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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

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Question of Month

Migraine - a Lifestyle disease?



Credit: Chester County Hospital

Q. I suffer from migraines. Does the #BondPaleo lifestyle give any relief?

A. Yes, there is hope! Migraines are not fully understood and many factors can be involved. Nevertheless, as I say in: **Migraine**, **Deadly Harvest**, **ch 9** [1], p 248, the literature is very clear about certain Western lifestyle errors which, when corrected to Paleo, can give relief:



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

a) Get plenty of Sunshine:

Deficiency of sunshine (and its vitamin D) is strongly linked to migraine [2]. Just tan up slowly, **WITHOUT** sunscreen, and avoid burning. See: **Forager vs Modern Light Exposure**, **May 2018** [3].

b) Load up on omega-3 fish oils (e.g. salmon, sardine, mackerel, herring, trout and so forth). **Strictly cut out omega-6 vegetable oils** (e.g. sunflower, corn, peanut & safflower.)

The Western diet is woefully deficient in the vital omega-3 oil. Eat at least one good portion of these fish per day. From a can is good enough > p3

Message

From: *Darcia Narvaez, Professor of Psychology Emerita, University of Notre Dame, Indiana, USA*

"Thanks for your excellent work in educating the public."



<http://bit.ly/3IN4NkX>

#BondBriefing reader Professor Darcia is an evolutionary psychologist who has made a particular study of how human infants, in our evolutionary past, were brought up in a secure 'nest-like' environment.

She calls this The **Evolved Nest** [4] Darcia argues that this 'nest' is essential for the proper development, within the infant's brain, of optimal human health, well-being, and compassionate morality.

The 'Evolved Nest' includes:

- Affection and constant touch or physical presence (according to a child's needs).
- Responsiveness to needs to keep baby from becoming distressed.
- Breastfeeding on request for 2-5 years (average age of weaning is four years).
- Multiple adult kin, responsive caregivers known as "Alloparenting": see **Childhood: Forager Indulgent or Modern Discipline? Part I** **Sept 2011** [5].
- Positive social support for mother and baby. > p3

Food Ideas

Jerusalem Artichokes



<http://bit.ly/3Zrk7db>

This vegetable is not often found in the shops but is well worth trying it when you can. It is the root of a species of sunflower and looks like large root ginger.

It is special since its carbohydrate content is not starch but **INULIN**. See **All about Inulin**, **March 2011** [6].

This is good since inulin is a dietary fiber, it improves gut health and, unlike starchy roots like potato, it does not give nasty blood sugar spikes.

Jerusalem artichokes can be prepared like potato but might require longer cooking. We usually cut it into slices and steam them for 15 minutes.

Optionally, for added taste, lightly sauté the steamed slices in olive oil for a couple of minutes.

See also: **Not all Dietary Fibers are Equal**, **May 2022** [7].

News Short

Benefits of Forest Smells

We are inundated with studies showing how exposure to nature is beneficial to mental and physical health. I have reported on them at regular intervals (See, for example: **Nixing "Nature Deficit Disorder"**, **May 2018** [8]) yet I have often wondered if blind people obtain the same benefits. > p2

Recipe

Strawberry Crispy Crumble



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

Yield: 4 servings

(The strawberries can be replaced by other fruits.)

1 lb (450g) strawberries, sliced in quarters
 2 oz (60g) almond flour
 1½ tablespoon erythritol
 1 tablespoon olive oil
 1 tablespoon vanilla extract
 1½ oz (40g) blanched slivered almonds.

Layer sliced strawberries in a square baking mold.
 Bake strawberries at 320°F (160°C) for 30 minutes.
 Meanwhile, prepare the crumble in a food processor:
 Pulse almond flour with erythritol, oil and vanilla extract, until pea-sized pieces of dough form.
 Briefly pulse in slivered almonds.
 Spoon crumble over baked strawberries
 Bake at 320°F (160°C) for about 30 minutes, or until topping is golden-brown.
 Remove from oven and serve.

Questions

Fats & Oils intake

Q. Can you explain again why you don't use much oil. I do have sensitivity to oils/fats intake.

A. Briefly, our intake of fats and oils is relatively low because the chief source of them is in what we eat – chiefly eggs and oily fish.

This chimes with typical forager intake where fats and oils were scarce and certainly not available in bulk from a quart bottle!

But notably the fat/oil intake must have a good fatty acid profile too.



<http://bit.ly/3J3s0iU>

Secondly, fats/oils (with the exception of omega-3 & -6) are mainly empty calories and our waistlines are better off without them! See **Fats & Oils**, in **Recording #BondPaleo Lifestyle-III**, p 3.

As for your sensitivity to fats and oils I have no thoughts to offer except that it seems to be a healthy aversion to have!

News Shorts

Obese Men risk Osteoporosis

Men with high levels of body fat have lower bone density and may be more likely to break a bone than those with normal levels of body fat, according to researchers at the University of Chicago [9].

