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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

**Human Biology:** High omega-3 fish oil, low omega-6 beats prostate cancer. **Human Mentality:** Savanna-bred brains subverted by Western reductive thought (III). **Health Policy:** American Health Crisis Roundtable. **Q&A:** The BondPaleo Shopping list. **News Shorts:** How to make it easier to eat fiber-rich foods; Reducing Potato Toxins; We date, marry people who are as attractive as we are; Children's Toys – Neuroscience Guidance. **Letter:** Indigestible Fiber Sources? **Spreading the Word:** Review of Deadly Harvest – Steve Gibson. **Evolutionary Upbringing:** Sleep Problems, Open Mouth Breathing, Crooked Teeth.

## Human Biology

### High omega-3 fish oil, low omega-6 beats prostate cancer

A study led by UCLA [1] Health Jonsson Comprehensive Cancer Center investigators finds evidence that a diet low in omega-6 seed oils (such as sunflower, safflower, corn, and peanut – but not rapeseed [Canola]) and high in omega-3 fatty acids (such as those from fatty fish) reduces early-stage prostate cancer growth in patients undergoing “active surveillance”. This is a treatment approach that involves regular monitoring of the cancer without immediate intervention.

The subjects were followed for a year and were advised to cut out sources of omega-6, such as fries and other fried foods, cookies, mayonnaise, and other processed foods, while focussing on sources of omega-3, such as salmon, sardines, and other fatty fish. They were also given fish oil supplements.

Meanwhile, a control group just followed their normal western diet.

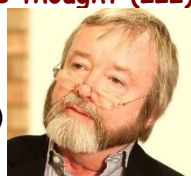
Results showed that the low omega-6, high omega-3 group had a 15% **DECREASE** in a biomarker of cell proliferation called the “Ki-67 index”, while the control group saw a 24% **INCREASE** [2].

**My View?** This is one of the few studies of omega-3 which also considers its relationship with omega-6. This is vital since both oils produce powerful hormones called ‘eicosanoids’. Eicosanoids control many bodily processes such as blood clotting, bone building, depression [3] and, above all, **INFLAMMATION**. >3

## Human Mentality

### Savanna-bred brains subverted by Western reductive thought (III)

*Continuing insights from psychiatrist & neuroscientist, Dr McGilchrist's (cr [4]) majestic work [5]*



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

Last month we saw that the Left Hemisphere “follows the rules” even if they lead to an absurdity. This comes about because one of the Left Hemisphere's roles is to try to make sense of the world by stripping it down into simpler, understandable, parts so that it can manipulate them and exert control over the environment. But in doing so it loses the ‘essence’ of the original whole.

McGilchrist illustrates Left Brain logical absurdities with one of the paradoxes of the ancient Greek philosopher Zeno, in his fable, *Achilles and the Tortoise*: The tortoise challenges the famously swift-footed Achilles to a race, and Achilles graciously gives the tortoise a good head-start. But Achilles can never catch up with the tortoise because he must first get to the place from where the tortoise started, but by then the tortoise will have moved on; so then he must reach the tortoise's new position, but by then the tortoise has moved on; and so on for ever....

This is typical Left Hemisphere thinking: it has taken a whole event and stripped it down into static time periods. However, when you add the parts together, you don't get the whole. Put another way, the Left Hemisphere takes >3

## Health Policy

### American Health Crisis Roundtable

Sen. Ron Johnson and Robert F Kennedy jnr. (RFK) recently co-hosted a round table debate about the lamentable state of health in America in spite of spending so much more per head than any other country.

The panel consisted of an impressive range of critical-thinking scientists, nutritionists, and specialists. It included Jordan Peterson, and also his daughter Mikaela who, after 32 failed joint surgeries, fixed her childhood rheumatoid arthritis by adopting an extreme ketogenic diet. (See: **Ketogenic Diets Revisited**, [Jan 2024](#) [6]).

The discussion cited corporate capture of agencies like FDA USDA CDC and of corruption, conflicts of interest and how politicians and regulators have become puppets of BigPharma, Big-Agriculture, Insurers, and the Medico-industrial complex. The mainstream media is complicit.

The panel claims that this is an existential crisis for America. The population, including children, are getting massively sicker, fatter, and diabetic. Life expectancy, fertility, and the immune system's capabilities are plummeting.

