



The science & art of living the way nature intended

The Bond Briefing

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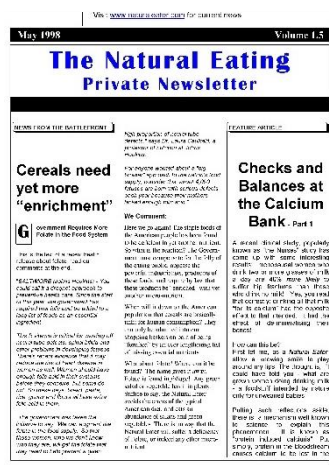


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Spreading the word: 25 years of #BondBriefing. **Health Heritage:** Case Lesson: Bowel Cancer. **Q&A:** Intermittent Fasting; Validity of Hunter-Gatherer studies. **Evolutionary Behavior:** Male Homosexuality and place in the birth order of siblings. **Research:** One day in #BondPaleo – VI. **News Shorts:** Fasting for 24 hours could harm the immune system; Hunter-gatherers show us how to bring up happier children? **Postponements:** Organizing society for an industrialised world – VII. Who Report on Artificial Sweeteners.

Spreading the Word

25 years of #BondBriefing



<https://bit.ly/2l8wDK9>

This edition of the BondBriefing completes 25 years of continuous monthly publication.

The first edition, in May 1998, was relatively rudimentary and, in those days most people did not have email.

So most of the distribution was by physical snail mail – remember that? We printed off the hundreds of copies, addressed envelopes, and stuffed them.

Over the years we have gradually evolved and settled down to a cruising four-page format – mostly distributed by email. In 2007, we did experiment with a purely online blog, but quite quickly abandoned it. It was not popular with most of our readers and, in the end, was not necessary once we discovered how to bury cross-reference URLs in PDFs.

Through all these changes two things remained unchanged: a) The mismatch between our modern life >4

Health Heritage

"Stunning Bone Health" Update



[Enlarge](#) [1]



Bone test results (in Nicole's maiden name)

[Enlarge](#) [2]

In **Stunning Bone Health**, [Oct 2016](#) [3] we reported on Nicole's "Bones of an ox". See her 2016 report [here](#) [4].

Recently Nicole consulted a new orthopedic doctor. He just couldn't believe Nicole's assertions as to her strong bones and ordered a new test. He was astonished with the results saying that they were better than a 20-year-old woman's at peak density.

Lumbar spine was found to be 1.501 g/cm², which is **TWICE AS STRONG** as the osteoporosis level.

The T-score is +2.5 indicating a bone density 20% better than the average 30-year-old.

The Z-score compares density with the average for a person of the same age and gender. Nicole's Z-score is +4.9 which is off the charts for bone strength compared to her same-age sisterhood.

She had similar results for the **neck of the femur**.

My View? This is not a gold standard, double blind study, but we like to think that Nicole, by living the way we say, is doing something right!

Case Lesson

Bowel Cancer

I get many enquiries from people diagnosed with a potentially fatal disease and desperate to find a lifestyle 'fix' which will rescue the situation.

I thought it worthwhile detailing this one since it highlights some important points:

"My husband, 48, has been diagnosed with stage 4 bowel cancer which has spread to the liver. He is 5'-8" (173 cm) tall and has lost weight from 160lb (73kg, 11st 7lb) to 96lb (8st 0lb, 51kg).

"He is undergoing chemotherapy and has a dietician working on, amongst other things, juicing fruits and vegetables. We are trying to get his weight back up. Is there anything more you can suggest?"

My reaction to this query was:

- a) This is a disease which has reached a very advanced stage.
- b) A dietician is already involved and, whilst I might take issue with some of his/her advice, it is better for me not to confuse the situation.
- c) As for other lifestyle changes it is rather late for them to have a significant impact. However, who knows? Adopting the BondPaleo way of life stacks the deck of cards in favor of a remission, however forlorn.
- d) The subject was not overweight when contracting the disease and has lost much weight since. Even so, I'm not sure that artificially trying to increase weight as such is going to do any good.

I have seen, in many such >3

Questions

Intermittent Fasting

Q. Some doctors and health gurus, backed by scientific studies, promote a variety of intermittent fasting protocols. It seems that a minimum of 13 hours is needed to switch the body into clearing out debris of old cells ("autophagy") and promote cell renewal. Before the advent of "light-on-demand", fasting would have happened naturally so it makes sense. I fast for a 23 hour period one day each week and feel it is providing health benefits. Your thoughts?

A. I treated the question of "intermittent fasting" at some length in: **Intermittent Fasting Revisited**, [July 2017](#) [5]

Which pattern to choose? The evidence tells us that you can have all the benefits of 'fasting' simply by restricting your food intake to a window of 10 to 12 hours [6,7,8]. This emulates the typical daily forager eating pattern.

As I frequently say, to be totally Paleo-conforming it is important to feel hungry on a regular basis – maybe for an hour before most meals.

