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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 Mentality: Savanna-bred brains subverted by Western reductive thought (6) – Why two hemispheres? **Health Policy:** New NIH Director. **Human Psyche:** Open Fires for a long life. **Q&A:** Frogs' Legs? **Health Policy:** RFK Jr war on seed oils; Artificial Dyes for the chop. Briefing: Beef Tallow vs seed oils. **Letter:** Diane Lewis – Foods with ingredient labels.

Human Mentality

Savanna-bred brains subverted by Western reductive thought (6)



<https://bit.ly/41kzbey> <https://bit.ly/3BORhwb>

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

Last month we looked at male/female brain differences and also the topics of reasoning and judgement. We continue:

Why two Hemispheres?

Dr McGilchrist observes that having a brain with two hemispheres is not limited to human beings. On the contrary, apes have them, all mammals have them, reptiles and birds have them. Indeed just about every organism with a detectable nervous system has one that is composed of two parts. This goes back some 700 million years, so there must be a vital reason for it.

So it needs explaining why: a) the brain is divided at all, b) the two halves are asymmetrical and, c) in mammals (only) there is a band of fibers (the '*corpus callosum*') at the base of the brain that connects the two halves. Curiously, their function seems to be mainly 'inhibitory' particularly for the right hemisphere to suppress some left-brain activity. >p3

Health Policy

New NIH Director



<https://bit.ly/42KFGcN>

Dr. Jay Bhattacharya, of Stanford University, was recently appointed to lead the National Institutes of Health (NIH) which oversees tens of billions of dollars in federal research grants.

Early in the Covid epidemic he, along with Sunetra Gupta of Oxford University, and Martin Kullendorff of Harvard University, put forward The Great Barrington Declaration.

This proposed that, contrary to the Federal Government's official policy of universal lockdown, the focus should be on protecting the most vulnerable, notably the old and immune-compromised, and let herd-immunity take care of everyone else.

This would mean far less commercial and societal disruption, massively reduce furlough costs, quell economic dislocation, avoid suspension of schooling, and limit mental health disorders. >p4

Human Psyche

Open Fires for a long life?

In a major study, scientists at the University of Oxford, found 25 lifestyle and environmental elements that appear to increase, or decrease the risk of early death [3].

Living in a house rather than a flat, having an open fire, being shorter at age 10, and going to the gym were found to be linked to a longer life.

But feeling fed-up or tired, facing financial difficulties in the past two years, and sleeping and napping too much were linked to early deaths.

The study found, surprisingly, no significant correlation between a shorter life and alcohol, meat, salt, vegetables or fruit.

My View? I was intrigued by the finding that **OPEN FIRES** were linked to a longer life so I corresponded with the lead author, Dr. Austin Argentieri.

He replied that an open fire, "probably has direct effects on physical and psychological well-being" since the effect is still there "even after taking into account home ownership, income, education etc."

I have opined that for foragers down the eons: "We can imagine the nights with strange unknown rustlings in the dark; the campfire must have been a great comfort. >p4

Questions

Frogs' Legs?

Q. *I am French and enjoy the occasional delicacy of frogs' legs. Are they Paleo?*



Menu: "Try our frog's legs"

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

Credit: CartoonStock

A. In my talks, I frequently mention how foragers will eat **ANYTHING** including worms, lizards, and slugs. However, I reassure my audience (to quote from the old nursery rhyme) that I am not asking them to eat "frogs and snails and puppy dogs' tails, although [tongue in cheek] the French come pretty close!"

But to answer your question: whether or not foragers ate frogs' legs, their nutritional qualities are certainly paleo and akin to seafood [4,5].

Having said that, there is not much about frogs' legs nutrient content in the literature (apart from those cited above) and the Wikipedia entry is particularly weak.

However, suffice to know that they are very low fat (but with a good ratio of omega-3 to omega-6) and rich in proteins and various micronutrients.

Most frogs' legs eaten in France are imported from Indonesia.

From an ethical point of view, you might like to consider how Indonesians harvest living frogs and then separate their legs from them. If you can stomach it, watch this 2-minute video:

<https://investigations.peta.org/indonesia-frog-legs/>

In response to this, the giant French supermarket chain, Carrefour, has stopped stocking frogs' legs (at least from Indonesia).

Health Policy

RFK Jr war on seed oils

Robert F Kennedy Jr (the new Health & Human Resources secretary) has long been a vocal critic of the cozy relationship between Big Agriculture and Big Pharma. He sees the promotion of seed oils as yet another way that these industries profit at the expense of public health.

The widespread use of seed oils in processed foods is a boon for Big Ag, while the resulting health issues keep Big Pharma in business.

RFK Jr. advocates for a return to more natural, whole foods and has, for many years, demonized seed oils. He points out that they are a major factor in many diseases and worse, consumption has rocketed just in the last 50 years.

If this sounds familiar, that is because I too, for decades, have demonized seed oils – or more specifically omega-6 seed oils like sunflower, safflower, corn (maize), and peanut.

