



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

Human Mentality: Savanna-bred brains subverted by Western reductive thought (7). **Health Policy:** Dr Oz - new Medicare & Medicaid Administrator. **Support Materials:** Updated Traffic-light Food listings. **Food Ideas:** Thai Green Chicken Curry. **Q&A:** Cosmetic Surgery. **News Shorts:** Sleep in a state of Nature. Omega-6 promotes an aggressive form of breast cancer. **Viewpoint:** Limits of "Following the Rules". **Health Policy:** RFK Jnr on Dr Phil Show.

Human Mentality

Savanna-bred brains subverted by Western reductive thought (7)



<https://bit.ly/41kzbey>



Continuing insights from psychiatrist & neuroscientist, Dr McGilchrist's (cr [1]) majestic work [2]

Last month we looked at Why two Hemispheres? – part 1 and left it with this observation:

The left-brain view is "fragmentary, piece-meal, decontextualized, static and effectively inanimate." It is a flat, two-dimensional view – rather like a map: it reduces and simplifies a real, rich 3-dimensional landscape down to a level which just shows enough detail to be useful.

What the left-brain sees is clear, explicit, cut-and-dried – "It is a seed, a rabbit, or whatever. It is my lunch; I need to get it".

Why two Hemispheres? – part 2

On the other hand, the right brain sees the big picture in all its complexity and connections to everything else. It sees that everything is in motion, nothing is static – and that nothing is totally certain.

The left brain only understands what is **EXPLICIT**, whereas the right brain also understands what is **IMPLICIT**. This is a vital difference, because **>p3**

Health Policy

Dr Oz - new Medicare & Medicaid Administrator



<https://bit.ly/43FzeD6> Cr [3]

The heart surgeon and TV personality, Dr Mehmet Oz has taken up the position of Administrator of the CMS (Centers for Medicare and Medicaid Services) where he will serve under Health & Human Services Secretary, Robert F Kennedy Jnr.

This is a big deal: CMS has a budget of some \$1.5 trillion! Dr Oz shares Kennedy's sharp focus on cleaning up the American lifestyle so that fewer people get sick in the first place.

In the official wording, Dr Oz wants to: "Shift the paradigm for health care from a system that focuses on sick care to one that fosters prevention, wellness, and chronic disease management."

Dr Oz is uniquely qualified to manage such a huge, complex organization, since he also holds an MBA (Master of Business Administration).

Support Materials

Updated Traffic-light Food listings

The Traffic-light		SUGGESTED TRAFFIC LIGHT COLOR CODING FOR FOODS AND BEVERAGE						SUGGESTED TRAFFIC LIGHT COLOR CODING FOR FOODS AND BEVERAGE	
1	2	3	4	5	6	7	8	9	10
Green	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Yellow	Red
Low	Medium	Medium	Medium	Medium	Medium	Medium	Medium	Medium	High
Low risk	Medium risk	Medium risk	Medium risk	Medium risk	Medium risk	Medium risk	Medium risk	Medium risk	High risk

<https://bit.ly/45F0S5s>

Prompted by reader Chad Lower, in Dec 2024 [4] I undertook a long overdue update of the foods ratings list last published in Oct 2011 [5].

It can be downloaded here:

<https://bit.ly/3SUF1PT>

This remains a work in progress, so I am always pleased to receive comments for improvement.

In the light of various developments in the last 14 years, I have made a few changes. The main ones are:

- Move intense artificial sweeteners to the 'Red' (shun) category. See: **Artificial Sweeteners Toxic to Good Gut Bugs, Nov 2018** [6]; **Surprise Sweetener Spook, Sept 2014** [7]
- Stevia, which is a natural sweetener, and for which no significant adverse effects have so far been reported, stays in the Green-Yellow (borderline good) category. **>p4**

Food Ideas

My working-age grandson is a keen evangelist for the BondPaleo principles.

He writes: "These are the kinds of meals I share with my friends and colleagues when I'm explaining about Paleo diet and how to make small changes to make the meals a bit more Paleo."

To support his efforts he develops his own recipes to aid the transition to full Paleo. He calls these "Paleo Transition Meals". This is the first one

Paleo Transition Meal 1**Thai Green Chicken Curry**

<https://bit.ly/4dBdbBO>

The author says: "This is a really easy meal to help transition to a Paleo diet, I find that once you get used to it, it's really easy to remove the small portion of rice, making this 100% conforming."

