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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 (9). **Ancestral Feeding Patterns:** Is Time Restricted Eating (TRE) Paleo? – part II. **Lifestyle Guru:** John Robbins dies age 77. **Food Ideas:** Meat-free Veggie Stir Fry. **Q&A:** “Gluten-free” Bread. **News Shorts:** Alkaline diet triggers weight loss. **Briefing:** Update -Glycemic Index (GI) varies with time of day. **Health Policy:** General Mills to ditch artificial colors.

Human Mentality

Savanna-bred brains subverted by Western reductive thought (9)



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



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

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

Last month, we saw how schizophrenia and autism share some pathologies in common. We further saw how these conditions are apparently due to some Right Brain deficiency or malfunction. This allows full reign to the Left Brain to run amok.

Why does this matter? As we have seen on previous episodes, McGilchrist asserts that, “the Left Hemisphere is, compared to the Right Hemisphere, unreliable in just about every way that matters.” In a whole range of factors, “it is more vulnerable to falsehood, more likely to deceive than the Right.” It has “difficulty understanding the real world, ... the one in which we live and have our being – but it doesn't have to! It is like a bureaucrat protected from the world he or she administers, adept at knowing the rules but knowing little or nothing about life as it is lived there. All that it leaves to the Right Brain.

According to some specialists, “schizophrenia is characterized by a collapse of >p3

Ancestral Feeding Patterns

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

*Last month we saw how, in his book **The Circadian Code** [3], Dr Panda has shown that all our organs (like our pancreas) have their own body clocks which should be fully functioning during daylight hours and undergoing repair and detoxification at night. Eating at any time of the day or night leads to our organs suffering 'social jet lag'.*

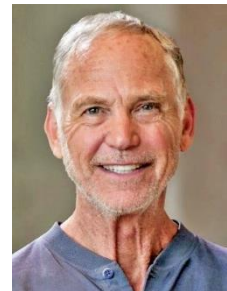
Dr Panda has a litany of “diseases of civilization” that are linked to “social jet lag” - from mental disorders to obesity and diabetes to heart disease, gut dysbiosis, cancers, inflammation and depressed immune system. Indeed I find that, in my innocence, I have already written about many of them: **CV Health needs Intense Light**, [Sept 2019](#) [4]; **Body Clock & Healthy Fat Cells**, [Sept 2021](#) [5]; **Social Jetlag, Fatigue & Obesity**, [Sept 2012](#) [6]; **Cancer & Body-clock Disruption**, [Feb 2023](#) [7]; **Night light: CVD, Obesity & Diabetes link**, [April 2022](#) [8].

I have even written about the month of Ramadan when Muslims reverse day and night and fast for 12 hours or more during the day: **Dawn-to-Sunset Fasting**, [July 2019](#) [9].

All the evidence was there, but it took Dr Panda to connect the dots for me. >p4

Lifestyle Guru

John Robbins dies age 77



<https://bit.ly/473UghM>

Remarkably, John Robbins, heir to the hugely successful Baskin-Robbins ice-cream empire, at the age of 21 abandoned his heritage and fled, with his wife Deo to live, Thoreau-like, in a log cabin in the woods [10,11].

There, living the simple life and growing his own vegetables, he developed the ideas that made him famous: simple living, vegan eating, respect for Earth, and condemnation of factory farming. His 1987 book, **Diet for a New America** [12], sold half a million copies and, amongst much else, lambasted ice-cream (!) for its, saturated fat, sugar, and milk from cows “treated like 4-legged milk pumps”.

Amongst others, he set up **EarthSave** “to help people make healthy food choices.”

In [May 1999](#) [13], a local group of EarthSave engaged me to give a talk at the Botanic Gardens, Riverside, CA. It was a challenge for me to give a talk to a roomful of vegans. >p3

Food Ideas

Paleo Transition Meal 3

See: **Adopting the Savanna Model in Three Stages**, [Deadly Harvest, Ch 7](#) [14], p. 171.

