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Did you know? Sea levels were higher 6,000 years ago. **Coming Soon:** The Evolved Nest review. **Our Genetic Heritage:** Mother's Diet can Protect Grandchildren's Brain Health; Genes mostly decide Educational Attainment. **News Shorts:** Sugary Soft Drinks increase liver disease; Sedentary kids risk heart damage in young adulthood; Gluten inflames the brain; Mom's diet in Pregnancy boosts baby's neurodevelopment; Antioxidants Feed Tumors. **Spreading the Word:** Radio Interview with Martie Whittekin; Staying Healthy and Active by living the way Nature intended. **Viewpoint:** Organizing society for an industrialized world (X).

Did You Know?

Sea Levels were Higher 6,000 years ago

Climate researchers find strong evidence that sea levels were up to 5 feet (1.5m) **HIGHER** just 6,000 years ago [1].

This was due to what is known as the "mid-Holocene warm period" which significantly melted the Antarctic ice sheet.

My View? This only highlights how the earth's climate is never fixed – on the contrary, it is in a never-ending state of flux.

See: **Climate Warming Cycles**, [Nov 2007](#) [2], where I wrote: "The Orkney Islands lie far to the north of Scotland. Today they are bleak, windswept and barren. However, only 4,000 years ago they were some 4°F **WARMER**, allowing Bronze Age farmers to grow wheat and barley" [3].

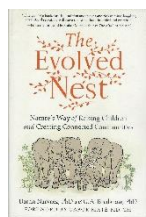


Perhaps we should be celebrating climate cycles. The theory goes that, by having to continually adapt to changing conditions, it drove the evolution of intelligence, innovation, and creativity in humans around the world. See also evolutionary anthropologist, Dr Daniel Liberman's quotes in [Dec 2019](#) [4] from his book, **The Story of the Human Body** [5]

Coming Soon

'The Evolved Nest' Review

We have on several occasions referred to one of our readers, Dr Darcia Narvaez, of Notre Dame University, Indiana and her research, into what she calls "[The Evolved Nest](#)" See: **Crying it out' Harms Cognition**, [April 2013](#) [6]; **The "Nested" Human**, [Dec 2017](#) [7] and following months; **The Science & Art of Mothering**, [April 2019](#) [8].



Her basic thesis is that babies (of many species) are born into an intricate web of support ("The Evolved Nest") which, in the case of westerners, we have largely lost – to the detriment of children's psychological health and harmonious social connectedness.

Now she has written this book sub-titled: "Nature's way of Raising Children and Creating Connected Communities" [9].

We intend to review this book [next month](#). In the meantime, refer to **Childhood**, [Deadly Harvest](#), [Ch 8](#) [10], page 218.

Our Genetic Heritage

Mother's Diet can protect Grandchildren's brain health

Researchers found that a molecule, "ursolic acid", present in apple skins and herbs (basil, rosemary, thyme, oregano, and sage) helped reduce the breakdown of nerve fibers ("axons") needed for the brain >4

Our Genetic Heritage

Genes mostly decide Educational Attainment

In **Blueprint: How DNA makes us who we are**, [Oct 2018](#) [11] we reported how American/British psychologist and geneticist, Robert Plomin finds that a whole swathe of our personalities is defined mostly by our DNA and little by our environment or our upbringing.

Now a study finds that level of "educational attainment" is 90% decided by our DNA – much higher than the 65% that was previously thought to be the case [12].

"Educational attainment" is defined as "Years of education completed". It is one of the best predictors of occupational status, income, longevity, health outcomes, and the risk of receiving a criminal conviction. Say the researchers: "The qualities needed to advance through the modern secondary and tertiary education system appear to be useful for navigating a wide variety of challenges that life throws at individuals in advanced industrial economies."

"One of the most established findings in the social sciences is that educational attainment tends to run in families." Social scientists like to blame "institutionalized privilege" for this outcome. They don't like to hear that genes run in families too!

In particular, people tend to pair up with others of similar educational attainment – a process called 'assortative mating'. This process, of populations sorting themselves into attainment strata, ...>p4

News Shorts

Sugary Soft Drinks increase Liver Diseases

In a study of nearly 100,000 post-menopausal women, those who drank one or more sugar-sweetened soft drinks daily had an 85% increased risk of liver cancer and 68% higher risk of death from chronic liver disease (such as fibrosis, cirrhosis, hepatitis, & fatty liver), compared to those who had fewer than three such beverages per month [13].

No such risk was found for artificially sweetened soft drinks.

My View? Most soft drinks are sweetened with High Fructose Corn Syrup (HFCS) which is a form of sugar which is particularly highly criticized for the mischief it causes. The famed American endocrinologist, Dr Robert Lustig is particularly vocal about it. See his YouTube video with 24 million views: **Sugar: the Bitter Truth**, <https://youtu.be/dBnniua6-oM>.

See also **Fructose Revisited – Part II**, [June 2016](#) [14], and **More Big Sugar Skullduggery**, [Aug 2016](#) [15].

