



## 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

**News Shorts:** Toddler's Milk Overdose. **Heritage Diet:** Moroccan Forager's Rotten Teeth. **News Short:** Vitamin D Deficiency linked to Premature Death. **Quote:** Avoid Bed-ridden in old-age. **Food Ideas:** Quick Canapé Dish. **Q&A:** Chocolate Heavy Metals. **News Shorts:** Black Tea aids Heart Health; Children born from Obese pregnant women are twice as likely to suffer from ADHD; Daily step counts & intensity improve survival. **Evolutionary Biology:** Recording #BondPaleo Lifestyle II. **Viewpoint:** Organizing Society for an industrialized world (III).

### News Shorts

#### Toddler's Milk Overdose



A two-year-old who was so pale doctors feared he had blood cancer has finally been given a diagnosis — he was drinking too much cow's milk [1]. Laura Donovan's son Johnny, from Oregon, was born at the height of the pandemic in 2020 and took a liking to cow's milk from age one. His mother, not knowing the dangers, allowed him to keep drinking 30 to 40 ounces (1 liter) of cow's milk a day

By age two, Johnny was more fatigued, fussy and prone to tantrums than most toddlers his age. He was also very pale. Blood tests pinpointed the cause: Johnny was severely iron deficient.

Cow's milk hinders the body's ability to absorb iron, leading to exhaustion, pale skin, irritability and fussiness, a fast heartbeat, poor appetite, trouble breathing, and dizziness.

Johnny's iron deficiency anemia (IDA) was so severe that he had developed a heart murmur,

To hear that too much milk can be a bad thing was a surprise to Ms Donovan, who, like most Americans: "believed that milk was the key to growing up big and strong."

**My View?** The milk lobby has a lot to answer for with its incredibly successful marketing campaigns. Remember "Got Milk?" It started in the 1990s but its effects, and campaigns since then, are >p3

### Heritage Diet

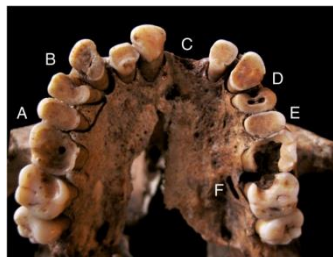
#### Moroccan Foragers' Rotten Teeth

In our ancestral homeland of east Africa, our species had been moulded over millions of years by its environment. Its hunter-gatherer lifestyle was one adapted for life in east Africa.

Famously, as notably reported by Truswell & Hansen [2], the San Bushmen, who still live this ancestral way of life, had no sign of dental caries (cavities).

So what happened to hunter-gatherers as they spread out, some 60,000 years ago, into other, non east African, environments?

As Dr Weston Price found in the 1930s, **Mouth Flora in Evolutionary Perspective**, [Oct 2008](#) [3], most of them retained perfect dental health.



(A) heavy tooth wear, (B) contact caries, (C) tooth loss, (D) attrition caries, (E) gross caries, (F) abscess.

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

However, not all such tribes were so lucky. A study of the remains of hunter-gatherers living some 15,000 years ago at Taforalt, near modern-day Oujda in Morocco, finds that they suffered badly from rotten teeth [4].

What happened to them? Answer: "Acorns!". Say the researchers: "The foragers relied on edible acorns as a staple food. Eating **FERMENTABLE CARBOHYDRATES** is a > p4

### News Short

#### Vitamin D Deficiency linked to Premature Death

Research from the University of South Australia finds that vitamin D deficiency is associated with premature death [5]. It is also the first study of its kind to include cancer, CVD and respiratory disease as an outcome.

Low levels of vitamin D were defined as less than 25 nmol/L. Over a 14-year follow up period, researchers found that all-cause death **INCREASED** by 25% for participants with vitamin D of 25 nmol/L compared with 50 nmol/L.

Note the researchers: "It's the vitamin that we get from the sun, yet despite its ample availability, one in three Australian adults still suffers from mild, moderate or severe vitamin D deficiency. **My View?** It is the ultimate irony that Australians should be deficient in vitamin D in spite of their sunny lifestyle.>p3

### Quote

#### Avoid bed-ridden in old age

"Long ago I learned from my father to put old people to bed only for as short a time as was absolutely necessary, for they were like a foundered horse; if they got down it was difficult for them to get up, and their strength ebbed away very rapidly while in bed."