My grandson is a keen evangelist in his workplace for the BondPaleo principles. He comments: *"This is a meal I like to have after a workout, packed with goodness and natural protein, it supports muscle growth and is 100% Paleo conforming (as well as super tasty!)"*



<https://bit.ly/4mgYk2H>

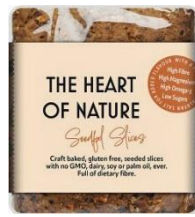
Meat Free Veggie Stir Fry Serves 1

- 100g frozen peas
- 100g Quorn frozen pieces (e.g. 'Vegetarian Chicken-style Pieces' [15])
- 1 carrot
- $\frac{1}{4}$ red onion
- 1 teaspoon soy sauce
- 1 teaspoon fresh ginger, finely minced
- 2 garlic cloves
- 1 tablespoon of honey

- Bring a pan to a medium heat and cook the red onion until soft and golden.
- Finely chop the carrot (to reduce cooking time) and add to the pan with the garlic, soy sauce, honey and ginger.
- Add the Quorn frozen pieces and cook for 10-12 mins.
- Just before cooking is complete, add the frozen peas.

Download the recipe here:
<https://bit.ly/3IPQxdM>

Questions

"Gluten-free" Bread

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

Q. *Is this bread any better than the normal sort? Its ingredients are listed as: water, gluten-free oats, sunflower seeds, brown linseeds, golden linseeds, pumpkin seeds, millet seeds, plantago psyllium, organic apple cider vinegar, silybum marianum [milk thistle], Himalayan salt*

A. This is an entertaining example of trying to make a silk purse out of a sow's ear! As soon as I see salt branded as 'Himalayan', I am on humbug alert; salt is salt wherever it comes from (and Himalayan salt comes from the Punjab, Pakistan, not the Himalayas). But the main point is that this bread is based on **OATS**, not wheat. Oats are **NATURALLY** gluten-free but they still contain their share of anti-nutrients (like lectins), are micronutrient-poor, glycemic, and not alkalizing (see next item).

These drawbacks are mitigated by some of the seeds and the blurb brags about the omega-3 content which will be from linseed [flaxseed]. But it is in the form of alpha-linolenic acid which the body does not absorb well. Worse, the linseed oil will be cancelled out by the omega-6 from the sunflower and millet seeds.

So, to answer your question, this oat bread is marginally less bad than wheat bread – but it is not Paleo and is still to be avoided! See **Gluten-free Bread, Aug 2012** [16]

News Shorts

Alkaline diet triggers weight loss

In **Acid/Alkali Balance, Deadly Harvest, Chapter 4** [17], page 108, I relate how the human biochemistry is designed to work on a diet which is slightly alkalizing. This is achieved by eating some 75% conforming plant food (alkalizing) and 25% animal protein (acidifying).

The western diet is chronically acidifying mainly due to the high consumption of grains and their products (like bread, pasta, pizza, cereals) which are also acidifying.

The net result is chronic inflammation, metabolic acidosis, organs put under stress, stones growing in kidneys, and bones drained of calcium leading to osteoporosis.

Now a study finds that an alkalizing diet strongly triggers weight loss in obese adults [18]. The diet used was a low-fat vegan diet and it was compared to a so-called Mediterranean diet.

Over a 16 week trial the vegan patients lost an average of 6kg (13lb).

The researchers think that reduction of inflammation could be an explanation. Another factor is the efforts of the body to neutralize an acid diet. It secretes a hormone called glucocorticoid [19]. However, it has the side-effect of depressing insulin sensitivity, impairing glucose tolerance, and impairing appetite.

My View? Interesting stuff, but you don't need to go low-fat vegan to get the benefit. Just work to our Paleo protocol and the acid/alkali balance works out just fine.

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Savanna-bred brains subverted by Western reductive thought (9)



the instinctual origins of mental life... a weakening of the vital spirit and of emotional capacity."

Says McGilchrist: "... all this approximates to the bizarre, alienated condition enjoined on us today and reinforced by a toxic combination of bureaucratic and 'scientific' thinking with that of pseudo-philosophers, all tending to the view that we are machines.

Nietzsche bemoaned [our] state ... unhinged from instinct ... and being forced instead 'to think, deduce, calculate, weigh cause and effect ...'. Nietzsche is describing the loss of intuition, or the Right Hemisphere's take, which is wholly inadequately replaced by that of the Left Hemisphere. In schizophrenia, as in modernity, there is a relentless antagonism towards nature, both in humanity and the whole natural world."

