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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

Evolutionary Society: Managing population stress. **Myth Busting:** Over-hydration – yet another death. **Instrumenting Paleo:** Monitoring Glucose Continuously. **Q&A:** Organics – Eggs, Rapeseed oil. **News Shorts:** Dementia – lack of green leafy vegetables; Junk food diet disrupts sleep; massive cost of obesity; Grandmothers spoil daughter's children more than son's. **Evolutionary Psyche:** Garden view beats Brick wall view for surgery recovery. **Research:** One day in #BondPaleo, part IX. **Message:** Male Bonding. **Viewpoint:** Organizing Society for an Industrialized world (part IX). **Spreading the Word:** Private Lectures.

Evolutionary Society

Managing Population Stress



In **Maximum Group Size for Comfort**, [April 2018](#) [1] we saw how psychological anthropologist, Robin Dunbar ([pictured](#)) of Oxford University, identified the number of people who can co-exist comfortably in a group. Unsurprisingly this so-called "Dunbar Number" is about the size of the average forager band – 50 people. As the numbers get larger, social stability breaks down and forager bands split into two.

In a later article Dunbar lays out his ideas of how, as communities grew much larger during the farming revolution, stability was maintained by the growth of social institutions.

See: **Managing the stresses of populous communities**, [Aug 2022](#) [2]

Now Dunbar has focused on one kind of social institution: organized doctrinal religions. These involve recognized gods, formal theologies, moral codes, dedicated religious spaces, and professional priest-hoods. Such religions emerged during the farming revolution and took root in the first civilizations like those of Sumer and Babylon.

In his latest study [3] Dunbar suggests that the evolution of large-scale religions facilitated community bonding in response to **>p3**

Myth Busting

Over-hydration: Yet another Death

We have yet another report of someone dying from drinking **TOO MUCH** water. This time a 35-year-old mother from Indiana, USA, died from guzzling four 16 oz bottles (1.9 liters) in 20 minutes [4].

Over the years, I have reported frequently on such cases (e.g. **Gallon of Water Kills Mom**, [Sept 2010](#) [5]; **Water Intoxication Kills**, [July 2005](#) [6]. And they are the **DIRECT RESULT** of the drink industry's propaganda, scaring us into a dread of "dehydration". They sneakily undermine the idea that the body has a perfectly good mechanism for detecting and responding to dehydration – **THIRST!** See: **Official: Drink to your Thirst**, [July 2015](#) [7] and **Doc: Eight Glasses of Water a Day Mantra is 'Nonsense'**, [July 2011](#) [8].

Dr Deborah Cohen, investigations editor writing in the *British Medical Journal* points out, no marathon runner has suffered from dehydration whereas some 16 marathon runners have died from **OVER-HYDRATION** (water intoxication) and 1,600 were made critically ill. See **Distance Runners Drink too Much**, [Sept 2011](#) [9]

See also professor of sports medicine, Tim Noakes' book **Waterlogged**: [10] and his video clip **Drink to your thirst**: [11].

Finally, the *Clinical Journal of Sports Medicine* has produced a **Consensus Statement** [12] basically advising the same thing: **Only Drink to your Thirst!**

Instrumenting Paleo

Monitoring Glucose Continuously

We are used to our car reporting its operational health – from road speed, oil pressure and radiator temperature to loose doors and low tyre pressures.

How useful would it be if we could have continuous measurement of our own vital signs? It seems to me that, in our alienation from a lifestyle embedded in nature, we could use some signposts.

An 'activity tracker' can already give useful information, like heart rate, calories used, and breathing rates.

Now a new instrument is becoming common: the "Continuous Glucose Monitor" (CGM). It is originally designed for use by diabetics. The user wears a sensor stuck to his arm and it continuously reports blood sugar levels to a smart phone.

Now it is becoming commonplace for health mavens to also use one from time to time. It highlights dramatically the immediate effect of consuming certain foods or, indeed, how stress can affect glucose levels.

The British doctor and media personality, Rangan Chatterjee, reports wearing a CGM for a couple of weeks to see how his lifestyle measured up [13].

