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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 (8). Schizophrenia & Autism. **Ancestral Feeding Patterns:** Is Time Restricted Eating Paleo? (1). **Our Food Supply:** Foie Gras made without force feeding. **Food Ideas:** Meat-free Curry Wrap. **Q&A:** Plantains. **News Shorts:** Diets rich in plant foods tied to healthy ageing. **Briefing:** Glycemic Index varies with time of day. **Health Policy:** Dr Jay goes to Washington – Reforming from the inside at NIH; Pres. Trump, RFK Jr. make MAHA announcement.

Human Mentality

Savanna-bred brains subverted by Western reductive thought (8)



<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 why all creatures have a brain in two halves and with each half having different and sometimes opposing roles. And now:

Schizophrenia and Autism. Dr McGilchrist, in his clinical practice, had many schizophrenic patients and he recounts a great many of their stories. They include the disintegration of the self; seeing objects just in their component parts; paralyzed by having to think about coordinating the limbs in order to walk; deciding that their forearm belonged to someone else and refusing to accept evidence to the contrary; hearing a noise and making an unshakeable assumption that someone is spying on them – and a host of other extraordinary delusions.

They also share traits with autistic people, such as **LITERALNESS** with its inability to understand metaphor, jokes, proverbs, idioms, and innuendo; insularity; a lack of self-awareness; a desire for **>p3**

Ancestral Feeding Patterns

Is Time Restricted Eating (TRE) Paleo? – part I

Over the years I have reported studies which find health benefits in restricting food intake to 12 hours or fewer per day. See: **Intermittent Fasting Revisited**, [July 2017](#) [3]; **Have a Short Mealtimes Window**, [Feb 2016](#) [4]. And in general I have been supportive of the concept that, in a state of nature, foragers would have eaten over a 12-hour time span.

However, until now, I have not thought seriously about what happens if, as is commonplace today, we feel free to eat and drink at any time of the day or night.

Now one of the leading pioneers in the field of TRE, Dr Satchin Panda, has written a book, **The Circadian Code** [5], which details just what goes wrong in the various organs of the body when we eat beyond this 12-hour limit. It is all to do with circadian rhythms or biological clocks.

We are all familiar with the idea that our bodies have a biological clock which tunes us in to the rhythms of day and night. We are probably familiar too with the discomfort called 'social jet-lag' we feel when we get the rhythm out of sync, for example when we cross time zones, work night shifts, or 'pull an all-nighter'. **>p4**

Our Food Supply

Foie Gras made without force-feeding

Hunter-gatherers were extremely respectful of the animals they hunted: they were all part of the same web of life. The hunter gave thanks to the animal that gave up its life so that he and his family could live. See the end of this clip by naturalist David Attenborough of a San hunter paying tribute to his prey: <https://bit.ly/4ev5b67>

But all that's far behind us, long ago and far away. Today animals are treated as commodities on a factory production line. Perhaps none more so than ducks and geese doomed to a life in a close-fitting iron cage, where they can hardly move, to be force fed through a tube several times a day and then to have their throats slit to supply their diseased livers for foie gras. It is a practice banned in many jurisdictions, including UK and California.

For an insight on the grim realities see this short video narrated by Kate Winslet: <https://youtu.be/DyOu-GVtgPQ>

But it doesn't have to be like this! Thomas Vilgis at the Max Planck Institute for Polymer Research in Mainz, Germany, and his colleagues have developed a new process that creates the same, **>p4**

Food Ideas

Paleo Transition Meal 2

My grandson is a keen evangelist in his workplace for the BondPaleo principles. He comments: "This is another meal that's quick, easy to make, and with the removal of the wrap, it becomes totally conforming. The addition of the wrap here is perfect for a quick 'work from home' lunch or after a workout. Quorn is high in [mushroom] protein, not to mention all the goodness from the spices!" (See: **Quorn comes to America**, [May 2002](#) [6])



Meat Free Curry Wrap Serves 1

For The Salad:

1 tomato
 $\frac{1}{2}$ a red onion
 handful of coriander, finely chopped

For The Curry:

1 teaspoon of turmeric
 1 teaspoon of ground coriander
 $\frac{1}{4}$ freshly squeezed lime juice
 $\frac{1}{4}$ red onion, chopped
 2x garlic cloves, minced
 1 tablespoon of curry paste
 100g of Quorn frozen pieces (e.g. 'Vegetarian Chicken-style Pieces' [7])

- Simmer the chopped $\frac{1}{4}$ red onion in a pan until golden and soft. Add the turmeric and coriander and stir.

- Add the curry paste and garlic cloves, allow to simmer gently for 2-3 mins.
- Add the Quorn frozen pieces, stir until coated in the paste, set a timer for 5 mins.
- Squeeze the lime juice into the pan, continue to cook for another 5 mins.
- Whilst the Quorn is cooking, dice the tomato, $\frac{1}{2}$ a red onion and coriander, mix together, making a simple, refreshing salad (saving some coriander for garnish later).
- Check the Quorn is cooked (should take 10-12 mins) and serve with the salad in a wrap, garnish with fresh coriander.