These findings run counter to the prevailing assumption amongst health care providers that heavy people have higher bone density. Apparently it makes a difference whether the excess weight comes from muscle (OK) or fat (not OK).

My View? Yet another argument to keep as skinny as a forager and to develop the muscles of one. Heavy muscular work is certainly a vital feature of the male Paleo lifestyle.



<http://bit.ly/2CnjwS6>

Hadza man with 94lb (43kg) bow-pull [10]

See: **Ageing Muscles – Hard to Build, Easy to Lose**, [Sept 2018](#) [11]
Muscle Molecule Builds Bone, [Nov 2015](#) [12], **Protein and Muscle building**, [June 2014](#) [13]

Bursts of activity extend life

A study is the first to accurately measure the health benefits of what

researchers have termed 'vigorous intermittent lifestyle physical activity' or VILPA [14].

VILPA is the very short bouts of vigorous activity (up to one to two minutes) we do with gusto each day, like running for the bus, bursts of power walking while doing errands or playing high-energy games with the kids.

The majority of adults aged 40 and over do not take part in regular exercise or sport, but study author Professor Stamatakis said the study reveals how incidental physical activity can overcome many barriers.

"Upping the intensity of daily activities requires no time commitment, no preparation, no club memberships, no special skills. It simply involves stepping up the pace while walking or doing the housework with a bit more energy"

The maximum of 11 bouts per day for 62-year-olds was associated with a 65% reduction in cardiovascular death risk and 49% reduction in cancer-related death risk, compared to no VILPA.

My View? Does this compare to a typical forager lifestyle? Possibly. See: **Paleo-conforming Physical Activity**, [Sept 2018](#) [15]. But whether it does or not, it is clearly a neat trick to make the most of getting a life-extending activity with the minimum of effort. See also: **Racquet Sports best for staying alive**, [Sept 2022](#) [16].

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Benefits of Forest Smells

Now a study finds that although sight is the major factor, the involvement of all five senses can be beneficial [17].

In particular trees, especially pine trees, cypresses and the like emit "volatile organic compounds" (VOCs) like "limonene" and "pinene". These compounds have useful antioxidant and anti-inflammatory effects on the lungs. Some "terpenes" promote brain function by decreasing mental fatigue, inducing relaxation, and improving cognitive performance and mood.

Say the researchers: "Moreover, the benefits of "forest bathing" (see:

Green-space Deficit Disorders, [Aug 2018](#) [18]) cannot be solely attributed to breathing in VOCs but are due to a stimulation of the five senses, induced by all specific characteristics of the natural environment, with sight probably playing a fundamental role in the overall effect. Globally, these findings can have useful implications for individual wellbeing, public health, and landscape design." See: **Awe Quenches Inflammation**, [March 2015](#) [19].

Evolutionary Biology

Recording #BondPaleo - III



[Food Diary](#) [20]

[Geoff](#) [21]

[Last month](#), I analyzed my sample food and lifestyle diary for plant food intake, protein intake, eggs, Paleo bread, and the alkalizing nature of the day's intake.

Fats & Oils: As is common for most of my days, there is a low intake of fats and oils generally. Nothing is fried and there are no added vegetable oils or fats.

Most of the fats/oils come from the soft-boiled eggs (10g), sardine canned in brine (3.5g), smoked salmon (2.4g) and avocado (18g) making a total of some 34g. They contribute some 272 calories or 13% of the day's calories.

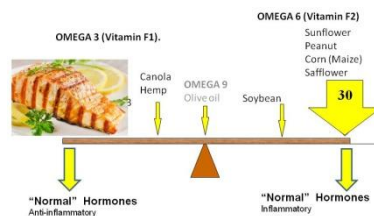
Fatty Acid Composition: as my readers will know, low fat diet is one thing, but the fatty acid **PROFILE** is of vital importance.

Most important is the intake of **omega-3** oils. In this day, a good intake was obtained from the sardines (0.8g) and smoked salmon (1.2g) making a satisfactory total of some 2g fish oil.

Often we buy omega-3 rich eggs (see: **Getting omega-3 into eggs**, [Feb 2012](#) [22]) which can make an important contribution but was unnecessary on this occasion.

There was no gratuitous use of the dreaded omega-6 vegetable oils

(See item a) in **Migraine - a Lifestyle disease?** page 1.) Nevertheless there will be manageable amounts naturally occurring in the paleo bread (nuts), the seafood and the eggs. Even so, we can suppose that the all-important omega-3 to omega-6 ratio is close to being in balance.



Balance the essential fatty acids!

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

Next Month: Part IV drinks, sweeteners, fermentable carbohydrates.

Continued from Page 1

Migraine - a Lifestyle disease?



Omega-3s lower inflammation, lower pain sensitivity and lower by some 30% to 40% the incidence of headaches per day [23].