The bottom line is that humans were never designed to be taking in large amounts of sugar, particularly in the form of fructose. **AVOID!**

Sedentary kids risk heart damage in young adulthood

Hours of inactivity during childhood could be setting the stage for heart attacks and strokes later in life [16]. The study found that sedentary time accumulated from childhood to young adulthood was associated with heart damage -- even in those with normal weight and blood pressure.

At 11 years of age, children were sedentary for an average of 362 minutes a day, rising to 474 minutes a day at 15 years, and 531 minutes a day at 24 years.

That is, sedentary time increased by 50% from some 6 hours to 9 hours between childhood and young adulthood.

Such sedentary behavior increases a major predictor of death from CVD: the weight of the heart's left ventricle. In this study, childhood sedentary behavior **DOUBLED** the risk of heart disease, stroke, and death [17].

My View? We don't have to go back to forager times to find children spending most of their time running around out-of-doors.

Those of us who grew up without screens of any kind – not even TV screens – and having to walk everywhere (including to school) can attest to a childhood spent actively out of doors – come rain or shine.

Working towards that goal must be the challenge for every parent today – and I don't envy them!

Gluten Inflammes the Brain

At least it does in mice, according to a New Zealand study [18]. It found that gluten induced inflammation in the hypothalamus region of the brain.

This can lead to impaired memory function, poor blood sugar control, and increased body weight.

The researchers say that this is a completely new discovery and have no explanation yet as to what is going on.

My View? Gluten is the major protein in wheat, rye and barley so the vast majority of western populations are exposed to it. Many previous studies find that it increases overweight, inflammation and insulin resistance [19].

It has even been implicated in other effects on the brain, see: **Gluten Allergy and ADHD**, [Aug 2004](#) [20]; **Wheat Gluten Sabotages Muscle Coordination**, [May 2002](#) [21].

Now it appears to affect another part of the brain – the hypothalamus – at least in mice.

Of course, cereals were never part of our ancient ancestors' diet and our bodies don't know how to handle many of their ingredients, of which gluten is only one creating problems. See: **List of Wheat Allergens Grows**, [Sept 2012](#) [22].



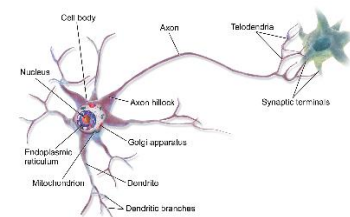
Three Flour Bread
<https://bit.ly/48Ryc8R>

If you can't live without some bread in your life, try some of our Paleo bread recipes where wheat flour is replaced with various nut flours.

See: **Nicole's Bread Variants**, [Sept 2011](#) [23]

Mom's Med Diet in Pregnancy boosts baby's Neurodevelopment

The word "neurodevelopment" needs some explanation. It is a complex process in which, after birth, nerve cells ("neurons") extend and form junctions with other nerve cells (synapses) to define baby's web of nerve connections (its "neurocircuitry").



Multipolar Neuron credit: [24]

Say researchers: "It is widely known that the environment plays a crucial role in shaping this process and, if the formation of synapses is impaired, the result is lifelong disability.

"The state of our gut-bugs ("microbiome") is an important factor affecting growth of nerve cells and their survival" [25].

Now a study appears to confirm this connection [26]. It finds that pregnant women who follow a Mediterranean diet have children who, by the age of two years, have "significantly higher" scores in cognitive and social-emotional measures (known as "Bayley III") compared with those on a conventional western diet.

My View? While a Mediterranean diet is not fully Paleo, it is a vast

improvement on the standard western diet.

The study noted that: “Among other findings, higher intake of the omega-3 fish oil, DHA, was associated with significantly better language scores, while higher intake of trans fatty acids depressed social-emotional scores and language scores.”

Is it simply the good intake of omega-3 that makes the difference, or does the change in gut bugs also have an effect?

The study cannot make that connection for sure but, whatever the reason, it makes sense for moms-to-be to go Paleo.

Antioxidants Feed Tumors

It is an interesting counter-intuitive fact that antioxidants encourage cancers to flourish. The reason?

The immune system’s main weapons to attack cancer cells are **FREE-RADICALS**. It fires free-radicals at cancerous cells to destroy them.

By taking antioxidants we **EXTINGUISH** free radicals! See:

Antioxidants Boost Lung Cancer, [May 2014](#) [27] and, **Antioxidants Boost Cancer II**, [May 2015](#) [28].

Now a study finds yet another mechanism by which antioxidants encourage cancers to grow [29]. Antioxidants like vitamins C and E **STIMULATE** blood flow in tumors, encouraging them to grow.

My View? We cannot second-guess the marvelous workings of the body. Notably, we should not be dosing ourselves up on antioxidant supplements.

It is perfectly good enough to rely on our Paleo diet which provides just the right amounts of antioxidants in the right proportions.