Other villains are ultra processed foods, environmental poisons, micro-plastics, endocrine disruptors, and chemicals in the food system. They are driving chronic illness, metabolic dysfunction, and mental illness. See the full debate at this link.

<https://www.youtube.com/live/2iWE465RC0k> If you are short of time >4

## Questions

### The BondPaleo Shopping List

**Q.** *The shopping list on your website seems to be an older version of the different stages and food groups. Do you have or maintain a more up-to-date list of appropriate foods for each color category?*

**A.** I first created these shopping lists some 25 years ago when times were different. My message was so revolutionary at the time that people needed detailed guidance as to what to put in the shopping basket.

Over the intervening period I have shifted emphasis from being so prescriptive to a more 'performance' based guidance. For example, saying "avoid high glycemic foods" rather than specifying "avoid "pastas, breakfast cereals, pizzas, potatoes, cakes, bread, fries, chips, etc.".

However, your point is taken. The shopping lists are still the most downloaded pages of my website and they should be up-to-date and coherent.

Over the next few weeks I intend to review and update as necessary.

## News Shorts

### How to make it easier to eat fiber-rich foods

Fiber is something that most of us get far too little of. To change that, "we need to actually enjoy eating it."

So claims an international coterie of researchers from Denmark, France and elsewhere. They have developed a way to 'disguise' fibers, by making them "more palatable".

Inspired by foods like chia seeds, which are naturally enveloped in a soft, gel-like layer, the researchers encapsulated pea cell-wall fibers in a gel that forms a soft coating around the fiber particles.

Warble the researchers: "The gel coating makes the fibers feel velvety, like cream on the tongue ... and we don't perceive the gritty texture... The gel is both flavor- and odor-free and is based on gellan gum [see later], which is produced by bacteria and already deployed in the production of foods for other

purposes... And in principle, the method can be used for all types of foods and beverages."

**My View?** It is good that someone is thinking about boosting roughage in the diet (see **Indigestible fiber sources?** Page 3).

However, is an ultra-processed ingredient like pea-fiber enveloped in gum the answer? I hardly think so: this idea is driven by an overwhelming interest in producing a commercially successful, mass-produced, factory product, not one which bears any resemblance to our ancestral fiber which required hard chewing. See **Your jaws are what you chew**, [Aug 2011](#) [7].

I don't know about pea-fiber, but we do know that gellan gum has problems – it clogs up the gut's microvilli, see **Almond Milk Ingredients**, [Oct 2024](#) [8].

### Reducing Potato Toxins

In **Vegetables, Starchy**, [Deadly Harvest, Chapter 5](#) [9], page 124, I speak of the toxins in potatoes, that they sicken people every year, and that there are even some deaths from potato poisoning. The BMA opines that there is surely a large reservoir of unreported cases of potato poisoning [10].

The potato produces these toxins, called "glycoalkaloids", to fight off insects. However, they are not only bad for insects but also for humans, too. Glycoalkaloids are found in high quantities in the green parts of potato peel, and in the sprouting areas.

Indeed, everyone in the food chain, from farmers, wholesalers, distributors, to greengrocers, goes to much trouble to avoid potatoes sprouting and/or developing green patches.

One major factor in triggering the potato into making glycoalkaloids is **SUNLIGHT**. Keeping potatoes in the dark is a major burden on the food chain and is not always observed in the home either.

Now a study has discovered the plant's genetic processes for making and, most importantly, directing the **LOCATION** in the plant of glycoalkaloids [11].

The researchers say that by engineering plants to produce glycoalkaloids in the leaves but not the potatoes themselves, the crops can be stored without the risk of toxicity from sunlight exposure.

**My View?** Relax – who eats potatoes anyway! All right, that's a flippant reaction. But when potatoes first arrived in Europe (in Shakespeare's time) they were used only as pig-food.

But to sum up, potatoes are not human food since a) they are starchy and high glycemic, b) they are empty calories (poor in micro-nutrients), c) they are not alkalizing, and d) yes, contain plant poisons which human biochemistry is not equipped to handle.

### We date, marry people who are attractive as we are

Both men and women were pretty accurate at rating their own physical attractiveness, according to a study from the University of Florida [12].

