our plant foods. But who knows? It probably is quite harmless and may well do some good.

### Quote

"Nothing will ever be attempted if all possible objections must first be overcome." – *Dr. Samuel Johnson, English lexicographer.*

## News Shorts

### Cancer is not Genetic

I've often observed that cancers run in families not because of inherited bad genes, but because of inherited bad lifestyle. See **Cancer**, [Deadly Harvest, Ch 9](#), page 229.

Little by little the research establishment has accepted the massive evidence that cancer is overwhelmingly a lifestyle disease.

The latest researchers focused on what is called the "exposome". That is the fancy name for all the influences to which your body is exposed throughout your life [6] – in other words, your lifestyle.

They conclude that: "90% to 95% of cancers are initiated by factors in the exposome." They opine:

"That's important, because it says that cancer is not inevitable".

"From the prevention side, changing our metabolism through **LIFESTYLE ADJUSTMENTS** will make a huge difference in the incidence of cancer."

**My View?** Just so! Cancer is unrecorded amongst foragers, and was virtually unknown in classical times. This is my lecture graph of cancer death rates since antiquity:



<https://bit.ly/3xTj4px>

The vertical red line on the right shows how the incidence of cancer death rates has rocketed upwards just in the last 100 years.

In our view cancer-free foragers show the way – emulate the way they live – and give yourself the best chance of avoiding cancer.

### Fat men have bad Sperm

According to a study, fat men (BMI greater than 30) have more sperm cell irregularities [7].

**My View?** This is a powerful argument for living like our bodies recognize and by maintaining a healthy weight.

### Strong Immune System is Attractive

Men and women are more physically attracted to the faces of people who have higher functioning immune systems [8].

"There must be something over the thousands of years of evolution that has been consistently rewarded in our mate choice, and that we find these specific traits attractive," says Summer Mengelkoch at Texas Christian University in Fort Worth. "Perhaps it's a cue to people's genetic qualities, including their immune function and [the capacity to] pass on that good immune function down to their children."

The team found that people with higher ratings of attractiveness also had higher levels of white blood cells that combat disease-causing bacteria.

In addition, women found men more attractive when they had higher-functioning natural killer (NK) cells in their blood. It was the opposite for men – but that makes sense too, for high NK cells in women is linked to reduced sex-hormone levels.

**My View?** There are many factors which seem to drive attractiveness and all of them can be related back to 'reproduction fitness'. Are they all 'Just-so' stories? Or is there some deep evolutionary imperative? The evidence is piling up that we are indeed programmed to detect 'fitness for purpose' in a prospective mate.

See: **High Plant Intake: Healthy Glow**, [March 2011](#) [9]; **Symmetry is Beauty is Health**, [June 2012](#) [10]; **Female Attractiveness**, [Nov 2005](#) [11]; **Men Prefer Women's Back Curved**, [Feb 2015](#) [12].

### Brisk Walkers live longer

A powerful study of the genetics of 400,000 people finds that brisk walkers have longer lasting 'telomeres' [13].

Telomeres are the 'caps' at the end of each chromosome, which protect it from damage. See: **Telomeres & Anti-ageing**, [March 2010](#) [14];

However, each time a cell divides, these telomeres become shorter -- until the cell dies.

Nevertheless, people who have a brisk "usual walking pace" have telomeres that last up to 16 years longer. Meaning that their biological age is substantially younger and they could have a life expectancy some 20 years longer.

The researchers define 'brisk' walking as being 4 mph (6.5 kph) or more, 'moderate' as 3 – 4 mph (4.8 – 6.5 kph) and 'slow' as less than 3 mph (4.8 kph).

**My View?** It seems that it is sufficient just to be an 'habitual' brisk walker without necessarily making it an exercise routine.

Indeed, depending on your leg-length, it can be quite hard to keep up this pace for any length of time.