*Dr. Charles H Mayo, founder of the Mayo Clinic.*

I just love the comparison with a 'foundered horse' – how dated is that! But the sentiment is so true: we need to keep "up and doing" to stay fit. See: **Modern Inactivity**, [May 2021](#) [6].

## Food Ideas

### Quick Canapé Dish



Enlarge: <http://bit.ly/3ZXN6px>

This medley of canapés is quickly knocked up since much of it comes conveniently presented in bottles, jars, and cans.

- Palm hearts
- Artichoke hearts
- Asparagus, green & white
- Cherry tomatoes (fresh)
- Red bell pepper, grilled
- Lettuce leaf (fresh)
- Pomegranate seeds (garnish)
- Seed sprouts (garnish)
- Smoked eel
- Smoked salmon

Nominally all this is Paleo although, since much of it is preserved in some way, it is not as good as fresh. Even so, it is still nourishing, attractive, tasty and, above all, quick to prepare!

## Questions

### Chocolate Heavy Metals

**Q.** *What do you think of the **Consumer Reports'** study [7] that finds that some dark chocolate has high levels of cadmium and lead?*

*In your briefings you have mentioned that the human body has the ability to process heavy metals such as lead. Is the amount in dark chocolate an issue?*

**A.** This issue requires careful thought. It is true that the body can deal with modest amounts of heavy metals but can be overcome by excess amounts.

**Consumer Reports** tested a variety of chocolates available in America. It suggested **AVOIDING** **Lily's**, **Theo**, and **Trader Joe's**.

Safer choices, according to Consumer Reports, included **Mast**, **Taza**, **Ghirardelli**, and **Valrhona**.

Cocoa producers can take precautions against heavy metal contamination. Apparently, lead comes mainly from road traffic exhausts during the tropical open-air bean drying process.

In contrast, cadmium is taken up from the soil. Growers can simply avoid cadmium-rich soils to grow their cocoa trees.

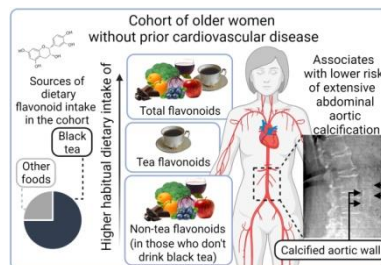
**My View?** In this matter I would be guided by the words of the researchers:

“Use chocolate as a treat. A single ounce (30g) is unlikely to cause any immediate harm. The risk comes with frequent consumption over time. Having a “serving” a few days a week, especially with a product that has lower levels, means you can eat dark chocolate without worrying unduly.”

## News Shorts

### Black Tea aids Heart Health

A daily cup of tea could help you to enjoy better health late in life -- however if you're not a tea drinker, there are other things you can add to your diet.



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

The key is **FLAVONOIDS** which are naturally occurring micronutrients found in many common foods and beverages such as black tea in particular, but also in green tea, blueberries, strawberries, oranges, red wine, apples, raisins/grapes and dark chocolate.

Now a study of 881 elderly women found that they were far less likely to have extensive build-up of calcium plaque in the heart's aorta (AAC) if they consumed a high level of flavonoids in their diet [8]. AAC leads to heart attack and stroke. It is also linked to dementia later in life.

Compared to those with the lowest intake of flavonoids, those who had the highest intake were some 39%

less likely to have extensive AAC. Black tea was the study cohort's main source of total flavonoids. Those who had two-to-six cups of black tea per day had 16% - 42% less chance of having extensive AAC.

Say the researchers, “Higher total non-tea flavonoid intake also appears to protect against extensive calcification of the arteries.”

**My View?** I'm pleased to see that my daily 'cuppas' are vindicated! And it is a reminder for me to discuss them [Next Month](#) [9] in **Recording #BondPaleo Lifestyle part III**.

As usual, these findings are presented as the consumption of a particular nutrient as being “protective”. Whereas we need to look at it the other way round. It is the **STARVATION** of these nutrients that leads to the ailments in question.

Did foragers drink black tea? I don't think so. They got their flavonoids from all the other plant food they ate, notably fruits such as the ligwa, ochna, and grewia berries and the ivory fruit. See **Fruits**, [Deadly Harvest](#), [Chapter 5](#) [10], p 126.