Download the recipe here

<https://bit.ly/40vdGYK>

See also: **Adopting the Savanna Model in Three Stages**, [Deadly Harvest](#), [Chapter 7](#) [8], page 171.

Questions

Plantains

Q. *Where you would put plantains on your food chart? I feel that green plantains are quite healthy after cooking, but the blacker, ripe plantains are very sweet and probably not great.*

I usually microwave the mostly unripe plantains to make them easier to eat. They taste like a potato if I do that.

A. Broadly speaking, plantains fall into the same category as bananas: good when unripe, not so good when ripe. See **Green Plantain OK?** [July 2017](#) [9].

Apart from that I hesitate to offer an opinion. Their ability to provoke harmful blood sugar spikes, apart from ripeness, can vary wildly according to variety

and method of cooking (if any) [10].

In addition, it is not clear what happens to unripe plantain's gut-friendly 'resistant starch' when it is cooked. It is probably not more glycemic but might have lost some of its healthful properties.

Mind you, cooking at a mild heat, allowing to cool, and then reheating, often increases the level of resistant starch [11]. In the end, who knows? Do the best you can with the limited knowledge we have.

News Shorts

Diets Rich in Plant-Based Foods Tied to Healthy Aging

A 30-year longitudinal study (one which makes measurements over a long period of time) suggests that a diet rich in plant-based foods, with a moderate intake of healthful animal-based foods, could support healthy aging [12].

The study defined "healthy ageing" as reaching 70 years without any major chronic diseases and with cognitive, physical, and mental health intact. Of the more than 105,000 middle-aged participants, all US doctors and nurses, only 9% had aged healthfully over the 30-year follow-up.

Participants who had higher intakes of fruits, vegetables, whole grains, unsaturated fats, nuts, legumes and low-fat dairy products had an 86% greater likelihood of healthy aging at 70 years and a more than 2-fold higher likelihood at 75 years compared with those whose eating pattern least fitted the diet.

Healthy aging was also tied to lower consumption of trans fat, sodium, sugary beverages, and red or processed meat.

Say the researchers: "Our findings suggest that dietary patterns rich in plant-based foods, with moderate inclusion of healthy animal-based foods, enhance overall healthy ageing."

My View? I find it astonishing that, by the age of 70, 9 out of 10 doctors and nurses are sick with at least one major lifestyle disease. Although, to be realistic, health professionals are reputed to honour their own health "more in the breach than the observance."

We can pick holes in the 'healthful' diet that the successful 9% followed, but it surely is a big improvement on the Standard Western Diet of junk and ultra-processed food. Meanwhile we can agree with the researchers' recommendation of a diet based on plant food with moderate inclusion of healthy animal-based foods.

The Paleo way has a ratio of roughly 75% plant food to 25% animal matter. See: **Plant Food/Animal Food Ratio**, [Dec 2022](#) [13]

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Savanna-bred brains subverted by Western reductive thought (8)



sameness; difficulty understanding the viewpoint of others; lack of interest in people but an obsession with things; an inability to appreciate context of a situation; inability to read faces; inability to read intention of others; an over emphasis on detail to the neglect of the whole; difficulties understanding how meaning depends on context; social awkwardness.

These features are all typical of a dominant Left Brain usually caused by some Right Brain impairment such as stroke, or failure of brain development in early life. Very few autistic children had really warm-hearted fathers and mothers and, McGilchrist noted, "the important areas for mother-infant attachment, recognition of the mother's face and voice, and of 'self-other' distinction are all in the right hemisphere which is normally dominant in early childhood. They are crucial for the development of a fully socially integrated human being. They are not functioning at the normal level in schizophrenia and autism." (See **The Evolved Nest**, [Oct 2023](#) [14]).

The autistic brain tends to excessive systemization. This leads to the substitution of rules and procedures for the intuitive, engaged, intersubjective understanding of the world. Human affairs are seen as guided by specific rules, rigid principles, and schemas that are insensitive, like bureaucratic procedures, to human meaning. Logic is impervious to content – like the nonsense porcupine syllogism in **Part II**, [Nov 2024](#) [15]. The case is related of a father who placed a coffin under the Christmas tree as a gift for his daughter who was dying of cancer because, he reasoned, she would find it useful.

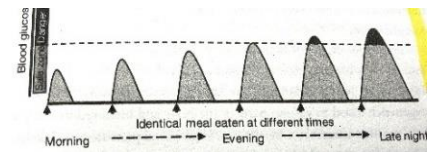
[Next Month](#): Modern western society and schizophrenia

Briefing

Glycemic Index (GI) varies with time of day

Dr Panda, in his book **The Circadian Code** (see **Is Time Limited Eating Paleo?** Page 1) makes an interesting point which helps explain why Glycemic Indexes (GIs) for the same foodstuff vary quite

widely. See: **Glycemic Index: Pros and Cons**, [April 2014](#) [16]



<https://bit.ly/4exS4Ba>

In this image he illustrates the impact on blood glucose levels of **IDENTICAL** meals eaten at different times of day, from breakfast on the left to late-night on the right. They are also shown in relation to a "safe zone" (grey) and a "danger zone" (black).