Couples also tended to be well-matched on their attractiveness, suggesting that we largely date and marry people in our own "league," at least as far as beauty is concerned.

**My View?** Well done to the researchers for finding a grant for this study which affirms the saying that "birds of a feather flock together". As far as couples are concerned this is known as "assortative mating".

Couples tend to find soulmates in "desirability", see: **Couples match up according to level of 'Desirability'**, [Aug 2022](#) [13]; and in intelligence, see: **Genes mostly decide Educational Attainment**, [Sept 2023](#) [14].

Pity our foragers, then, who would be lucky to find more than two or three potential mates of **ANY** desirability or intelligence.

### Children's Toys: Neuroscience guidance

Children between 2 and 4 years of age who play with puzzles, blocks and engineering toys have better spatial skills than those who don't [15]. Spatial skills help our understanding of maths and science [16]

and have been shown to predict a child's academic success in these disciplines.

Dolls are particularly good for promoting social skills, construction toys are good for spatial reasoning, balls are good for increasing exercise.

Executive function is a type of thinking that enables us to plan, focus our attention and juggle multiple tasks. [17]. It is also a trait that develops rapidly from the ages of 2 to 7. So that is a tick for dolls, train sets, a doctor's kit – anything that stimulates the imagination.

Avoid toys that erode the capacity for creative thinking. Such "convergent" toys have a limited number of ways to be used in play.

Divergent, or open-ended toys, like Lego or magnetic tiles, can be played with in multiple ways. Several studies show that children who use divergent toys are generally better at problem-solving tasks [18] compared with children who have convergent toys.

When toddlers were given between four and 16 toys to play with, those who had fewer to choose from engaged with each toy for longer and played with it more creatively [19]. See: **Forager Kids Play Learning**, [March 2023](#) [20].

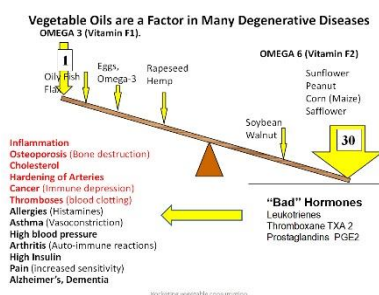
**Continued from Page 1**

**High omega-3 fish oil, low omega-6 beats prostate cancer** Importantly, what one oil does, the other one undoes. Critically, omega-3 **REDUCES** inflammation whilst omega-6 **INCREASES** inflammation.

In a state of nature, consumption of these oils would be roughly equal: the see-saw was in **BALANCE**. See: **Fats & Oils**, [Deadly Harvest, chapter 4](#) [21], page 104

So that is the **STRENGTH** of this study: it strove to put the experimental group into a state of **BALANCE**.

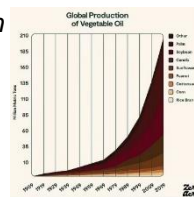
Today, the see-saw is unbalanced by a rocketing rise in omega-6 seed oils just in my lifetime! [22].



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

### Unbalanced omega-3/omega-6

**Global production of vegetable oil from 1909 to 2019.** You don't have to read the numbers, just look at the trend!



Meanwhile consumption of omega-3 has, if anything, declined. So today's average westerner, for this reason amongst many, is in a state of chronic inflammation.

Lesson? Strip omega-6 out of the diet, focus on omega-3 and so **REDUCE INFLAMMATION**. Reducing chronic inflammation is a major factor in cancer prevention in general and prostate cancer in particular.

See also: See **Anti-inflammatory diet**, [Sept 2024](#) [23] and, book review: **Stopping Inflammation** by Nancy Appleton [24] [Oct 2004](#) [25]

### Letter

#### Indigestible Fiber Sources?

From Diane Lewis, Rancho Santa Fe, California

In **Bowel Movement Frequency and overall Health**, [Aug 2024](#) [26],

... "you inspired the question: How can we, in today's modern world, obtain indigestible fiber from a food similar to what our early ancestors ate?

"The idea is to find a tuber that could be eaten raw, on the go, that's meant to be chewed continuously for up to two hours, that tastes great, and provides a healthy dose of indigestible fiber.