At his son's party he ate three slices of pizza: "I watched my blood sugar go up and up, until it hit the highest it has ever been: 13mmol/L. I'd never seen anything like it". Similar experiences led him to halve the size of portions of white rice with his Indian curry and to eliminate **>p2**

Questions

Organics: Eggs, Rapeseed oil

Q. *I used to find organic, omega-3 rich eggs but they are no longer available. Neither is organic rapeseed (Canola) oil. How important is this?*

A. My general principle is to buy organic where you can, regular when you must.

Eggs: I would worry less about the lack of omega-3 (you will be getting it from other sources anyway – like salmon, sardines, mackerel, herring) – so just get the regular organic eggs.

Where we live, we can get eggs from chickens running around a farmyard. This is the ideal. See the remarkable results from the chickens in the Ampelistra Farm in Greece: **Getting Omega-3 into Eggs**, [Feb 2012](#) [14].

Rapeseed oil: even the commercial version is still rich in omega-3 oil and, whilst it is not organic, I do not view that as a major threat.

Alternatively, you might want to go for organic olive oil. It doesn't have the omega-3s but, again, you will be getting them from other sources.

News Shorts

Dementia: Lack of Green, leafy Vegetables

People who had eaten the most green leafy vegetables, (seven or more servings per week) had so little plaque in their brains that it corresponded to being 19 years younger than people who ate one serving or fewer per week [15].

So finds a study from RUSH University in Chicago. The participants were scored on their adherence to a Mediterranean Diet with particular emphasis on spinach, kale, and other green vegetables.

My View? This study is particularly interesting since the participants donated their brains for study after death – so there is no ambiguity about diagnosis of dementia and Alzheimer's.

On the other hand, as is so often the case, the analysis of food intake depended on the honest completion

of food questionnaires from time to time over many years.

In spite of these quibbles, and also that it is a Mediterranean (not Paleo) diet that has been studied, these results reinforce grandma's behest: 'Eat up your greens'!

Junk Food Diet Disrupts Sleep

When we go to sleep, our brain's electrical activity slows down. The higher-frequency, so-called "beta waves", are gradually replaced by lower-frequency "delta waves".

The deepest, most restorative stage of sleep is high in delta waves. It typically occurs in the first half of the night and allows the body to repair itself and consolidate memories.

However, participants on the 'Junk Food' high-fat, high-sugar diet had suppressed delta waves and increased beta waves. Their diet included sweetened granola, pizza, and chocolate [16].

Participants on the low-fat, low-sugar diet ate unsweetened muesli, salmon, and vegetables.

Say the researchers: "Poor diets typically lead to worse health, which may, in part, be explained by their effect on sleep quality."

My View? Us westerners are often chronically afflicted with poor sleeping patterns. Who would have thought that a junk-food diet could be part of the problem?

For more insights on how to optimize sleeping patterns see my review of Prof Matthew Walker's book "*Why we Sleep*" [17], which begins in **Ancestral Sleeping Pattern**, [Jan 2019](#) [18] and which continues for several episodes.

As for how our evolutionary history programmed us for sleep, see: **Sleep in a State of Nature**, [Oct 2015](#) [19].

Massive Cost of Obesity

It is surprising that it has taken so long for the penny to drop but, finally someone has said it: Dr Jonathan Pearson-Stuttard, of Imperial University, London, finds that obese patients cost the British National Health Service (NHS) an average of £1,375 a year compared to £638 for normal weight patients [20].

The NHS could save up to £14 billion a year if all patients were a healthy weight.

My View? And that is just obese patients! What if everyone were made responsible for caring for their bodies as well as they care for their car?

Live a healthy lifestyle and save the NHS from all the other lifestyle diseases too. Like heart disease, cancer, diabetes, Alzheimer's and so much more!

Grandmothers spoil daughter's children more than son's

So finds a study of families in England and Wales. The theory is that we are hardwired to help bring up future generations. But the maternal grandmother is the only one who can be absolutely sure the grandchild is a relative – because she has given birth to her daughter, and her daughter has given birth to that child [21].