Intermittent fasting goes further than this. It means not eating for, say, up to 14 hours per day. Since this includes sleep-time, then it is not so onerous. For example, postpone breakfast till brunch at 11:00 a.m.

The Muslim practice of **Dawn-to-Sunset Fasting**, [July 2019](#) [9] during their month of Ramadan does have health benefits.

However studies on longer periods of fasting (such as what you are doing) do find drawbacks. See: **24-hour Fast Suppresses Body Clocks**, [Feb 2019](#) [10] and, **Fasting for 24 hours could weaken the immune system**, page 3.

Validity of Hunter-gatherer studies

Q. You frequently refer to studies of peoples living the hunter-gather way of life today in order to draw lessons for us on a Western lifestyle.

However, we are the ones who have developed an amazing technologically advanced society whilst they are still hunter-gatherers – so what can we learn from them?

A. Until the 1980s this would have been a pertinent question. However, since that time, genetic studies find that we are all descended from a small group of people who lived just some 60,000 years ago (2,000 generations) in the savannas of east Africa.

This means that we are still living with bodies, brains, instincts, and reflexes designed by evolution for life in that time.

But our "amazing technologically advanced society" has created an "evolutionary mismatch" with our naturally adapted natures.

Because of this mismatch, we are suffering not only cancers, heart disease, dementia, obesity, and diabetes, we are also suffering more mental disorders like depression, schizophrenia, psychosis, migraines, and neurosis.

Indeed, hunter-gatherers are remarkable for being free from 'diseases of civilization', but also for being 'well-adjusted' mentally.

Just one example: missionary Daniel Everett speaking of the Pirahã tribe of the Amazon: 'One gets no sense of teenage angst, depression or insecurity ... the Pirahãs are happier, fitter, and better adjusted to their environment than any ... other person I have known'. [Oct 2011](#) [11].

So we try to reconstruct the authentic lifestyle of our ancient ancestors in order to emulate it in today's world. One way to do that is to look at how hunter-gatherers live today – but with a caveat: the modern world has permeated their world in various kinds of ways and researchers have to make corrections for that.

Even so, studies like those of Darcia Narvaez (**The Evolved Nest**, [Jan 2023](#) [12]) are considered groundbreaking in our understanding of how to bring up well-adjusted children.

See also **Hunter-gatherers show us how to bring up happier children**, page 3.

Evolutionary Behavior

Highlights from the [Evolution & Human Behaviour Conference 2023](#) [13] in London.

One of our readers, **Dr Michel Raymond**, of Montpellier University, France presented a paper on:

Male homosexuality and place in the order of birth of siblings.

Dr Raymond observes that male homosexual orientation remains a Darwinian paradox, as there is no consensus on why, from an evolutionary point of view, it comes about [14].

One intriguing feature of homosexual men is that, on average, they have more older brothers compared to heterosexual men.

To cut a long (and abstruse) story short, Dr Raymond found that one possible explanation is a "Fraternal Birth Effect" (FBOE).

This is where, perhaps due to a series of male embryos increasingly changing the mother's immune system, each additional male pregnancy increases the chances for a male embryo to develop a homosexual orientation.

My View? Men who PREFER homosexual behavior – even when willing women are available – are unknown in primal societies [15]. Indeed they have no word for it and researchers even have difficulty explaining the concept to them [16].

Moreover, in a 2013 paper. **Dr Raymond** himself advanced reasons why homosexuality might have come about during the agricultural revolution [17]. See: **Social Stratification Begat Male Homosexuality**, [Dec 2013](#) [18].

I have reported on other studies by Dr Raymond including the paradox of how risk-sensitive people are more likely to live on the slopes of a volcano than risk-takers. See: **Personality is in the Genes**, [March 2016](#) [19].

Research

One day in #BondPaleo - VI



[Food Diary](#) [20]

[Geoff](#) [21]

[Last month](#) we looked at my sweetener intake. Now it is the turn of Fermentable Carbohydrates and Gum.

Fermentable Carbohydrates They are so called because they can be broken down by the bacteria in the mouth to produce an acid. As such dentists demonize them for causing dental caries (cavities) and gum disease.

We demonize them since they are a novelty in the human diet. They were almost entirely absent in our Paleolithic environment and evolution did not design our bodies to handle them well.

Indeed, the problem is not just dental health. It is more to do with the damaging blood sugar and insulin spikes that overwhelm our body's ability to cope with them healthily.

Which foods are fermentable carbohydrates? They are simply stated: sugars and starches. And just to make it clear, "starches" means: breakfast cereals, pastas, breads, potatoes and other starchy vegetables.

Sweeteners we dealt with [last month](#). As for starches, on this day, as most days, my intake of them was nil. The closest was the 'Paleo Bread' which is not made from starch (wheat flour) at all, but from non-fermentable nut flours of various kinds.

All-in-all, the day was a good one for dental health and didn't give any unhealthy blood-sugar spikes.

