



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

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News Short

Night light: CVD, Obesity & Diabetes link



Bedroom lighting [1]
<https://bit.ly/3Lup2Cc>

In the past I have written about the connection between sleeping with some light in the room and disturbed biochemistry leading to several illnesses, including cancers. See: **Breast Cancer & Dim Night Light**, [Aug 2014](#) [2], **Night Light and Cancers**, [Jan 2006](#) [3]

Now a study, published in the prestigious journal PNAS, reports that sleeping with even a modest level of light activates 'The autonomic nervous system' (ANS) [4]. The ANS acts largely unconsciously and it regulates bodily functions, such as the heart rate, digestion, breathing rate, pupil dilation, urination, sexual arousal and, notably, the fight-or-flight response.

The research found that modest indoor light levels of 100 lux caused the body to go into a higher state of alert. The heart rate increases, the heart pumps harder, blood flow speeds up. In addition, insulin and blood glucose control is disturbed risking diabetes and obesity.

As a rule of thumb, 100 lux can be provided by a bedside lamp or TV screen. Apparently some 40% of people sleep with one or both of these switched on! >p 3

Resources

There is a vast resource of information available on the Internet. From time to time I point out carefully selected sources which multiply up our understanding of living the way nature intended.

Evolutionary Warfare & Cooking

I have written several times about **Richard Wrangham**. He is an English biological anthropologist at Harvard, specializing in the study of primates and the evolution of violence, sex, cooking, and culture. See his book **Demonic Males** [5] and my articles: **Origins of Warfare (4)**, [Jan 2006](#) [6], **The World until Yesterday**, [Feb 2013](#) [7].

In a lengthy YouTube discussion, Canadian evolutionary psychologist **Jordan Peterson** chewed the fat with Richard Wrangham, about some of his ideas. See it here: <https://youtu.be/BAifu7lu8TU>

Male Violence

Wrangham introduces some new insights to his previous works. For example, his research on chimpanzees in the wild shows that there is an evolutionary advantage for one group to murder and wipe out a neighboring group. They take over the territory and live, eat and reproduce better. Wrangham suggests that similar forces operated in human evolution.

Cooking

Wrangham expanded on his argument that cooking was an important, even vital, element in human cognitive development.

At the time I thought that Wrangham had over-cooked his arguments, See > p 4

News Short

Alcohol Intake Questioned



"Ladies & gentlemen! We have a correlation!" <https://bit.ly/3G1YK9g>

Two population ("epidemiological") studies find correlations suggesting that any alcohol intake over 1 unit per day is harmful.

1 unit is not much – ½ pint (30cl) of beer, one shot (25 ml) of spirits, or ½ glass (100 ml) of wine.

In detail, Cardiovascular Disease

The first study found that there is: "an association between all amounts of alcohol consumption and both high blood pressure and coronary artery disease.

"There were modest increases in risk with light alcohol intake and exponentially greater risk at higher levels of consumption." [8]

Brain Shrinkage

The second study found that: "...alcohol intake is negatively associated with global brain volume measures, regional gray matter volumes, and white matter microstructure.

"Here, we show that the negative associations between alcohol intake and brain macrostructure and microstructure are already apparent in individuals consuming an >p 4

Recipe

Tomato, onion, zucchini gratin

Yield: 6 servings as a side dish



<https://bit.ly/37TRnnD>

This is a fine, high plant-food dish from Nicole's cookbook [Paleo Harvest](#). It looks impressive on your table with its alternating colors.

3 medium white onions (about 1 lb, 450 g), thinly sliced.

olive oil spray

2-3 zucchini (about $\frac{3}{4}$ lb, 350 g)

3-4 ripe tomatoes (about $1\frac{1}{4}$ lb, 600 kg)

salt, to taste

ground black pepper, to taste

5 cloves garlic, crushed

2 teaspoons thyme, fresh or dried, to taste

1. Spray a medium-size frying pan with the olive oil and sauté the onion, until soft and translucent, but not brown.

2. Spray a table-ready baking dish (say, 13x9 inches) with the olive oil and cover the bottom with the onion.

3. Meanwhile cut the unpeeled zucchini into slices and set aside. Slice the tomatoes to the same thickness as the zucchini and set aside.

4. Place on top of the onion layer in the dish the zucchini and tomato slices in alternating straight rows, so as to obtain red and green alternating colors.

5. Sprinkle with salt and pepper to taste. Distribute the garlic and thyme equally over the vegetables. Spray olive oil equally over the vegetables.

6. Bake in a preheated oven at 340°F (170°C) for about 50

minutes, tamping the vegetables from time to time with the back of a serving spoon. The vegetables should be slightly caramelized. Check for doneness.