Says McGilchrist, "There are extensive and very striking points of similarity between the changes that happen in the experienced world consequent on right hemisphere dysfunction and those found both in schizophrenia and, to a very considerable extent, in autism." For another angle on the autism connection, clinical psychologist Dr Jordan Peterson has an enlightening discussion with the eminent autism researcher, Dr Simon Baron-Cohen. View the video [here](#) [20]. We have met Baron-Cohen before, e.g.

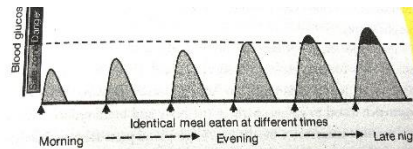
Autism Wars Stifling Research, Nov 2021 [21]. Autism research

is subject to mob hysteria, so Baron-Cohen has to walk on egg-shells and works hard to find good things to say about the special abilities of autists.

[Next Month](#): Part (10)

Briefing

Update: Glycemic Index (GI) varies with time of day



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

[Last month](#) I reported how Dr Panda asserts that, for identical meals taken at different times of day, the blood glucose response varies. I then drew the conclusion that the glycemic index (GI) of a food must vary according to time of day too.

I was puzzled why I had not heard about this before and why, particularly, the scientific literature seemed silent on the matter.

I contacted Dr Panda to find out about his sources. He replied that this phenomenon (variation of blood sugar levels during the day) has been known for over 50 years and quoted a 1967 study [22], and a 1972 study [23]. He didn't, however, have anything to say about GI.

I then reached out to Dr Claire Berticat of Montpellier University, who specializes in glycemia and its pathologies. (see [Networking, March 2024](#) [24]).

Claire produced a 2019 meta-study [25] that confirms the studies that Dr Panda cited. However, she admitted that the literature is silent on GI and, for the time being, doesn't know what to say about it.

My View? This seems to be a remarkable gap in our knowledge about GI varying with time of day.

However, none of this affects our basic message: humans are

not designed to consume high-glycemic foods, we know what they are, and they should be avoided.

Health Policy

The Make America Healthy Again (MAHA) movement is shaking up the ultra-processed food industry.

General Mills to Ditch Artificial Colors



<https://bit.ly/477obpj>

The American multinational manufacturer of ultra-processed consumer foods, General Mills, announced plans to remove certified colors from all its U.S. cereals and all K-12 school foods by summer 2026. Additionally, the company will work to remove certified colors from its full U.S. retail portfolio by the end of 2027 [26].

My View? A small but important step. It marks a sea-change in BigFood's attitude to the production of junk products, and to the general public's awareness of them.

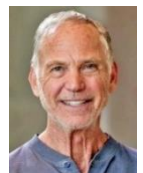
We could add that, anyway, no one should be feeding these cereals to kids – or anyone else – with or without the technicolor artificial additives.

Continued from Page 1

John Robbins dies age 77

However, when I arrived, I was surprised to find that, contrary to Robbins' example, they were mostly overweight, had poor complexions, and looked generally unhealthy.

So I focused my talk on the error most of the audience was clearly committing: loading up on micronutrient-poor starches like pastas, cereals, pizzas, breads, cakes, and potatoes.



I gave them the example of a natural vegan, our genetic cousin, the gorilla, and how he lives entirely on the leaves, branches, flowers and fruits of trees. He ate no starches at all. So my listeners should privilege copious salads, plentiful (low sugar) fruits, and good helpings of colored vegetables.

I also had to advise them to go easy on those popular vegan standbys, beans, lentils, tofu, and the like. Shift the focus to tree nuts for their protein-rich sources.

Finally, they needed to forego omega-6 oils like sunflower, safflower and so forth, and favor omega-3 oils like flax, hemp, and rapeseed (Canola). The audience was mostly shell-shocked but, headed by the organizer, Sharon, they gamely thanked me for an inspiring and thought-provoking talk.

Back to the present day: initially I was surprised at the death of clean-living John Robbins at the relatively young age of 77. However, it seems that he suffered from "post-polio syndrome", a progressive

disease resulting from having polio 70 years earlier as a boy. So, who knows? It is possible that, in spite of the difficulty of living healthily on a vegan diet, (see: **Practising Paleo-Veganism**, [April 2017](#) [27]) his lifestyle prolonged his life beyond the average for that illness.

