



The science & art of living the way nature intended

The Bond Briefing

www.thebondeffect.com | Subscribe: \$18 for 12 monthly issues



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

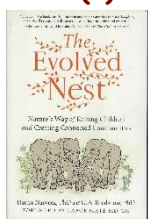
Jungle Lore: 'The Evolved Nest' Review (I). **Physical Activity:** Hill Hiking Report. **Viewpoint:** Organizing Society for an Industrialized World (XI). **Q&A:** Paleo Perfection – or 'Good Enough'? **News Shorts:** Milk – labelling wars; Men don't see Domestic Tasks like Women do. **Ancestral Anthropology:** The Last Hunter-gatherers. **News Shorts:** New Breast-milk Component discovered for Cognition; Vigorous Housework cuts CVD; Shrimp shells boost Immune System; Large Breasts inhibit Physical Activity. **Spreading the Word:** Radio Interview with Marty Whittekin.

Jungle Lore

'The Evolved Nest' Review (I)

Last month I

promised to review this new book from one of our readers, Dr Darcia Narvaez, of Notre Dame University, Indiana.



We have reported in the past about her research, into what she calls "The Evolved Nest".

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.

This new book is sub-titled: "Nature's way of Raising Children and Creating Connected Communities" [1].

She illustrates her major points by giving examples of how these webs of support work in other animals. Indeed, the book's cover shows how a newly born baby elephant is continuously caressed by other elephants in the herd using their trunks. 'Touch' and the feeling of connectedness with, and security from, carers is important for the baby's well-being.

She uses the example of how beavers indulge in spontaneous unstructured play. It promotes a feeling of belonging, that "all is right with the world", > p4

Physical Activity

Hill Hiking Report



Geoff: Jct. Henderson/Shannon trails: <https://bit.ly/3SQBP9f>

As I have described on several occasions, I try to get away from my desk and find my daily dose of physical activity as naturally as possible (I'm done with gyms and their treadmills, steppers, and weights machines.)

This month I am back after a lapse of 5 years in the Palm Springs valley with its wondrous network of hiking (scrambling) goat paths in the foothills of the San Jacinto mountains.

They are not for the faint hearted, narrow, with steep, rocky drops to the side, and treacherous, skiddy footholds.

What I learnt is that for all my jogging, racquet sports and swimming, over the last 5 years I had grown unfit for this hiking activity – one which was practised



by the local tribe of *I go up there?* Agua Caliente [2] Indians since the beginning of time. It tested balance, flexibility, agility, and strength of knees, ankles, > p4

Viewpoint

Organizing Society for an Industrialised world (XI)

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 (3). Now for Wrap up.**

French political philosopher, **Tocqueville**, in his highly perceptive and insightful 1835 book, **Democracy in America**, worried about a "Tyranny of the Majority". With everyone having an equal voice (he thought) minorities would find their interests ignored or persecuted. He need not have worried. On the contrary, most people are apathetic, ignorant, inactive, unmotivated, or gormless. In fact it takes just a small percentage of highly motivated activists to shift an entire population. See: **Tyranny of the Minorities: Social Change Tipping Point**, [July 2018](#) [3].

Today we are living in a world where, thanks to social media, minority activism has run amok. The number of 'causes', most of them toxic or malignant, has rocketed; their reach runs rampant like a virus. As English philosopher, John Stuart Mill said: "Bad men need nothing more to compass their ends, than that good men should look on and do nothing."

Or again as Scotsman, Charles Mackay, observes in his 1872 classic book: **Extraordinary Popular Delusions and the Madness of Crowds:** > p4

Questions

Paleo Perfection - or 'Good Enough'?

Q. *I find it hard to get everything right in my diet. How important is it to be absolutely perfect?*

A. I sometimes round up my talks by saying that the Paleo eating pattern might seem daunting, but you don't have to be perfect, you just have to be 'good enough'!

This is not based on any particular scientific study. Rather it is based on my synthesis of the thousands of studies showing what works, what doesn't and what the consequences are.

For example, the Mediterranean diet, while not perfectly Paleo, is still very healthful. See: **The Cretans**, [Deadly Harvest, Chapter 4](#) [4] page 93.

The traditional Japanese diet, again not strictly Paleo, nevertheless gave their people long, healthy lives. See: **Japanese Longevity and Health**, [Deadly Harvest, Chapter 4](#) [5], page 92.

The 80-15-5 Rule

So I sometimes talk about the 80-15-5 rule. This is the idea that if 80% is spot-on, then 15% can be a little off, and 5% is for major lapses – that slice of Black Forest gâteau at your mom's birthday party for example.