But in this I was inspired by 50 km Olympic gold medalist walker, Don Thompson (see next article) who said that if you want to walk faster, don't try to increase your stepping frequency, instead increase your stride length.

What would our foragers say? They were not much into brisk walking so this insight gives us a trick to improve on nature.

### Champion Walker "Il Topolino" Don Thompson



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

As a youth I was inspired by the walking exploits of Englishman, Don Thompson.

Famously, in 1960, he won the gold medal for the 50 km

walking race at the Rome Olympics. This was in the days when the Olympics were for amateurs only.

Don was a bank clerk who trained for the heat of Rome by exercising in his bathroom kitted out with extra heaters and steaming pots of boiling water. The trick worked

perfectly and Don carried off the 50 km gold medal.

Don was only 5'-5" tall (165 cm) and in admiration of him, the Italian press dubbed him 'Il Topolino', freely translated as 'Mighty Mouse'.

### **Our Guts sense the Difference between Sugar & Sweeteners**

Your taste buds may or may not tell the difference between the taste of sugar and that of sweeteners.

However, your gut **DOES** detect the difference and, using different neuro-transmitters, conveys that message in milliseconds, via the vagus nerve, to the brain [15].

**My View?** If you suffer from sugar cravings, don't expect the artificial sweetener to assuage them. See: **Splenda Promotes Hunger**, [June 2016](#) [16].

On the other hand, we find that low calorie sweeteners, used in full knowledge of their effects, are a useful addition to managing blood sugar levels.

### **Evolutionary Psychology**

#### **Liberals & Conservatives see faces differently**

Back in [Oct 2012](#) [17] in **Female Image Appeal Brands Political Party**, we wrote about a study that finds that Republican female politicians had, on average, more feminine faces.



Michele Bachman  
Republican



Rosa Delauro  
Democrat

In a twist on this, investigators researching leadership find that a man with a wider face is "perceived" as having a more dominant personality and possessing stronger leadership traits than one with a narrower face.

However, this distinction did not apply to women. Indeed, conservatives show a stronger bias against women's faces and are less likely to elect a woman perceiving them as having lower dominance [18].

Liberals indicate that they are more likely to vote for a woman, but like conservatives, they also didn't perceive women with a wider face as more dominant.

Opine the researchers: "leadership in ancestral humans involved hunting and warfare, and so selection was based on cues of health, strength, and an imposing physique. So there is an evolutionary bias to prefer leaders with such characteristics."

Moreover, "humans have evolved to perceive larger faces as being more dominant, and so that perception has become a stereotype."

**My View?** The volume of the unknown is infinite whereas the amount of what we do know is finite.

Working with stereotypes is how we navigate the chaos of the unknown world. So we are programmed to instinctively select a leader based on signs of dominant physical features.

### **Our Food Supply**

#### **Xanthan Gum- Gut processing**

Xanthan gum is a natural product produced by the bacterium '*Xanthomonas campestris*'. It has immense thickening power and is used in many processed foods. Nicole uses it sometimes in her recipes ([www.paleo-harvest.com](http://www.paleo-harvest.com)).

But what is it and how safe? It is regarded as a dietary fiber so on the face of it, a useful addition to the diet.

#### **Short Chain Fatty Acids**

Now research has discovered what happens to it in the gut [19]. The bacterium "*Ruminococcaceae*", is the sole microbe capable of digesting it and turning it into something useful to the human organism. Indeed it makes short-chain-fatty-acids (SCFAs), like *butyric acid* and *propionic acid*, which are a healthy addition to our biochemistry (See: **Seasonality of Gut Bugs – II**, [Oct 2017](#) [20])

The researchers say that this bacterium, "*Ruminococcaceae*", is not common in forager guts and

that consumption of xanthan gum might be altering the microbiome's profile.

**My View?** Our microbiomes are already very different to those of foragers, see: **Forager Gut Bugs not like ours**, [April 2014](#) [21]. And whilst we would do well to encourage anything that moves our gut-bug profile in the forager direction, xanthan gum is used in minute quantities and so its effects either way are negligible.