7. This dish can be savored either hot or cold. Serve in the dish.

Download recipe here:

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

News Shorts

Statins no good for CVD

A major "study of studies" published in the doctors' prestigious trade journal, JAMA, finds that lowering cholesterol levels using statins was: "INCONCLUSIVE regarding ... all-cause mortality, myocardial infarction, or stroke." [9]

My View? This is familiar news! See: **Cholesterol Hypothesis Debunked**, [May 2016](#) [10]; **Statin: Two-faced Harlot**, [March 2015](#) [11] and, **Statins Affect Memory**, [Oct 2015](#) [12]

But it is good that research continues to debunk the theory of how cholesterol is somehow a **CAUSE** of heart disease, whereas it is simply **CORRELATED** with it.

In fact they are both due to the same cause: dysfunctional lifestyle! More precisely they are due to the mismatch between the way people live today and the way nature designed us.

High cholesterol levels and CVD did not occur in those living in a state of nature, see: **The State of the San's Health**, [Deadly Harvest, Chapter 1](#) [13], p 18, **The Role of Cholesterol**, [Chapter 9](#) [14], p 239. **Cholesterol**, [Natural Eating II, Chapter 8](#) [15], p 141.

See also: **An Apple a Day Keeps the Statin Away**, [Feb 2014](#) [16].

See, too, **Fighting the Mainstream Health Establishment**, p 3.

Milk makes MS worse

Multiple sclerosis (MS) is much more prevalent in populations with high intakes of dairy products (milk, cottage cheese, yoghurt) [17].

In MS, the body's immune system destroys the myelin sheath which is

the insulation to the wiring of nerve fibers.

What causes this? When tested on mice, a major component of dairy products, the protein **CASEIN**, caused "massive perforation" of the myelin insulating layer.

My View? As we say all the time, milk and its products, even from humans, is not human food after the age of about 4 years.

In particular cows' milk contains beta-protein casein which is totally foreign to our body's biochemistry.

It is not surprising if some people's bodies cave in with the insult. See: **Multiple Sclerosis**, [Jan 2003](#) [18]; **A2 Milk**, [June 2019](#) [19]; **Lactaid vs. Regular Milk**, [Sept 2002](#) [20]

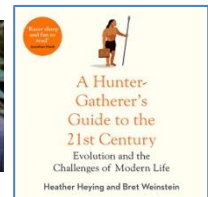
Book Review – part III

A Hunter-Gatherer's Guide to the 21st Century

Heather Heying & Bret Weinstein



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



[Last month](#) we saw how, in today's world, we cannot now rely on our feelings or instincts to live healthily – we have to **TAKE CONTROL** and **THINK** about how we eat and live.

Sex & Gender

In this chapter, the authors tread the path of evolutionary psychology – an intellectually honest approach which drives social engineers crazy. [21]

Backed up by a multiplicity of hard-nosed studies, many based on neuroscience, the authors make the point that men and women have had distinct roles for our entire evolutionary history and that we have bodies and brains wired to fit with these roles (see: **Men & Women Navigate Differently**, [Aug 2018](#) [22]).

Say the authors, "We are, and should be, equal under the law", but men & women "are not the same – despite what some activists and politicians, journalists and academics would have us believe."

"We should not expect that men and women will make identical choices ... Female doctors are more likely to go into pediatrics, men into surgery... Men are more likely to sell cars, women to sell flowers... on average, men prefer working with things, and women prefer people... in general women are more altruistic, trusting and compliant as well as more prone to depression than men."

Men have more 'investigative interests', while women have more 'artistic' and 'social' interests. Men are more interested in maths, science and engineering while women score higher in literacy, and there are more boy geniuses and more boy dullards than girls in either category."

They tighten the screw by saying: "Acting feminine is not the same as being female... WEIRD people [23] pretend that sex equals gender, or that gender has no relationship to sex, or that gender and sex are not entirely evolutionary."

On the **DIFFERENCES** between the sexes the authors opine that "pretending otherwise puts us all at risk – ask people to believe things that are patently untrue and they will be ever less likely to form a coherent worldview, one based on observation and reality rather than fantasy. Men will never ovulate, gestate, lactate, menstruate or go through menopause."

Cancellation

Unsurprisingly, such forthright views were not appreciated by Heying and Weinstein's progressive post-modern employer, Evergreen College, Washington state, USA.

They lost their professorships in spite of being the most popular teachers and having full tenure. They give a brief account in an interview with evolutionary psychologist, Dr Jordan Peterson, here: <https://youtu.be/5Cc-mnHWSqA>

Continued: [Next month](#) [24] Parenting & Childhood.

Health Policy

Fighting the Mainstream Health Establishment - part III

[Last month](#) we looked at extracts from financial guru Bill Bonner's Daily Reckoning [25] for December 22 2012 where he lays out the case that health care is stitched up by vested interests.

My View? Bill Bonner in his amusing and satirical article nails very well the sickness in the wellness industry and about which I have written since the beginning.

For example, I have pointed out the exasperating and squalid compromises in the USDA's *Dietary Guidelines*. See: **USDA Guidelines 2015-2020**, [Jan 2016](#) [26].