But after lapses, always make sure to get back on track. And if you have a life-threatening disease – a cancer, diabetes, or heart disease, think twice before even going there.

News Shorts

Milk/plant 'milk' labelling wars

In my lectures I sometimes tease my audiences by saying: "And then, some 5,000 years ago, a group of yak herders on the steppes of the Ukraine had the weird idea of consuming the secretions from the mammary glands of their lactating animals." (Referring, of course, to the consumption of animal milk.)

Now my mischievous joke is closer to reality.

According to the campaigning group PETA (People for the Ethical

Treatment of Animals), Trading Standards Officials should brand milk as: '**bovine mammary secretions**'. That would be honest about labelling considering the crackdown on the labelling of non-dairy substitutes.

Luridly PETA says: "The label '**bovine mammary secretions**' should help the public understand that they are ingesting pus-filled mother's milk from a cow."

PETA goes on to say: "Cows aren't the only animals who make milk for their babies, and their mammary secretions aren't meant for humans any more than cats' milk, rats' milk, or bats' milk is."

My View? I couldn't put it better myself – alliteration and all!

Men don't see Domestic Tasks like Women do

"The inequitable distribution of domestic and caring labor in different-sex couples has been a longstanding feminist concern." So begins an article from Cambridge University written by Tom McLelland and Pauline Sliwa [6].

They: "Propose an important gender disparity in the **perception** of "affordances" for domestic tasks such as the dishwasher "affording" emptying, the floor "affording" sweeping and a mess "affording" tidying.

Cutting through the psychobabble, this means that men (on average) simply don't see domestic tasks in the same way as, or as important as, a woman does.

They go on to ask: "Is a woman more likely to perceive mugs in the office kitchen as "affording" [needing] cleaning? Is a woman more likely to see a distressed colleague as "affording" [needing] aid? Is a woman more likely to see certain kinds of work decision as "affording" [needing] deliberation? If so, how might this contribute to inequitable distributions of labor in the workplace?"

This disparity, they aver, needs correcting. How? "By 'correcting' [reversing] the practice of encouraging girls to play with

vacuum cleaners and boys to play with trucks, we can lower the chances of perceptual differences in later life."

My View? Male brains were wired in Pleistocene times to bring home the bacon in ways that only a man could do. The hard-wired reward is a sense of importance, self-esteem, respect and dignity vis-à-vis the family. [**The Modern Workplace for Men and Women**, [Deadly Harvest](#), Ch 8, p 204.]

These 'worthy idiots' don't understand that encouraging little boys to do the dishes and play with vacuum cleaners' is working against the grain of their human natures – to their confusion and distress.

Just accept that men and women are programmed differently and live with it – 'Vive la différence'!

See also: **Jobless Husbands Seek Divorce**; [Aug 2011](#) [7].

Ancestral Anthropology

The Last Hunter Gatherers

One of the fundamental challenges of "living like nature intended" is to discover: "Just what did nature intend?"

One major angle is to study how hunter gatherers live today. The difficulty is that modern hunter-gatherers, like the Hadza, San, and Australian aboriginal, have been exposed to the modern world for decades and their lifestyle has been infiltrated with today's conveniences.

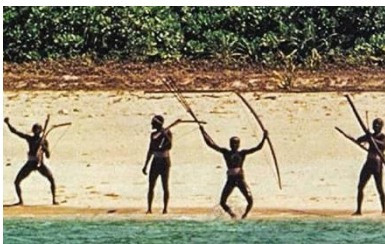
That is why we try to go back into historical accounts of initial and early contact where we can. 1950s reports of the San from Lawrence van der Post (**The Lost World of the Kalahari** [8]; **Pasta is not for Runners**, [Jan 2005](#) [9]); the Marshall expeditions (**1951 Bushmen on Film**, [July 2011](#) [10]; and Lee & DeVore's careful scientific 1960s studies (**Kalahari Hunter Gatherers** [11]) are invaluable.

Other accounts of first contact – for example with the Australian aboriginals in the 1800s – whilst anecdotal – also help to triangulate

a more refined view of hunter-gatherer life uncontaminated from contact with the outside world.

Are there any such tribes left? There might be one or two in the Amazon jungle but the most famous are the inhabitants of Sentinel Island, a remote atoll in the Andaman Islands, India. Since 1956, India has prohibited travel to Sentinel Island to protect the islanders' wish to be left alone.