### Children born from obese pregnant women are twice as likely to suffer from ADHD

Children born from a mother that is suffering from obesity and gestational diabetes are twice as likely to develop ADHD, a study finds [11].

- Researchers have linked ADHD to prenatal obesity, but are unsure why it occurs, but the link has long been established

- Children of women who suffer from gestational diabetes, a form of temporary diabetes during pregnancy, are most at risk of ADHD.

- Cases of ADHD in American children increased 30 percent from 2011 to 2018, though the reason why has not been pinpointed yet.

**My View?** There is some evidence that ADHD is over-diagnosed [12] but even so, it has been linked to many lifestyle factors. For example: not enough exposure to sunshine [13] or to Nature [14]. It is linked to gluten [15], to dairy and poor sleep



due to nasal congestion [16], and to antibiotics upsetting gut bugs [17].

Now we have an obesity connection. We don't need to add to the demonization of obesity – we all know that it is unhealthy and we must work to avoid it.

As for ADHD well, whatever the truth of the matter, it behooves us to live like nature intended and stack the deck of cards in favour of avoiding it.

### Daily Step Counts & Intensity Improve Survival

A study in the prestigious journal JAMA finds that accumulating more steps per day (up to about 10,000) lowers the risk of getting cancer and CVD; it also lowers the risk of dying from any cause, including cancer and CVD [18].

Short bursts of higher step intensity – up to 130 steps per minute – provide additional benefits.

**My View?** Physical activity was an ever-present feature of our evolutionary history and so our bodies and minds came to depend on it. See: **Paleo-conforming Physical Activity**, [Sept 2018](#) [19].

This study reinforces this familiar message yet again (if a little mechanistically). It does focus on the magical figure of 10,000 steps per day as a reasonable goal.

One can be suspicious of such a nice round number and, compared to our evolutionary programming, see, **10,000 Steps a Day?** [July 2014](#) [20]) in my view is somewhat exaggerated, especially for women.

The study's finding that short bursts of "higher stepping cadences" (walking more vigorously) are good chimes with the findings we reported in: **Short Bursts of Exercise Improve Metabolic Health**. [Dec 2020](#) [21]

Continued from Page 1

### Vitamin D Deficiency linked to Premature Death

In my view the major reason is the use of sunscreen. Sunscreens **BLOCK** the skin from making vitamin D but have the pesky drawback of masking skin **DAMAGE**. See: **Sunscreens Cause Skin Cancer**, [March 2010](#) [22].

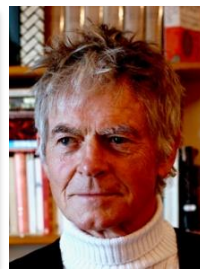
Our ancient ancestors lived stark naked 365 days a year under a

tropical sun – so our bodies came to expect it to be there – and without it we sicken and die.

OK, evolution has moved on and many of us have white skins to absorb the feeble sun from higher latitudes. But the need is still there! Get out into the sunshine whenever you can, without sunscreen, and tan up as best you can. Just stop if there is any sign of burning.

### Evolutionary Biology

#### Recording #BondPaleo Lifestyle-II



Food Diary [23] Geoff [24]

Last month, I reported how I have been keeping a food and lifestyle diary for some 8 years and posted a sample day (above). This is **NOT** a standard model and has some flaws as we shall see. But that provides good discussion points.

First of all looking at the food intake:

**Plant Food:** Normally, almost every day I have a large salad of some 450 g (1 lb). However, unusually, this day there was no salad. Even so, the plant food intake was good with 452 grams of fruit, and 490 grams vegetables making a total of some 942 grams (2 lb).

**Protein:** Intake of animal protein was particularly low for a man my size on this day – just 95 grams from oily fish plus 110 grams from two eggs.

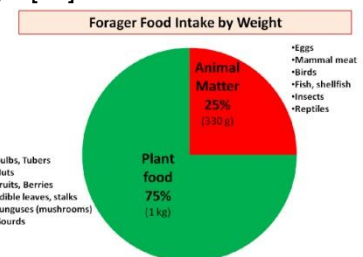
Eggs are not a rich source of protein but they were both organic as denoted by the (O,O) in the food diary image above. When available, we use eggs from chickens that run around a village farmyard, in which case they are denoted by (V). See **Artemis Simopoulos'** study of Ampelistra farmyard eggs in: **Getting omega-3 into eggs**, [Feb 2012](#) [25] and for "Yard-raised" eggs in: **What's Best - Fish or Chicken?** [Aug 2010](#) [26].