4x Chicken Breasts (depending on size)

350g Green Beans

200g Tenderstem Broccoli

1x Red Bell Pepper

Handful of Coriander, finely chopped

3/4 of a cup of rice

400ml Coconut Milk

170g Thai Green Curry Paste

1. Cut the chicken breasts into cubes and place in a pan on a medium heat with a tablespoon of olive oil.

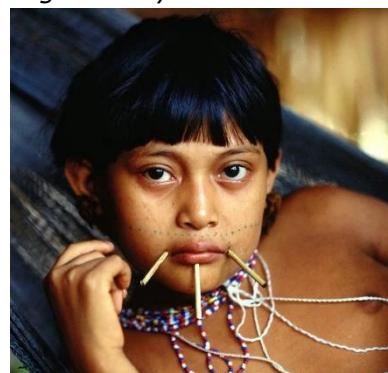
2. Once seared, add all the coconut milk and all the Thai Green Curry paste.
3. Place a lid over the chicken and allow to simmer.
4. Bring a saucepan of water to the boil, once boiling, add the broccoli and green beans, cook for 7-10 mins.
5. Bring another saucepan of water to the boil for the rice - add the rice.
6. Periodically check and stir the chicken, it should be cooking away nicely.
7. Add the chopped red bell pepper.
8. Once the green vegetables are done, strain and place them in the pan with the chicken. Cook for 1-2 mins.
9. Serve in a bowl, finish with fresh coriander for garnish.

Download the recipe [here](#) [8]

See also: [Adopting the Savanna Model in Three Stages](#), [Deadly Harvest, Chapter 7](#) [9], page 171.

Questions**Cosmetic Surgery**

Q. *What do you make of the seeming contradiction between the use of cosmetic surgery and living the way nature intended?*



Yanomami woman of the Amazon. <https://bit.ly/4kNFgsd>

A. *It seems that humans have been fascinated by the idea of*

improving on nature since the beginning of time.

Just among the San Bushman, body modifications include cut marks and blackened scars (tattoos) on the face, arms, legs, back, and chest; burns; body paint; applied fragrances; haircuts; and finger amputations [10].



<https://bit.ly/44Wnm1H> <https://bit.ly/3ZCghj9>

That is to say nothing of other tribes such as those who stretch necks like the Kayan of Burma, or the lip stretchers of many parts of the world.

To my mind, all body modifications are "not what nature intended" and yet, since the beginning of time, humanity's urge to gild the lily seems unstoppable!

News Shorts**Sleep in a state of Nature**

A study finds that compared to western populations, the Hadza slept less (6.25 hours per night), had poorer quality sleep (68.9%), yet had stronger circadian rhythms [11]. Sleep duration was shorter according to greater activity, age, light exposure, and moon phase. It was longer according to increased day length and mean (average) nighttime temperature. On average Hadza napped on 54% of days for an average nap duration of 47½ minutes.

Say the researchers: "This study showed that circadian rhythms in small-scale foraging populations are more entrained

to their ecological environments than Western populations.

"Additionally, Hadza sleep is characterized as flexible, with a consistent early morning sleep period yet reliance upon opportunistic daytime napping."

My View? Several studies find that foragers had quite disturbed sleep. Alert to strange rustlings in the dark, bitten by bugs, and kept awake by freezing nights, or a full moon. But they made it up by napping. In addition, their circadian rhythms were strongly synchronized, a subject we will return to [Next Month](#).

See: **Grandparent Sentinels** and, **Sleeping Patterns – Age Changes** in [Aug 2017](#) [12]. See also: **Open Fires for a long life?** [March 2025](#) [13]

Omega-6 promotes an aggressive form of breast cancer

In **RFK Jr war on seed oils**, [last month](#) [14], we highlighted the problem with omega-6 seed oils: they are highly inflammatory, and inflammation is a sore provoker of degenerative diseases, notably cancer.

Now researchers find a second good reason to demonise omega-6 oils: they trigger a major growth pathway in tumor cells by binding to a protein called 'FABP5' [15].

So far this tumor growth effect has been observed in "triple negative" breast cancers and in some prostate cancers.

However the researchers opine that the same mechanism could be involved in many other cancers and even in obesity and diabetes.

My View? Do I need to say it again? **Avoid** omega-6 seed oils like sunflower, safflower, corn (maize), cottonseed, peanut, and soybean.

On the other hand, olive oil, Canola (rapeseed), flaxseed, and so forth are good.

Viewpoint

Limits of "Following the Rules"

In my sundry publications, I categorize various foodstuffs according to their conformity to the Paleo template. See: **Updated Traffic-light Food listings**, page 1.

The intention is to give newcomers a quick and handy insight into where their food-choice priorities should lie.

However, please don't take it as a set of rules to be slavishly followed to absurdity either. That would be, in Dr. McGilchrist's terms, rigid, two-dimensional 'Left Hemisphere' thinking. It lacks the rich global contextual thinking of the Right Hemisphere. See: **Savanna-bred brains subverted by Western reductive thought (part 2)**, [Nov 2024](#) [16].