The 200 or so Sentinelese seemingly lead a Stone Age existence and refuse all contact from the outside world. They systematically kill anyone who ventures onto their territory. The latest, in 2018, was an American missionary, John Chau, who (illegally) waded ashore from a small boat. A Sentinelese guard shot him dead with an arrow.



Sentinelese warriors scaring away intruders. <https://bit.ly/3MQNDEN>

I have two thoughts about this: a) what a wonderful opportunity lies in wait for the first anthropologists who manage to study this authentic Paleo life at first hand and, b) the Sentinelese are behaving in true forager tradition in treating a stranger as a danger. As I say in **In-group, Out-group, Deadly Harvest, Chapter 8** [12], page 197: "A stranger (by definition, from an "out-group") is a threat... He might be out to capture a mate, steal honey, or take murderous revenge in a long-running vendetta."

Or, as evolutionary biologist Jared Diamond goes on to describe, "... when New Guinea tribesmen meet, they strive to discover 'some reason why the two should not attempt to kill each other.'"

In other words, in a state of nature, xenophobia (fear of strangers) is the default human condition.

News Shorts

New Breast Milk Component Discovered for Cognition

All forms of mammal milk contain large fat globules that are surrounded by a membrane (MFGM).

Says researcher John Colombo of Kansas University: "No one thought much about this membrane until chemical analyses showed that it's remarkably complex and full of components that contribute to health and early brain development."

When milk-based infant formula is manufactured, the membrane has typically been removed during processing.

In Colombo's study, MFGM was added back into infant formula [13] for the first 12 months of life. It raised IQ by 5 points at 5 ½ years of age.

Notably it improved speed of information processing, visual-spatial skills, and "executive function". Executive function is the capacity to plan ahead and meet goals, display self-control, follow multiple-step directions, and stay focused.

My View? We all know that 'Breast is best', but for those who can't breast feed, formula milk manufacturers now know what to do to make an even better substitute.

Vigorous Housework cuts CVD

Walking up flights of stairs and speedily mopping floors is enough to slash risk of heart attacks and strokes, suggests a study on adults who did not exercise or do any sport [14].

Short bouts – at a moderate to vigorous intensity – were linked to a steep decrease in heart attacks and strokes, and death by any cause over the course of eight years.

Moving consistently for at least one to three minutes was linked with significantly more benefit – a decrease in heart attack and stroke risk of 29% and a decrease in death risk of 44% – compared to very

short bouts lasting less than a minute.

And the more vigorous activity in each bout, the better. Those who huffed and puffed for at least 10 seconds per minute saw the greatest benefit.

My View? Foragers were always 'up and doing'. (**Paleo-conforming Physical Activity**, [Sept 2018](#) [15].)

So it is comforting to know that just being 'up and doing' is good enough to keep cardiovascular health in good shape.

Shrimp shells boost immune system

Researchers found in mice that digesting chitin, an abundant dietary fiber in insect and crustacean shells and also mushrooms, engages the stomach's immune system.

This activated immune response was linked to less weight gain, reduced body fat and a resistance to obesity.

The researchers opine that consumption of chitin in some acceptable form could be a tool for fighting obesity.

My View? Foragers, and indeed many cultures around the world, eat insects like crickets, termites, and locusts. Most of us eat shrimps and other crustaceans – but usually remove the shells. For those adventurous ones, try crunching up the shrimp shells like we do.

Meanwhile there is a movement to eat processed insect meal. See: **Food Scarcity, Mini-livestock here we come**, [June 2008](#) [16]; **Insect Nourishment**, [May 2014](#) [17];

See also: **Cricket Meal Helps Gut Health**, [Sept 2018](#) [18].

Large Breasts inhibit Physical Activity

Women with larger breasts tend to exercise less frequently and avoid high-intensity exercise. Their participation is much improved after breast reduction surgery.

So finds a study from Flinders University, Australia [19]. They also found that women with cup sizes AA to D showed greater life satisfaction and happiness than those with cup sizes E to H.

The researchers call for health care authorities to give a higher priority to breast reduction surgery.

My View? This is where researchers show their ‘useful idiot’ side. Out comes the conditioned reflex – to “fix” a so-called “problem”: this time by mutilating women’s breasts!

Forager women rarely, if ever, did high intensity exercise. They walked a lot with toddlers on their shoulders, and used their digging sticks vigorously to poke out tubers. They did all this without wearing a bra.

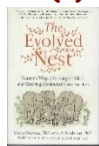
But who am I to opine? It just seems to me that women can reasonably work with what nature endowed them and, if that means avoiding high intensity exercise, so be it. Just get in plenty of walking, and do any housework vigorously.