Spreading the Word

Radio Interview with Marty Whittekin

Martie and I have pencilled in the date of 29th November, 2023 at 10:00 a.m US Central Time for a radio interview on her show

Healthy by Nature.

<https://hbshow.com/>.

I last did an interview with Martie on 5th February 2022. This time I will be in Palm Springs, CA, which, on Pacific Time, is 1 hour behind her.

I need to check, but normally there will be a recording for catch-up.

Staying Healthy and Active by Living the way Nature Intended

My [badminton club](#) [30]

celebrated my recent birthday with an article lauding my way of life. That includes playing badminton as one of the best ways of staying fit, agile, and cognitively alert. Full article here: <https://bit.ly/3MjsB1e>.



Viewpoint

Organizing Society for an Industrialised world (X)

*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 **Concluding Remarks, Part (1). Now for Part (2).***

As I explored in previous episodes, our current way of life, fragile as it is, is under threat.

Today we are battling on two fronts: On the one hand, we have what the psychologists call the “apocalyptic neuroticism” of zealots with personality disorders; and, on the other hand, a pernicious woke ideology that is infecting every aspect of our lives.

Between them they are destabilizing us. They create a sense of perpetual crisis. They are making us feel constantly anxious, uncertain, despairing, guilty, and confused. Confused as to who we are and where we belong. It is like a woodworm rotting the very foundations of our society.

It is a lesson that we have to keep relearning: it takes years of effort, skill, and perseverance to grow or create something worthwhile – like

an oak tree or a civilization, but it can be destroyed in seconds.

Our way of life, painfully built up and nurtured over centuries, is now under as much threat as it was under Nazi Germany.

I have seen crazes come and go. But nothing compares to the successive waves of delusions and madness that have gripped us in the last ten years.

Many commentators have observed that “progressive”, top-down ideologies, which tear down existing society, are fresh and exciting; they offer a vision of building new Utopias.

But history tells us that they end in the horrors of Pol Pot’s chanel house in Cambodia, Stalin’s grisly gulags, the mass starvation of Chairman Mao’s Cultural Revolution and, yes, Hitler’s death camps.

In contrast, building on tradition sounds boring; and yet that is the way that British, and then Western, society has successfully progressed since Saxon times: keep what is valuable and works, improve incrementally that which doesn’t. That way we keep a feeling of continuity with the past and confidence in the future.

It seems to me that our mission is to preserve what is the best of our inherited traditions and, yes, to make judicious improvements where they make sense.

What would our forager forebears make of all this? They lived their lives in a landscape and a social environment that hardly changed for millennia.

Many observers (e.g. Daniel Everett, Oct 2011) and Jared Diamond (**The World until Yesterday**, [August 2013](#) [31]) note that “foragers are well-adjusted and at ease with themselves in ways that are rare in Western societies.”

I feel sure that a forager dropped into the middle of today’s Western cultural turmoil would quickly go crazy.

Wrap-up: [Next month](#)

Continued from Page 1**Mother's Diet can protect Grandchildren's brain health**

... to work properly [32].

Professor Pocock of Monash University, Australia, said that ursolic acid (known as a sphingolipid) had to travel from the mother's intestine, where food is digested, to her eggs in the uterus for it to protect axons in the next generation.

"This is the first time that such a molecule has been shown to be inherited," he said. "Further, feeding the mother the sphingolipid protects the axons of two subsequent generations."

"This means a mother's diet can affect not just their offspring's brain but potentially subsequent generations."

My View? This is another example of "Transgenerational Epigenetic effects". I've spoken frequently of

them in the past where, with some lifestyle choice a close ancestor switches on a gene which you then inherit. See: **Ancestors' lapses visited on us**, [Dec 2010](#) [33]; **Epigenetic effects – part II**, [Sept 2017](#) [34].

Unlike this example, most of these epigenetic effects are harmful. For example: father's high fat diet increases daughters' diabetes risk [35]; folate supplements encourage obesity in sons [[July 2006](#)]; Mom's low sunshine exposure encourages multiple sclerosis in her children [[May 2009](#)]; grandmother's high-fat diet is tied to breast cancer in granddaughters [[Oct 2010](#)]; The antibiotic tetracycline sharply reduced sperm motility which fathers passed on to their sons [[Aug 2017](#)].

On the brighter side, see: **Bad Genes don't Doom us**, [April 2010](#) [36] – but they do make it harder!

The moral is that even if you don't care about your own state of health, think about the genetic health of your offspring.

Continued from Page 1**Genes mostly decide Educational Attainment**

... has been well documented for decades – most notably by Murray & Herrnstein in their seminal 1994 book **The Bell Curve** [37]. See: **Human Species Brain Shrinkage**, [June 2019](#) [38].

Some post-modern geneticists, like the American academic Kathryn Paige-Harden, recognise this phenomenon and put forward the ideology of 'equity'. That is, those who are winners in the genetic lottery should give up some of their winnings to the losers.

See: **Book Review – The Genetic Lottery**, [Oct 2021](#) [39]

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