Gum: on some days towards evening I chew gum. It has the main purpose of calming any feelings of hunger. But it also has the benefit of

strengthening jaws and improving mouth architecture. See, **Your Jaws are what you chew**, [Aug 2011](#) [22].

The gum, of course, uses xylitol (a naturally occurring dietary fiber) as a non-fermentable sweetener. See [last month](#).

[Next month](#): Physical Activity.

News Shorts

Fasting for 24 hours could weaken the immune system

Mice that fasted for 24 hours had more inflammation and were more likely to die from a bacterial infection than mice on a regular eating schedule [23].

90% of a type of immune system white blood cell called "monocytes", migrated back into bone marrow under 24-hour starvation leaving only 10% in the blood stream.

Re-feeding quickly restored the level of white blood cells in the blood stream.

My View? A forager would be most unfortunate if he found himself fasting for 24 hours. So, it seems to me, that voluntarily doing so is going to an unnecessary extreme.

See: **Intermittent Fasting**, page??

Hunter-gatherers show us how to bring up happier children?



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According to Dr Nikhil Chaudhary of Cambridge University, UK, research on hunter-gatherer societies "has great relevance to child psychiatrists since it elucidates the developmental conditions humans are psychologically adapted to and how deviations from these conditions could impact children's mental health" [24].

He observes that "the western 'nuclear family' is a recent invention that breaks with evolutionary history and that this abrupt change is likely to have been harmful."

He says that an unhelpful "intensive mothering narrative" has taken root leading to maternal exhaustion.

See: **Parental Burnout in the West**, [April 2021](#) [25].

By contrast, in hunter-gatherer societies 'alloparents' (the extended family) provide half of a child's care. See: **Childhood: Forager Indulgent or Modern Discipline? Part I**, [Sept 2011](#) [26].

Chaudhary found that 18-week-old infants had an average of 14 alloparents per day and were passed between caregivers 8 times an hour.

He notes that Kung (San) children as young as four will help to look after younger ones, and that "baby-wearing", in which babies are carried around for almost all of the day in slings, is the norm. See: **The Evolved Nest**, [Jan 2023](#) [27].

Say the researchers: "We should at least explore the possibility that older siblings could play a greater role in supporting their parents, which might also enhance their own social development."

My View? All this sounds reasonable, as I have opined in: **Child Rearing**, [Deadly Harvest, Chapter 8](#), [28], p. 215.

But how do we get from here to there? At least, at an individual level, we can try to organize our lives with these objectives in mind.

See: **Grandmothering key to human life-span**, [Feb 1999](#) [29]

The Importance of Elders, [Sept 2022](#) [30] and, **Forager Kids Play Learning**, [last month](#) [31].

Continued from Page 1

Bowel Cancer

... life-and-death situations, that patients and their loved ones are prepared to throw caution to the winds and clutch at straws – however expensive and dotty.

Such people are highly vulnerable to exploitation by charlatans peddling quack remedies.

On the other hand, my approach is to be totally honest and say: "There is a huge battle ahead of you, get the medical treatment, follow the dietician's advice and check out

BondPaleo for further insights." You never know, as Hamlet observed: "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

Bowel Cancer on the rise. But what is this phenomenon where there is a massive increase in bowel cancer, especially amongst young people?

According to Dr Marios Giannakis of Harvard Medical School, USA, the rate of bowel cancer amongst the 20 to 49 age group has increased, in most Western countries, by some 50% since the 1990s [32].

The suspicion has to be that the move in recent decades to junk food, low fiber, ready meals and ultra-processed foods are part of the problem.

Secondly the massive rise in obesity is fingered as a likely factor. Thirdly, antibiotics only came into general use in the 1950s. We now realize that they cause havoc in the gut microbiome, see: **Antibiotic-caused Diseases**, [Jan 2012](#) [33]. This notion is reinforced by studies such as this [34] which finds a link

between bowel cancer and gut bacteria.

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25 years of #BondBriefing



-style with our evolutionary past and,

b) an intellectually honest analysis and commentary on the latest studies, fads and fallacies.

When I first started promoting, in 1996, what I then called "The Savanna Model" it was regarded as completely whacky. But I also predicted in my lectures, TV, and radio programs that, within 20 years, it would become accepted. And so it has proved: mainstream media now routinely tie health questions back to our ancient past.

True, I have less need to justify viewing our lifestyle through this lens but, paradoxically, it has only increased the need for debunking potty ideas and misleading media hype.

Finally, I must recognize **Carole Herrera** of Indio, California for being a loyal subscriber since the very first issue, and **Peter Harris** of Melbourne, Australia who, amongst others, has been with us, for close on 20 years.

Postponement

Due to shortage of space. postponed to [Next month](#).

Organizing Society for an Industrialised world (VII): Synthesis and dangers to prosperity

WHO report on artificial sweeteners.

Spreading the Word

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

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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