See also: **Migraine Remedy: Fish-oil**, [Sept 2021](#) [24] and **Regularity of Omega-3 Intake?** [July 2019](#) [25].

c) Avoid Wheat, Rye and Barley. Their gluten content has a strong connection to migraines, especially if you are a celiac sufferer [26].

d) Avoid Dairy products. Dairy proteins are particular connected to migraines [27].

e) Adopt a low-glycemic diet. High insulin levels driven by a high starch-and-sugar diet, manufacture abnormal levels of histamine, a potent allergen [28]. Diabetics in particular are much more vulnerable to migraine [29].

f) Load up on plant micro-nutrients. A low plant food diet, deficient in micronutrients, notably magnesium [30] and riboflavin (vitamin B2), [31] sharply increases the likelihood of developing a migraine. See: **The Magnesium Solution for Migraine Headaches**, [Sept 2004](#) [32] and my review on

Amazon: <http://amzn.to/1OxUVKS>. There is no excuse for magnesium deficiency **EVER** – magnesium is the active ingredient in chlorophyll – just eat up your lettuce and greens!

g) Have good gut health (see: **Our Living Gut** and following episodes, [June 2016](#) [33]) **with good dietary fiber intake.** See: **Defining Dietary Fiber**, [Aug 2016](#) [34]

There is a strong connection via the "gut-brain axis" whereby good gut bugs help ensure good brain health [35]. See also: **Brain Health**, [Deadly Harvest, Chapter 9](#), p 251.

Moral? All the indications suggest that living the way nature intended, the way we say, will stack the deck of cards in favour of partial or even complete remission of migraine

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"Thanks for your excellent work in educating the public."

• Self-directed play throughout childhood in nature with multi-age playmates.

Also, adds Prof. Narvaez, soothing birth experiences (no separation of newborn from mother, no painful procedures, etc).

We have reported on Darcia's ideas in: **'Crying it out' Harms Cognition**, [April 2013](#) [36]; **The "Nested" Human part I**, [Dec 2017](#) [37]; **part II**, [Jan 2018](#) [38]; **part III**, [Feb 2018](#) [39]; **part IV**, [March 2018](#) [40], and, **The Science & Art of Mothering**, [April 2019](#) [41]. For more on Darcia's work see: **6-minute film: Breaking the Cycle. The Evolved Nest** (Articles); [Founder, EvolvedNest.Org](#) (podcasts, info, monthly newsletter).

Viewpoint

Organising Society for an Industrialised world (IV)

Who wants to return to the grinding poverty, drudgery and insecurity of peasant farming? So what factors came together in England to trigger the prosperity of the Industrial Revolution and how do we nurture it? [Last month](#) [42] we looked at how the law focused on the equality of

responsibility of the **INDIVIDUAL** before the law and not his group, clan, or kinship identity. This freed up individuals to take risks with both reputation and investment. Now it is the turn of property rights, and the sanctity of free contract.

Two thousand years ago, the Roman historian Tacitus was astonished by the Germanic tribes who lived beyond their northern frontiers – they were in the habit of deciding their affairs through open-air meetings.

Their chiefs were not autocrats but governed by consent. Their rule rested upon their ability to inspire rather than their power to compel. Their peoples were not subjects, but equal and free participants in the administration of their affairs [43]. (This is similar to how the chief was appointed in a forager band, see: **Male Hierarchy**, [Deadly Harvest](#), [Chapter 8](#) [44], page 203).

In that era, two of the Germanic tribes were the Angles and Saxons. As we saw, the Anglo-Saxons carried this principle of: “government of the people, by the people, for the people” to Britain when they migrated there five centuries later. It was exemplified by their ‘Witan’ councils and, even if the name has changed, this principle of self-government has continued in the ‘Anglosphere’ – in spite of all kinds of set-back and vicissitudes – right through to the present day.

Notably two of the values that unite the ‘Anglosphere’ were particularly propitious to the sparking of the Industrial Revolution: the *sanctity of contract*, and the *respect of property rights*.

These might sound very obvious and yet in most of Europe and Asia, people in power freely reneged on contracts; and stole or confiscated other people’s property.

Even today we can still see such a cavalier attitude to contract even in the European Union for example. The EU works on top-down Roman law and thinks it perfectly reasonable to ignore the terms of a contract if they are ‘inconvenient’ [45,46].

With strong laws honestly and strictly applied to enforce contracts, and with solid protection of property ownership, (including intellectual property), English entrepreneurs were freed to take risks in inventive and creative ways to multiply up their assets.

Next month: Part V using assets to make more assets.

Spreading the Word

Private lectures have begun again. Contact us if you have one to suggest: admin@naturealeater.com

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43 How we invented freedom & why it matters, Daniel Hannan, ISBN: 9781781857564

44 <http://bit.ly/ch-8>

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