An interesting example is the case of honey. It is, perhaps, the only foodstuff that is commonplace today that would also be recognized as commonplace by our ancient forager forebears.

So honey is genuine Paleo with a perfect, ancient pedigree! Even so, only consume it abstemiously. It is after all a sugar and, in the quantities that sugar is consumed today, would be just as harmful.

Also, do remember that so many of the foodstuffs are subject to wide natural variation. Apples, according to variety, season, and so forth, can have widely differing levels of sucrose (sugar) and fructose. So do use common sense, and your Right Brain's imagination too!

Finally, don't forget the 80-15-5 "rule of thumb" which suggests

that if 80% of what you do is spot-on, then 15% can be a little off, and 5% can be a major lapse. See: **The 80-15-5 Rule: "You don't have to be perfect, just good enough"**, [Jan 2020](#) [17]

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Savanna-bred brains subverted by Western reductive thought (7)



the things that matter most are what is in the implicit – the **CONTEXT**. And the context is lost by reducing down to the explicit.

Anyone who has to explain a joke or explain why they are moved by a piece of music or poetry, will know how "making explicit" strips the magic and something ineffable from the original experience.

Nevertheless, in spite of their competing roles, both hemispheres are involved in **EVERYTHING** to some degree or another, but the synthesizing goes on at the level of the **SUBCONSCIOUS**. Which is just as well, or we would go crazy!

McGilchrist has a good interview on the two-brain topic with podcaster Alex O'Connor on YouTube [here](#):

<https://bit.ly/44G3mjB>.

Next Month: Right brain and Autism, Schizophrenia.

Health Policy

RFK Jnr on Dr Phil Show



<https://bit.ly/3HeR5Jh>

It is impressive how so many high-profile medical doctors have come out in support of Robert F Kennedy Jnr's forthright, root-and-branch, plan to reform America's health environment.

Last month we had Dr Jay Bhattacharya who is now head of NIH (National Institutes of Health) and, on page 1, TV personality, Dr Mehmet Oz, now head of CMS (Medicare and Medicaid).

Another fan is the high profile, TV personality, Dr Phil. On his show, he had an hour's fireside chat with RFH Jnr which you can see here:

<https://youtu.be/ZofNzZ8UoPk?>

Kennedy covered some of his main targets:

- Advertising. The USA is almost alone in allowing TV advertising of prescription medicines. This creates artificial demand and unnecessary intake. Worse, TV stations then avoid running programs which debate the harms of these medications. Talk TV hosts were expressly told to avoid, under pain of permanent cancellation, interviewing the likes of RFK Jnr.

- Revolving Door: Big Pharma routinely offers richly-paid jobs to officials in government oversight departments, such as the FDA (Food & Drug Administration). The temptation for such officials to go easy on Big Pharma regulation applies to all levels in the hierarchy.

- Artificial Dyes: Kellogg's Fruit Loops in Canada are colored with natural vegetable dyes (like blueberry) while those in USA are colored with petroleum based dyes. Why? Because the colors are more vibrant and are more addictive to kids. See **Artificial Dyes for the chop, Last month [18]**.

And much more. Meanwhile...

AI Fakes: Dr Phil warned listeners that there are now many AI generated fakes of RFK Jnr apparently saying the most outrageous things. Be warned and ignore!

Continued from Page 1

Updated Traffic-light Food listings



- The sugar alcohols 'sugar replacements' move from

Green-Yellow (borderline good) to Yellow (borderline not good). See: **Erythritol & Blood Clots again, Aug 2024 [19]; Xylitol linked to CVD, June 2024 [20].**

- Honey moves from Red (shun) to Yellow (borderline not good). This is a difficult one. Honey is a sugar, but it is Paleo! See: **Is Honey all right after all? Nov 2024 [21].** So it is ok in careful moderation. See **Viewpoint**, page 3.

- Alcoholic drinks are proving to be more problematic than hitherto and so wines are moved from Green-Yellow to Yellow (borderline not good). See: **Alcohol - Good or Bad? June 2024 [22]**

- Beef tallow is slightly less bad than other animal fats and moves from Red (shun) to Yellow-Red (avoid). See: **Beef Tallow vs. Seed Oils, March 2025 [23].**

See also **Viewpoint**, p3, on the limitations to slavish rule-following.

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

email: admin@NaturalEater.com



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



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2 The Matter with Things, 2023, ISBN: 978-1-914568-25-1

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20 <https://bit.ly/3YhTR7a>

21 <https://bit.ly/44ewATZ>

22 <https://bit.ly/3YhTR7a>

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