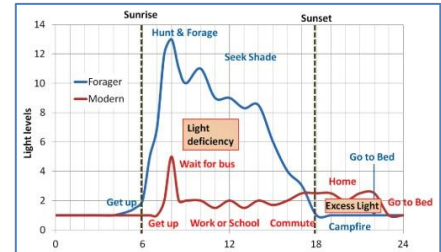
Diet gurus don't always do well anyway: Atkins died at 72 [28] and Montignac at 65 [29]. See also: **Diet Gurus' Health Status**, [Dec 2010](#) [30].

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

So what do we do to get all our body-clocks synchronized and working with day/night cycles? First, says Dr Panda, we need to get our master body-clock (SCN) working strongly. This means getting as much bright light as possible (minimum ½ hour) early in the morning. And then to get good light exposure during the day: for example, in an office, sit next to a window where, "you might get up to 5,000 lux of light on a good day" whereas if you are 6 feet (1.86m) away this reduces to only 500 lux. ("Lux"

is a measure of light intensity, see: **Morning Sun keeps off Pounds**, [May 2014](#) [31]).

All this chimes with what I wrote about in **Forager vs Modern Light Exposure**, [May 2018](#) [32]



Sunlight Exposure: Forager blue line; Moderns brown line.

Enlarge: <http://bit.ly/2sVPvT2>

Tip: Go easy on the sunglasses! – they drastically reduce the amount of light reaching the eyes up to 15-fold. They can turn the benefit of a bright Californian sun into the gloom of a wet London winter.

Dr Panda, says that, although living in San Diego, he foregoes sunglasses when driving to and from work and that he only uses them when spending hours on the beach or on a road trip.

[Next month](#) – part III.

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 Vermilion Press, 2018, ISBN: 9781785042010

4 <https://bit.ly/2M0e1zy>

5 <https://bit.ly/3H0RoCg>

6 <https://bit.ly/1LK0yVI>

7 <https://bit.ly/40l0aVO>

8 <https://bit.ly/429wbjV>

9 <https://bit.ly/3cOwZmo>

10 Thoreau was an American naturalist and philosopher. His book Walden reflects on his 1845 experiment in simple living for two

years in a hut in the woods of Walden Pond, Massachusetts.

11 Plants build bones, April 2004, <https://bit.ly/3cCI9eF>

12 ISBN: 978-0913299548

13 <https://bit.ly/45khuyU>

14 <https://bit.ly/DH-Chapter-7>

15 <https://bit.ly/45HcfKq>

16 <https://bit.ly/2txR390>

17 <http://bit.ly/1omEi2m>

18 Kahleova H, Dietary acid load on the vegan diet: Front Nutr, 2025; DOI: 10.3389/fnut.2025.1634215

19 Weiner ID. Dietary acid load and glucocorticoid metabolism.

Kidney Int. 2016 Aug doi: 10.1016/j.kint.2016.04.011.

20 <https://bit.ly/4INMvRA>

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

22 Bowen AJ, Diurnal Variation in Glucose Tolerance. Arch Intern Med. 1967;119(3):261–264. doi:10.1001/archinte.1967.00290210093007

23 Jarrett RJ, Diurnal variation in oral glucose tolerance: blood sugar and plasma insulin levels morning, afternoon, and evening. Br Med J. 1972 Jan 22;1(5794):199–201. doi: 10.1136/bmj.1.5794.199.

24 <https://bit.ly/3WBJ9ra>

25 Leung, G. K. W., (2019). Time of day difference in postprandial glucose and insulin responses. Chrono Int, 37(3), 311–326. <https://doi.org/10.1080/07420528.2019.1683856>

26 <https://bit.ly/4f5g1Qg>

27 <https://bit.ly/38FEJnU>

28 Atkins had Heart Disease, June 2004, <https://bit.ly/1MUPO0z>

29 Montignac: Cause of Death Sept 2010, <https://bit.ly/1MUPO0z>

30 <https://bit.ly/49NjPm6>

31 <https://bit.ly/1MG1fL5>

32 <https://bit.ly/3NnXBP3>