We will continue to use it in our recipes whilst we await the outcome of further studies.

#### **Not all Dietary Fibers are Equal**

Dietary fibers in general are considered 'a good thing'. However, they are not all the same in their effects.

A study has looked at two different kinds of soluble fiber: arabinoxylans (AX) which is found in plant cell walls, and long-chain inulin (LCI) found in onions, chicory and Jerusalem artichokes [22].

On average, AX consumption was associated with a significant reduction in 'bad cholesterol' LDL, and an increase in bile acids, which aid cholesterol reduction.

Meanwhile, LCI decreased inflammation and increased the abundance of Bifidobacterium -- a beneficial gut microbe known to produce healthy short-chain fatty acids (SCFAs – see previous article).

**My View?** We can get too confused micromanaging the fine detail of such things as dietary fiber. See **Defining Dietary Fiber**, [Aug 2016](#) [23]

Just follow the eating pattern we talk about and we are sure it will all work out fine.

### **Letter**

From: *Diane Lewis, Hawaii.*

"The Newsletter [#BondBriefing] just gets more and more interesting each and every month. I am so excited when I receive your link that I drop everything to read it – all four pages!"

**Continued from Page 1**

### Pre-industrial peoples - low Dementia Rates



Tsimane people in 1913

**My View?** Just so! Chronic inflammation seems to be a root cause of dementia and as I say in **Alzheimers & Dementia, *Deadly Harvest, Ch 9***, p.253 [24]:

“A life lived out of harmony with the Savanna Model sharply increases the risk of Alzheimer’s disease.”

I go on to cite some of the factors we know are culprits:

Too much fat and the wrong fats and oils; a high-glycemic diet; a high intake of plant toxins (like in soy); low intake of plants and their micro-nutrients, never feeling hungry, low levels of physical activity, low levels of brain-testing activity.

I have also reported many times that **LACK OF SUNSHINE** and/or vitamin D3 is an important factor. See: **Low Sunshine, More Alzheimer's, *May 2009*** [25].

Other factors keep coming out. For example **SALT** see: **High-salt Diet & Alzheimer’s, *Nov 2019*** [26]

Can Alzheimer’s be reversed? No one knows, but it can certainly be slowed down by living the way nature intended.

**Continued from Page 1**

### Hunter-Gather’s Guide to 21<sup>st</sup> C



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

Civilization needs citizens capable of openness and enquiry; able to get out of their comfort zone and to question bad rules.

In contrast “some people believe that reality is a social construct” and this “infiltration into institutions of learning” is doing immense harm. Indeed, “a university cannot simultaneously maximize the pursuit of Truth and that of the new Marxist ‘Social Justice’ cult.”

(For an explanation of this assertion see social psychologist Prof. Jonathan Haidt at: <https://youtu.be/kaQ-ZF9S3uk> or read: <https://bit.ly/3bhmWt3>).

So it is that a healthy society needs citizens who “seek out physical reality not just social experience.” Moreover, “in good times, group stability frays” so that special vigilance is needed to conserve our valuable institutions.

Finally the authors observe that “being an adult means not abdicating responsibility, especially when others are depending on you.”

**My View?** Heying & Weinstein are using their background in forager studies to push back against the pathological effects of the ‘Social Justice’ cult sweeping through our institutions today.

For a more prosaic account of how the human race managed *Parenting and Childhood* for 99% of its existence, see: **Deadly Harvest, Ch 8** [27], **Parenting**, page 214; **Childhood**, page 218; **Rites of Passage**, page 222; **Lessons for us today**, page 223. See also: the remarks of Professor of Comparative Mythology, *Joseph Campbell*, in **Life Strait-jacket: Break Free, *April 2017*** [28].

**Next Month:** How our outsize brains are prone to confusion and misunderstanding..

**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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