They promote **INFLAMMATION** and mess with **POWERFUL HORMONES** called leukotrienes, thromboxanes, and prostaglandins. They are key drivers in many illnesses like CVD, diabetes, cancer, arthritis, osteoporosis, and many more. See **Fats & Oils, Deadly Harvest, Chapter 4** [6] page 104.

See also: **Beef Tallow vs "Seed" Oils**, this page

Artificial Dyes for the Chop

The new FDA commissioner, Dr. Martin Makary plans to phase out the use of petroleum-based

synthetic dyes in the US food supply.

"For the last 50 years, American children have increasingly been living in a toxic soup of synthetic chemicals."



The dyes, all of which are linked to various harms, are found in candies, cereals, beverages and even in some medication. Companies use the dyes to give food and drinks brighter colors and make them more appealing.

The dyes concerned are: citrus red No. 2, orange B, red No. 40, yellow No. 5, yellow No. 6, blue No. 1, blue No. 2 and green No. 3.

RFK Jr said trenchantly: "If they [food companies] want to eat petroleum, they ought to add it themselves at home. They shouldn't be feeding it to the rest of us."

My View? Not before time! These dyes are not allowed most places else in the West. And this exposes the food companies' double-dealing: they only use artificial dyes in USA because they are cheapest – and the FDA lets them. They same companies already use **NATURAL** (more expensive) dyes in the self-same products sold overseas!

Briefing

Beef Tallow vs "Seed" Oils

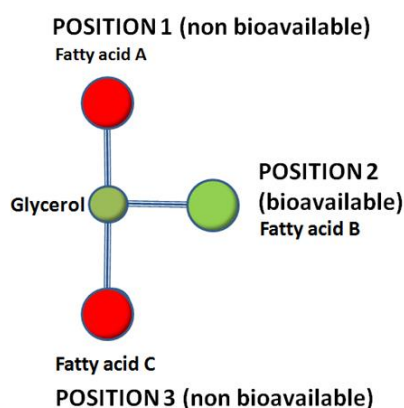
RFK's war on seed oils has gone viral and provoked a lively public discussion of alternatives. One highly promo-

ted contender is **BEEF-FAT** (tallow).

But isn't this just as bad? Animal grease loaded with harmful saturated fats? Not so fast! It has a couple of 'Get Out of Jail Free' cards.

First, tallow is mainly mono-unsaturated fats (52%) which are harmless. Only then come the saturated fats palmitic acid (26%) and stearic acid (14%). But the body readily converts stearic acid to monounsaturated fat. So that's all right then! And that just leaves the nasty palmitic acid.

Secondly, however, this leads to the second card: the position of palmitic acid on the triglyceride molecule. See: **Fatty Acids in the Body**, Deadly Harvest, [Chapter 4](#) [7] p.106.



<https://bit.ly/3Sa3JLU>

Palmitic acid is mainly found in positions 1 & 3 [8] on the triglyceride molecule where it is **NOT BIO-AVAILABLE**. See: **Palm Oil: Friend or Foe?**, [Oct 2011](#) [9]. In other words, this potentially harmful fatty acid is parked in a place where it does least harm. So, the upshot is that beef-fat is relatively benign – certainly compared to pork-fat (lard) which has its harmful palmitic acid bio-available in position 2.

My View? If anything, tallow appears to be least bad – but why even go there?

Forego both omega-6 seed oils and beef-fat and, instead, use

cold pressed omega-3 oils like rapeseed (Canola) and flaxseed, or cold pressed olive oil (which is monounsaturated). Finally, stay vigilant. RFK Jr. rightly condemns most seed oils as being 'denatured' having been extracted under high temperature & pressure and using harsh solvents.

Even Canola (rapeseed) is not exempt: fast food outlets use a denatured version from which the heat-fragile omega-3 has been stripped so that it can be used over and over again. See: **Heat Resistant Canola Oil?** [April 2008](#) [10].

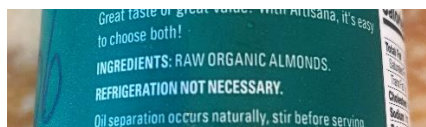
Letter

From Diane Lewis, CA

Foods with ingredient labels

You mentioned in your last #BondBriefing that you "try to avoid foods with an ingredient label."

The problem is: I've mentioned this to family and friends, but they only look confused.



Almond Butter:

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

Many single-ingredient items actually do have labels: for example canned tomato paste, raw almond butter, and sparkling water.

"Foods without labels" is catchy but some draw the wrong conclusion.

My View? It might have been better had I said that "we try to focus on foods which, according to the FDA [11], don't require a food label such as raw fruits, salads, vegetables and fish." Coffee, tea, and spices can also be exempt.

That still leaves room for us to use a proportion of packaged foods like the ones you

mention. They can indeed be, completely innocent.

Another innocent example is whole eggs. They too need labelling, including details of size, method of production (organic, free-range, etc) and date of laying.