"Could you, a researcher, lifestyle author, and scientist, bring to market

a grab-and-go snack food that is an antidote to our fast-food diet (which has very little fiber)? A continuous supply of packaged tubers, snacks with a long shelf life, that tastes good? This would go a long way toward ensuring that people meet their body's needs of daily indigestible fiber.

"The average daily fiber intake has been estimated as low as 13 to 18g per person, per day in the U.S. And that's just regular fiber. The much-needed indigestible fiber can average a paltry 1 to 5 g per person, per day.

"In the world of tubers, is there anything we could obtain in nature and market as a convenient, inexpensive snack in order to help millions of people improve their overall health? It's worth our time and effort to try to find an answer."

Thank you, Diane, for your helpful thoughts. I regret that I have no easy answers to the conundrum of boosting fiber, especially 'roughage' in the diet.

However, others are thinking about it too, even if their answers are problematic – see **How to make it easier to eat fiber-rich foods**, p 2

**Continued from Page 1**

### Savanna-bred brains subverted by Western reductive thought (III)

... the three-dimensional life experience and simplifies it into a two-dimensional map. The context (or 'essence') has been lost. It takes the Right Hemisphere to take over and impose some 'common sense'. In today's world this doesn't always happen. In the West we are dominated by a view of the world which sees life just as an assembly of cogs and wheels in some giant mechanism. Anyone who has contact with bureaucracy with its box-ticking, rule following, and its "computer says no", understands McGilchrist's point.

In a state of Nature, the Right Hemisphere is in charge, and the





Left Hemisphere is its servant, albeit indispensable. This take-over of Left Hemisphere thinking is destabilizing our civilization leading to a feeling of alienation and mental disorder. In the words of the Bible: "For three things the earth is disquieted, And for four which it cannot bear: For a servant when he reigneth..." [27] or as Kipling has it: "A servant when he reigneth is confusion to the end." [28].

**Next Month:** The male/female brain.

### Spreading the Word

**Review of Deadly Harvest** by Steve Gibson of Gibson Research Corporation

<https://www.grc.com/health/lowcarb-resources.htm> [29]

"This was not the book that started it all for me (I had already read "Wheat Belly", "Good Calories, Bad Calories", and "Why We Get Fat"). But this book made me regret that I'd spent so much time getting around to this one.

"This is the book that Leo [Leo Laporte, Gibson's associate] also loves and keeps talking about. And everyone, without exception, from

college professor to restaurant manager, whom I have turned onto it, has been riveted and fascinated by it.

"If you believe that you can only read one book about this fascinating topic [low carb diet], this should be this one! ... The book has zero "fluff" and is packed with truly interesting facts. I recommend it without reservation."

### Evolutionary Upbringing

*Evolutionary anthropologist, Dr Narvaez [30] writes a weekly blog. We highlight from time to time her articles of interest to us.*

### Sleep Problems; Open Mouth Breathing; Crooked Teeth

"People in industrialized societies like the USA have multiple jaw related problems. Crooked teeth and sleep apnea are burgeoning. What's going on?

"Jaws started to shrink among those who moved to settlements about ten thousand years ago because of the change in diet from hunter-gatherer civilization. Soft foods of settled agricultural life disrupted the signaling needed by the body for healthy jaw development. But the

situation has gotten much worse in the last few centuries..."

Full article: <https://bit.ly/40ndHgC>

**My View?** This is a topic that we have reviewed on many occasions, see: **Jaw-dropping Birth of Farming, Oct 2017** [31].

Also, in **Mouthpart Under-development in Westerners, Aug 2016** [32], I explored paleo-orthodontist Dr Kevin Boyd's research showing how Westerners jaws have become deformed since the industrialization of our food supply just in the last 150 years.

See too: See **Your jaws are what you chew, Aug 2011** [33].

### Continued from Page 1

### American Health Crisis Roundtable

... just do the first 10 minutes of RFK's introduction.

See: **USA: Prescription Drug Rip-off, Sept 2016** [34] where we cite how a cold sore ointment, Zovirax, cost \$8 in UK whereas in USA it was \$850!.

See also: **Fighting the Mainstream Health Establishment, Feb 2022** [35].

**Paleo in a Nutshell:** Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. [www.paleo-nut-shell.com](http://www.paleo-nut-shell.com)

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