Each peak represents a rise in blood glucose after an identical meal is consumed.

The peaks progressively become higher and also closer to, or within, the "Danger" zone as the day progresses from morning to late night.

In other words, depending on the time of day, so the GI changes. As far as I know, studies to measure GI make no consideration for the time of day when the test was conducted.

This finding suggests that a glycemic meal at breakfast produces a far less harmful blood-sugar spike than at suppertime.

This result is presumably due to the pancreas producing **MORE INSULIN** in the morning than in the evening. So beware! A high glycemic breakfast will still produce a harmful **INSULIN** spike. See **Insulin Index**, [Deadly Harvest](#), [chapter 4](#) [17] p.102.

Finally, this phenomenon explains why night shift workers, frequent time-zone shifters, and the like, are more susceptible to obesity, diabetes, CVD and other metabolic diseases driven by unhealthy blood sugar spikes.

Health Policy

The US administration's Make America Healthy Again (MAHA) movement is making a much-needed upheaval in a sclerotic and crony-ridden health establishment.

Dr Jay goes to Washington: Reforming science from the inside at NIH

<https://youtu.be/K4Cs7Q3qmOE>

This link is to a **Hoover Institute** podcast featuring Peter Robinson speaking with NIH Director, **Dr. Jay Bhattacharya**. See: **New NIH Director, March 2025** [18].

This is an insightful exploration of the structural flaws in America's public health institutions, including the **REPLICATION CRISIS**, (see: **Population Studies: Finding the Specks of Gold in the Mass of Dross, Sept 2018** [19]), the culture of scientific **RISK AVERSION**, and the NIH's failure to address the rise of **CHRONIC DISEASE**.

Dr. Bhattacharya outlines his vision for **REFORM**, addressing the **POLITICS** of scientific funding, scientific group think, the need for evidence-based vaccine recommendations, and confronting **VESTED INTERESTS**.

Pres. Trump, RFK Jr. make 'MAHA' announcement

The MAHA Commission officially delivers its first report on

childhood health.... "Something's wrong, and we will not stop until we defeat the chronic disease epidemic in America."

<https://youtu.be/smaCH-BikU4>

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Foie Gras made without force-feeding

highly prized, foie gras texture and mouthfeel from the liver of a normally reared duck or goose, using fat from the same bird [20].

The trick was to use a pancreatic enzyme that breaks down the fat in a special way that emulates the one produced by the goose's force-fed pancreas.

My View? So far, so good – that can get rid of the force feeding. Now the next stage is to get the ducks and geese out of the batteries of cages and give them the same quality of life as animals that can run freely around a farmyard.

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Is Time Restricted Eating (TRE) Paleo? – part I

In addition, Dr Panda is suitably scathing about the clock changes for Daylight Savings Time that occur twice a year and are a proven source of sickness for entire populations. It is a position with which I heartily concur and have

written about often, for example see: **"Spring Forward" affects Night Owls most, Aug 2021** [21].

Dr Panda reminds us that, although there is a master body clock (the "SCN"), every organ in the body has its own clock too, which regulates its function on a strict time schedule.

For example, the pancreas primes itself to produce plenty of insulin early in the morning and then tapers off in the evening, when it diverts its attention to detoxification and self repair.

If we eat during this phase, the pancreas is confused: it struggles to supply enough insulin, and it neglects its internal housekeeping.

This leads to harmful blood sugar spikes on the one hand, and a weakened, unrepaired, and un rejuvenated pancreas on the other. See: **Glycemic Index (GI) varies with time of day, p.3**.

In another remarkable example, (which I happen to have written about) even the **SKIN** works to a similar rhythm: a late-night meal undermines the skin's ability to heal a sunburn, see: **Chrono-nutrition/Sun-skin Repair, Sept 2017** [22].

Next month – part II. How to do it right in today's world

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



mob +357 99452468

WhatsApp +357 97612596

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 <https://bit.ly/2tHC90i>

4 <https://bit.ly/2a82vM5>

5 Vermilion Press, 2018, ISBN: 9781785042010

6 <https://bit.ly/2lXTX3R>

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12 Tessier AJ, Optimal dietary patterns for healthy aging. Nat Med. 2025 May;31(5):1644-1652. doi: 10.1038/s41591-025-03570-5.

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20 Thomas A. Vilgis; Foie gras pâté without force-feeding. Physics of Fluids 1 March 2025 DOI: 10.1063/5.0255813

21 <https://bit.ly/3tPGYC7>

22 <https://bit.ly/2wFN1x2>