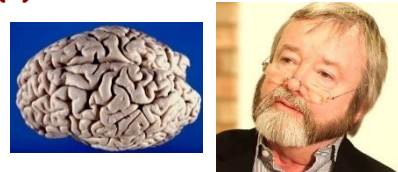
On the other hand, according to the FDA, "food labeling is required for most prepared foods, such as breads, cereals, canned and frozen foods, snacks, desserts, drinks, etc." Most of which, of course, we do avoid.

And that is just USA! Other jurisdictions like UK, EU, Australia and so forth have their own regulations.

So my attempt to apply a rule of thumb ("prioritise foods without labels") still, in practice, requires attention to labels and their detail.

Continued from Page 1

Savanna-bred brains subverted by Western reductive thought (6)



McGilchrist summarizes his view as follows: all creatures in order to survive have to satisfy two opposing requirements – to eat, and not to be eaten. For this they need two types of "attention". This requires two "neuronal masses" (brains) that can sustain two types of attention independently.

One has a very targeted, laser-like, attention on something it wants to get: a morsel of food, or a twig for a nest, say. That is left-brain attention.

At the same time the creature has to look out for predators, and also care for kin – the mate, offspring and so forth. That is right-brain attention.

In other words, the left brain is focused on the detail and quickly grabbing what it decides it wants while the right brain is looking out for everything else – the big picture of the world. In fact, the two halves of the brain “sustain two different versions of reality”.

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!” **Cont.:** [Next Month](#)

Continued from Page 1

Open Fires for a long life?

... We all feel, even today, the fascination of a fire: gazing reflectively into the flames is a pleasure deeply anchored in our psyches. Campfires constitute a flickering island of reassurance going back to the beginning of human existence.” [12].

What about the rest of the findings? The problem is that we don’t know how long people will live until they die. So people today in their 80s had a totally different life trajectory compared to younger generations. The first McDonalds didn’t open in UK until 1974 when today’s oldsters were already in their thirties.

However, this is a serious study, using the latest proteomic [13] and polygenic [14] techniques, published in one of the most prestigious journals, **Nature Ageing**.

So who am I to quibble? I will use my editor’s privilege to cherry-pick what I want to believe: that alcohol, being shorter at age 10 and, yes, open fires are conducive to a longer life!

Continued from Page 1

New NIH Director



However, the Federal Government’s reaction was to use the

full power of the state to suppress debate and vilify the co-authors. Thousands of health professionals had signed the Declaration, and some lost their jobs over it. For a full interview watch [here](#) [15].

Nevertheless, Sweden did successfully follow a similar policy to the Great Barrington Declaration and, indeed, Florida Governor, Ron DeSantis, sought out Dr Jay to advise on relaxing the lockdown rules and reopening the State.

Bhattacharya will work under RFK Jr. to “Make America Healthy Again” and “restore the NIH to a gold standard of medical research to investigate America’s biggest health challenges, including our crisis of chronic illness and disease.”

My View? Dr. Jay is clearly a doughty original thinker and sorely needed to shake up the sclerotic group-think, and corporate capture of the NIH. See: **RFK Jr. to shake up Medico-Industrial Complex**, [Jan 2025](#) [16] and, **Fighting the Mainstream Health Establishment**, [Feb 2022](#) [17]in.

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

email: admin@NaturalEater.com



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



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1 Rebel Wisdom, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=76267498>.

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

3 Argenterio, M.A et al. Integrating the environmental and genetic architectures of aging and mortality. Nat Med 31, 1016–1025 (2025). DOI: 10.1038/s41591-024-03483-9

4 Çağıltay, Ferhat & Erkan, (2014). ChemicAl Composition of wild and Cultured marsh frog

(Rana Ridibunda). Bulgarian Journal of Agricultural Science. 20. 1250-1254.

5 Özogul, F., (2008). Comparison of fatty acid, mineral and proximate composition of body and legs of edible frog (Rana esculenta). International Journal of Food Sciences and Nutrition, 59(7–8), 558–565. <https://doi.org/10.1080/09637480.201403277>

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8 Kallio H. Regioisomerism of triacylglycerols in lard, tallow, etc. J Agric Food Chem. 2001 Jul;49(7):3363-9. doi: 10.1021/jf010015w.

9 <https://bit.ly/2xED0gN>

10 <https://bit.ly/2q0WgBL>

11 <https://bit.ly/4cJ4rcI>

12 **Living Arrangements**, **Deadly Harvest**, Ch 8, p 195. <http://bit.ly/ch-8>

13 The study of the structure and function of proteins, including the

way they work and interact with each other inside cells

14 Traits controlled by a multiplicity of genes. See **How DNA makes us who we are**, Oct 2018, <https://bit.ly/3tFBwDS>

15 <https://bit.ly/3SbL56h>

16 <https://bit.ly/4h2r78f>

17 <https://bit.ly/3Ep3Sbg>