See: **Vigorous Housework slashes CVD**, page 3 and, **Physical Activity, Deadly Harvest, Chr 8**, [20] p 187.

Continued from Page 1

‘The Evolved Nest’ Review (I)

and is fundamental to growth. Play is one way for the young to learn how to be a member of the species.”



Wolves display ‘moral commitment’ – the desire to respect the wellness and rights of others. Avers Narvaez, “Adult morals which coalesce at the

societal level, are highly influenced by initial brain wiring of the emotion circuitries that are set in babyhood.”

Part II [Next month](#)

Continued from Page 1

Hill Hiking Report

and toes in ways that nothing else does. Moreover, it’s a climb of 1,000 ft (300m). What a great workout!



Mind you, I have talked about this before, see: **How**

Geoff stays Paleo-fit II, [March 2021](#) [21]; **Geoff’s Health Status**, [Dec 2010](#) [22]

Continued from Page 1

Organizing Society for an Industrialised world (XI)

“Men ... go mad in herds, while they only recover their senses slowly, and one by one.” See: **Herd Mentality**, [Jan 2008](#) [23].

In my view, today, our existential challenge is to “keep our heads when all around us are losing theirs”. We need to fight tooth and nail to preserve the principles that made our modern world so successful. These include:

- Freedom from top-down imposition of ideological dogmas
- Every individual is equal before the law. No special treatment for particular groups

- An individual is innocent until proven guilty.
- Laws grow up from the people (“common law”), not decreed top down from a ruling elite.
- Each individual is responsible for his/her own actions. They are not responsible for what their ancestors, relatives or other group members did.
- Rigorously enforcing “ a human face to capitalism”.
- Preserving and transmitting tradition and history so that everyone knows who they are, where they come from, and where they belong.
- Remembering that, in a state of nature, we are part of an extended family, and that individualism must be reconciled with the good of the community.

Civilizations are held up by props like these. Kick some away and we could collapse back to the Stone Age. We’ve gone mad in herds, let’s now fight to recover our senses!

Spreading the Word

Radio Interview with Marty Whittekin

29th November, 2023 at 10:00 a.m. US Central Time. Her show is called **Healthy by Nature** and is to be found at: <https://hbnshow.com/>. Catch-up [next month](#) [24].

Paleo in a Nutshell: Geoff’s latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nutshell.com



Paleo Harvest Cookbook: Over 170 delicious, Bond Precept conforming recipes www.paleo-harvest.com

SUBSCRIBE TO THIS BRIEFING! \$18 Electronic (with active hotlinks). \$59 Hard copy.



mob +357 99 45 24 68 **Skype:** gvlbond **email:** admin@NaturalEater.com

1 The Evolved Nest, Darcia Narvaez, 2023, ISBN: 978-162317-767-6
 2 <https://bit.ly/3R8pVp1>
 3 <https://bit.ly/47qIU6a>
 4 <http://bit.ly/1omEi2m>
 5 <http://bit.ly/1omEi2m>
 6 McClelland, T., & Sliwa, P. (2023). Gendered affordance perception and unequal domestic labour. *Philosophy and Phenomenological*

Research, 107, 501–524. DOI: 10.1111/phpr.12929
 7 <https://bit.ly/S9uaNs>
 8 ISBN-13: 978-0701132958
 9 <https://bit.ly/25nPYug>
 10 <https://bit.ly/BB-2011-07>
 11 ISBN-13: 978-0674430594
 12 <http://bit.ly/ch-8>
 13 John Colombo, Neuro-developmental Outcomes at 5.5 Years of Age in Children Who

Received Bovine MFGM and Lactoferrin in Infant Formula: *J Pediatrics*, 2023; 261: 113483 DOI: 10.1016/j.jpeds.2023.113483
 14 Ahmadi MN, Brief bouts of physical activity and major CVD & death. *Lancet Public Health*. 2023 Oct;8(10) doi: 10.1016/S2468-2667(23)00183-4.
 15 <https://bit.ly/3BBAoAP>
 16 <https://bit.ly/2vefTIG>

17 <https://bit.ly/1MG1fL5>
 18 <https://bit.ly/3BBAoAP>
 19 Claire R. Baxter. Breast size, exercise habits and BREAST-Q data. *JPRAS Open*, 2023; 37: 92 DOI: 10.1016/j.jptra.2023.06.013
 20 <http://bit.ly/ch-8>
 21 <https://bit.ly/47H67Q5>
 22 <https://bit.ly/49NjPm6>
 23 <https://bit.ly/40PotvY>
 24 <https://bit.ly/3uAsOqH>