On many occasions I have highlighted the mischiefs of the pharmaceutical industry of which these are a few examples: **Selling sickness - Big Pharma and Disease Mongering**, [Jan 2006](#) [27]; **BigPharma Rigs Drug Dosing**, [Mar 2015](#), [28]. **Big Pharma Subverts Watchdog**, [June 2006](#), [29].

Again, I have highlighted how the medical profession has been virtually blackmailed into 'defensive medicine' with a multiplicity of unnecessary tests and treatments carried out, just to avoid the remote possibility of future litigation. See: **The Quagmire: How American Medicine is Destroying Itself**, [Aug 2011](#) [30]; **Docs Avoid Aggressive End-of-life, Treatment to Themselves**, [July 2014](#) [31].

Or again how big industries capture health providers like the tobacco industry did with doctors. See: **When Doctors backed Smoking**, [July 2020](#) [32]

Moral? Do what we do, live the way nature intended, maximize health, and avoid the healthcare industry as much as possible!

Human Behaviour

High Flying Married Mothers do yet more housework

While new mothers frequently take on a greater share of housework than their spouses, this effect is even more pronounced in mothers who earn more than fathers. So

suggests a study by Joanna Syrda of Bath University, UK [33].

Clearly unhappy about this result, Syrda says, in rather strangled language: "What may be happening is that, when men earn less than women, couples neutralize this by increasing traditionality through housework -- in other words, wives do more and husbands do less as they try to offset this 'abnormal' situation by leaning into other conventional gender norms."

Syrda reflected that: "one expectation of the 'gender revolution' of the 1960s and 1970s was that women's increased level of employment and earnings would be accompanied by men's greater participation in domestic activities.

"Sadly, however, it looks like married men and women -- especially married parents -- have still not equalized the level of housework they perform, leading many of us to wonder how to restart this 'stalled revolution'?"

My View? Heying & Weinstein (p 2) would have no difficulty in countering Syrda's wishful thinking.

They would say that men & women are evolutionarily programmed for different roles. Men find their sense of identity and feeling of self worth in being adventurous, brave, heroic and enterprising. They are wired to be both mate-protector and provider.

Whilst the modern man may do the dishes and make the beds, it is grudging and he will likely feel that it is demeaning – especially if he is not even the main breadwinner.

Continued from Page 1

Night light: CVD, Obesity & Diabetes link



In contrast, the research subjects who were exposed to only 3 lux (roughly defined as so dim that it is

hard to move around the bedroom without bumping into the furniture)

did not have an adverse ANS reaction.

Say the researchers, keep your bedroom as dark as possible, turn off all sources of light, and blackout windows from street lights.

In addition, a sleep mask is good.

My View? How does this compare with the moonlight under which our ancestors lived? Even at its brightest full moon, the light rarely exceeds 0.2 lux! See: **Moonstruck Sleep**, [Aug 2013](#) [34].

But most nights there is little or no moonlight. Starlight alone gives only 0.002 lux. This is where the little personal fire comes in, providing a little circle of light, of warmth, and reassurance. See **Book Review II**, [last month](#) [35].

There are several smartphone apps available for those who wish to check the light levels in their bedroom.

In contrast, **DURING DAYLIGHT** it is important to get good exposure to **INTENSE** light. See: **CV Health needs Intense Light**, [Sept 2019](#) [36]. **Morning Sun keeps off the Pounds**, [May 2014](#) [37].

Continued from Page 1

Evolutionary Warfare & Cooking ... Cooking Helped Evolution? [July 2009](#) [38].

However, in this video, Wrangham advanced further arguments. For example: that by cooking, humans could reduce the time for eating from over 6 hours per day to some 2 hours per day. See: **From Fructivore to Omnivore**, [Sept 2019](#) [39]. This gave time for an explosion of cultural development and technological inventiveness.

Moreover, the control of fire meant that it was safe for humans to sleep on the ground instead of climbing trees every night and making a nest. See: **Why Chimps Sleep in the Trees – and Why Humans Don't**, [Dec 2011](#) [40].

Check it out here!
<https://youtu.be/BAifu7lu8TU>.

Continued from Page 1

Alcohol Intake Questioned



"Ladies and gentlemen! We have a correlation!"

an average of only one to two daily alcohol units, and

become stronger as alcohol intake increases." [41].

In other words, the more you consume alcohol, the more your brain shrinks.

My View? These are **population** studies and so the researchers are finding **CORRELATIONS** not causations. The researchers cannot be sure that alcohol is the **CAUSE** of unfavorable outcomes.

Does a healthy (Paleo) lifestyle provide any protection against any harm? The literature is, so far, silent on the matter.

In our forager past, alcohol was present in fermenting fruit so our bodies know how to handle it. Nevertheless, a forager would struggle to intake the equivalent of a couple of units of alcohol.

So it is perfectly reasonable to suppose that, like many substances, the body doesn't cope too well with an overload.

As health advisories say, it is probably good to avoid binge drinking, and to have a couple of alcohol-free days per week.

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

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