Our forager brains may tell grandfathers, or the parents of the father, that they can never be quite sure the child is not fathered by another man.

Researchers also suggest women are evolutionarily hardwired to care for children, and men are hardwired to have more children with different partners, so the maternal grandparents will do more to help their daughter bring up grandchildren.

My View? The question of paternity, and the care a father has for his offspring is strongly determined by how certain he is of being the biological father. That is why the women cluster around a new born and proclaim: **He's the image of his Father!**, [Jan 2007](#) [22]. It is also why children are 100 times more likely to be murdered by a stepfather than a biological father. See: **Evolutionary origins of stepfather violence**, [Nov 2008](#) [23]

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Monitoring Glucose Continuously

... sweet potato entirely.

Chatterjee also had a patient who had vision problems in the morning. These disappeared when the patient stopped having a breakfast of two ripe bananas.

My View? Welcome to the world of blood sugar control! In my estimation, out-of-control blood sugar is a major scourge of westerners health. See: **Blood Sugar Control and Carbohydrates**, [Deadly Harvest, Ch 4](#) [24], p 98.

We Paleo practitioners studiously avoid 'bad' carbohydrates like pizzas, white rice, ripe bananas, and sweet potato altogether.

However, the CGMs bring very useful insights. We don't all react the same way to bad carbohydrates (see: **Glycemic Index: pros & cons**, [April 2014](#) [25]) and wearing a CGM from time to time would reinforce our motivation to stay on program.

Evolutionary Psyche

Garden view beats Brick wall view for Surgery recovery

In my talks I frequently cite the study which found that hospital patients whose windows had a garden view did far better than those who looked out on a brick wall [26].

Their hospital stay was shorter, they had fewer complications, and they needed fewer pain-killers.

That study was carried out nearly 40 years ago. Since then, there have been half-hearted attempts to better integrate natural surroundings into hospital design. See: **Hospital Design for Humans**, [Nov 2012](#) [27].

It ought to be a no-brainer: examples are legion of how green space and "forest therapy" are vital ingredients in human well-being. See: **Green-space Deficit Disorders**, [Aug 2018](#) [28].

Our savanna-bred psyches expect natural surroundings for mental and physical well-being. "Concrete jungles" – or just being indoors all day, introduce a strong feeling of alienation and physical sickness.

My View? We cannot rely on the institutions or "bean-counters" to see sense (humane or economic) and give us the contact with nature that our psyches crave.

When we find ourselves institutionalized, we have to take responsibility and fight to create a space for contact with nature.

Research

One day in #BondPaleo - IX



[Food Diary](#) [29]



[Geoff](#) [30]

[Last month](#) we looked at **Weights & Measures**. Now for **Part II**

In a previous career, I did most calculations using a slide rule. Its accuracy was rough-and-ready but good enough. (For more accurate calculations we used tables of seven-figure logarithms.)

When it comes to recording matters of nutrition and lifestyle I am definitely in slide-rule mode. As I said last month, it would be misleading to give a false degree of accuracy to many parameters such as calorie-content and so forth.

However, I do record my weight, (to the nearest 100 grams) first thing, every morning, unclothed and after any defecation.

I also note bowel movements with rough estimations of amount, frequency, and consistency.

Finally, I also note any other unusual events that might have a bearing on the record. These might be extended air- or car-travel, covid vaccinations, or periods of enforced locked down.

As I announced at the beginning, I have been keeping this detailed daily lifestyle diary for over 8 years now. Together with Nicole (who is even more purist than I am) we are leaving our bodies to science so that detailed autopsies can draw lessons from my BondPaleo lifestyle and the condition of our bodies at the end.

Catch up: in an earlier episode, I alluded to the stretching exercises I use for racquet sports. Here is the chart (click to enlarge):



Continued from Page 1

Managing Population Stress



... stresses that developed as community sizes increased dramatically beyond those typical of hunter-gatherer societies.