There is also some protein coming from the nut- and seed-rich Paleo bread, see: **Three Flour Bread**, [Sept 2011](#) [27].

With all ingredients taken into account, the day's intake of actual protein amounted to some 31 grams which is only half the recommended amount for someone my size. See: **Limits to Protein Intake** [June 2011](#) [28]. But no worries, protein intake will get back to normal the following day.

### Plant Food/Animal Food Ratio

The average forager food supply contained about 75% plant food by weight and 25% of food of animal origin [29].



<http://bit.ly/3H3VATa>

This is important since it gives an **Acid/Alkali ratio** which is slightly **ALKALIZING**. In contrast the Western diet is typically **ACIDIFYING** which is a factor in many illnesses. See: **Acid-Base (Alkali) Balance**, [Nov 2012](#) [30]

So the good thing for me on this day was that, with the low animal intake, the effect is even more strongly **ALKALIZING** and so healthy.

**Next Month:** Part III – fats & oils, sweeteners, carbohydrates.

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### Toddler's Milk Overdose



reverberating down to the present generation.

Non-human milk has no business being in anyone's diet and we highlight why in: **Dairy Products**, [Deadly Harvest](#), [Chapter 5](#) [31] page 127.

Now we have yet another drawback: cow's milk depresses iron absorption and, in excess, leads to anemia [32].

Continued from Page 1

**Moroccan Foragers Rotten Teeth**

... key factor in the initiation and progression of this disease.

"The acorns may have been boiled or ground to make flour; cooking the acorns would have added to their stickiness. And abrasive particles from grindstones contributed to rapid tooth wear so that caries started to form on the roots of the teeth."

**My View?** It is interesting that the researchers use the term "fermentable carbohydrates". Indeed these are the villains – starches and sugars. See: **Food & Ancient Plaque Bacteria**, [April 2013](#) [33]

**Viewpoint****Organising Society for an Industrialised world (III)**

*Who wants to return to the drudgery and insecurity of peasant farming? So what factors came together in England to trigger the Industrial Revolution and how do we nurture it? [Last month](#) [34] we looked at how*

*the English **Common Law** which "allowed everything that isn't expressly forbidden" released entrepreneurial activity. Now it is the turn of:*

**Individual Responsibility:** the next unusual factor was provided by the focus on the equality of responsibility of the **INDIVIDUAL** before the law and not his group, clan, or kinship identity.

Even rulers were subject to the same laws: Saxon Queen Edith (1025-1075), wife of Edward the Confessor, had to request the local court to give her a 'just ruling' on a Mr Wudumann who hadn't paid his rent for six years [35].

Put another way, an individual could only be held responsible for his own actions and not for anyone else's in his family or group identity.

This is in contrast to just about the whole of human society up to this point.

Forager bands were in frequent feuds with neighboring bands where the 'out-group' was held responsible for some generations-old slight – and killing anyone of them was considered legitimate. See: **Warfare**,

[Deadly Harvest, Chapter 8](#) [36], p 200.

Or as I wrote in: **Law Enforcement Lessons**, [Nov 2020](#) [37], about Wilfred Thesiger's 1940s travels in the Empty Quarter of Saudi Arabia:

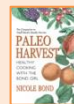
"Just like our foragers, Thesiger found that if their honor has been besmirched the Bedu become vindictive and bent on revenge. This leads to a cycle of vendettas and revenge killings focussed on **GROUP GUILT**. It doesn't matter who gets killed in revenge, however innocent, so long as **SOMEONE** is "done in" and so settles the score.

"In this regard Western societies are unusual in that it is customary to hold the **INDIVIDUAL** responsible for his actions – not his whole family or tribe."

In other words, the English-heritage world (dubbed the 'Anglosphere'), removed considerable responsibility to the group, which freed-up individuals to take risks both with reputation and money.

[Next month](#): Part IV - Presumption of innocence.

**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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