My View? Foragers have low levels of religiosity and it seems that only peoples who have a natural leaning for higher levels of religiosity can make a success of living in mass populations. See **Origins of Religions**, [July 2021](#) [31].

Now with the breakdown of institutional religions in the West, we are seeing the vacuum filled by a plethora of apocalyptic cults. As the philosopher G K Chesterton observed: "When men choose not to believe in God, they do not thereafter believe in nothing, they then become capable of believing in anything."

The key word here is "capable". Personally, I feel that I have the low levels of religiosity of a forager and, if I believe in anything, it is the search for intellectually honest truth.

For more on Dunbar's investigations, see also: **Vikings: Revenge Murder**, [Mar 2017](#) [32]

Message

Male Bonding

In forager times men and women mostly lived separate lives. The men hunted on their own, the women foraged in groups.

After the meal together, the men would sit around one campfire indulging in men talk, the women sat around a neighboring campfire doing women-talk.

Now, in the modern west at least, we have muddled all this up. See: **The Modern Workplace for Men and Women**, [Deadly Harvest, Chapter 8](#) [33], page 204

Workplaces and jobs have become unisex. Life in general has become feminized. Are we going against the grain of human nature where there is no space left for men-talk and

women-talk?" In particular, is there still a need for men to have their own spaces?

Peter Harris, Melbourne, Australia has this personal take on the issue.

"What I'm finding fulfilling in middle-life is keeping fit through pushing the body fairly hard but, in particular, bonding with other men.

"Firstly, through the various gym classes which has a great vibe: you get to know the regulars and hang out socially.

"Secondly, and more interestingly, through this men's group:

www.facebook.com/CarryandConnect

"We 'carry' together and have a free-spirited men's chat afterwards. We discuss anything, especially personal issues."

My View? ON AVERAGE, males are more reliably interested in THINGS, and females are more interested in RELATIONSHIPS. American feminist academic, Camille Paglia, in conversation with Canadian evolutionary psychologist, Dr Jordan Peterson, sets this out very well in this YouTube video:

<https://youtu.be/v-hlVnmUdXM>.

The whole video is worth listening to, but Paglia's main point on this subject starts at minute 50.

Viewpoint

Organizing Society for an Industrialised world (IX)

*Who wants to return to the grinding poverty, drudgery, and insecurity of peasant farming? So what factors came together in England to trigger the worldwide prosperity of the Industrial Revolution and how do we nurture it? [Last month](#) we looked at **Dangers to Prosperity (1)**: Now we look at **Part (2)***

iii) The use of assets to create more assets, the basis of capitalism: Capitalism, as the motor of the Industrial Revolution, has achieved incredible success in lifting billions of people out of abject poverty.

However, capitalism is a wild predatory beast and needs a strong lion-tamer to keep it under control. Today we see abuses of capitalism where those who are in control capture an unfair share of the wealth. We have reached the point where the richest 1% now own more than the remaining 99%.

Worse, those in control then rig markets, suborn lawmakers, and 'shaft' smaller competitors. Others, with huge wealth (like hedge fund manager George Soros), indulge in overt and covert political activism to pursue ideological agendas which undermine traditional ways of life.

In parallel with this, there is a major questioning of the capitalist system altogether.

One issue is this: in order to survive, capitalism needs to grow its capital by at least 3% per year. However, GDP growth cannot increase for ever in a finite world. There must be a limit.

Enter Oxford economist Kate Raworth who is leading a movement "to offer an alternative roadmap for bringing humanity into a sweet spot that meets the needs of all within the means of the planet". See: **Economics for Human Thriving**, [Dec 2021](#) [34].

iv) The freedom of anyone with talent and ability to exercise these qualities in the creation of well-being and wealth. This too, is under attack from the ideology of 'equity' where equality of outcome is favored over equality of opportunity. This means that those who have merit and skills are held back to allow the lazy, feckless, and incompetent to come up to the same level. See: **Book Review – The Genetic Lottery:** why DNA Matters for social equality, by Kathryn P Harden, [Oct 2021](#) [35] [Next Month](#) [36]: **Conclusion**

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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