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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

Health Policy: Agenda to shake up the FDA. **Health Policy:** Covid-19 vaccination side-effects. **Ancestral Feeding Patterns:** Is Time Restricted Eating (TRE) Paleo? – part III. **Food Ideas:** “Gluten-free” Bread revisited and Paleo conforming bread. **Q&A:** Daily Protein Intake. **News Shorts:** A call to end Daylight Savings Time (DST); Sucralose (Splenda) Interferes with cancer immunotherapy. **Human Mentality:** Savanna-bred brains subverted by Western reductive thought (10). **Health Policy:** Starbucks vows MAHA changes to menu.

Health Policy

Agenda to shake up the FDA

The new head of the Food & Drug Administration (FDA), Dr Martin Makary, has a Viewpoint article published in the American doctors’ trade journal, JAMA [1]. In it he lays out his priorities for a good shake-up of the way FDA works. Here are some highlights:



“Why does it take more than 10 years for a new drug to come to market? Why are childhood chronic diseases so prevalent? ... In terms of the health of the population, our medical system has been a 50-year failure. Forty percent of US children now have a chronic medical condition and 1 in 6 has a neurodevelopmental disorder. Life expectancy has plateaued or fallen and is not commensurate with health care spending.”

“Over recent decades, obesity, diabetes, colon cancer, depression, and autoimmune diseases have increased in young people, and early-onset Alzheimer disease has increased by at least 300%. Fresh new ideas are needed to address root causes and develop innovative approaches.”

“At the FDA, we will transition from a purely reactionary >p3

Health Policy

Covid 19 vaccination side-effects

In February 2025, The New York Times published an article [2] describing how, after covid 19 vaccinations, “... in a small number of people, the shots may have led to a constellation of side effects that includes fatigue, exercise intolerance, brain fog, tinnitus and dizziness, together referred to as “post-vaccination syndrome,” according to a small new study” [3].

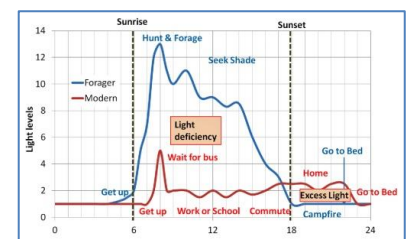
The New York Times is being too modest. Such findings have already been reported in large, well controlled studies [4,5,6] which highlight a huge range of side effects of which they say: “The symptoms ... encompass impaired well-being (exhaustion, malaise, chronic fatigue), cardiovascular disturbances (orthostatic intolerance, tachycardia, palpitations), skin tingling, loss of sense of touch, lack of concentration, brain fog, cognitive deficits, sleep disorders, and muscle weakness...”

Senate Hearing

More recently there has been a senate subcommittee hearing on “The Corruption of Science and Federal Health Agencies: How Health Officials downplayed and hid Myocarditis and other adverse events associated with the COVID-19 vaccines.” The YouTube video can be seen here: <https://bit.ly/45NHQcR>. >p4

Ancestral Feeding Patterns

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



Sunlight Exposure: Forager blue line; Moderns brown line.

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

Last month we saw how, in his book *The Circadian Code*, Dr Panda describes how disruption to our circadian rhythms is a major factor in a long litany of diseases and how to use daylight to set our body-clocks for the day. Continuing:

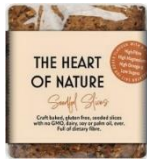
First, we must introduce an important actor in triggering circadian rhythms, the chemical called “melanopsin”. It is produced by about 5,000 special cells in the eye’s retina which have nothing to do with the 126 million rods-and-cones used for seeing. Indeed some blind people can still have functioning melanopsin cells.

Melanopsin is highly sensitive to blue light. When it is activated it sends a message to the Master-clock in the brain (the SCN) that light is present, and the brain responds by thinking that it is daytime, regardless of what time it really is. If you walk into a brightly lit store late at >p3

Food Ideas

"Gluten-free" Bread Revisited and Paleo conforming bread

I stand by everything I wrote about this oat-and-seed loaf [last month](https://bit.ly/41eGSnj). <https://bit.ly/41eGSnj>



But now I have actually tried it, I can see how it is very tasty and has a good nutrient load compared to ordinary factory white bread. It is just a pity that the sales labelling is so slick and manipulative, and the nutrition label so hidden-away and unreadable that the product is shouting 'buyer beware'.

Having said all that, this oat-and-seed bread is certainly the least bad of wheat or rye breads.

Paleo conforming bread



Three Flour Bread

<https://bit.ly/48Ryc8R>

If you can't live without some bread in your life, try some of our Paleo bread recipes where wheat (or oat) flour is replaced with various nut flours. See: **Nicole's Bread Variants**, [Sept 2011](https://bit.ly/48Ryc8R) [7]

Questions

Daily Protein Intake

Q. I researched your website to find the proper daily intake of protein. I found discussions in [January 2016](#) [8] and [June 2021](#) [9] which give different answers for me. What is the daily protein intake suggestion for a 180 lb person?

A. I would first of all caution against 'getting down into the weeds' with these sorts of calculations. Our touchstone, the forager way, simply says some 20% to 25% by weight of protein-rich food is about right.

Scientific studies find that protein needs vary with level of physical activity, advancing age, time of consumption, and so forth. With these caveats, to answer your question:

The basic pure protein recommendation is 1.0g to 1.2g per kg of body weight. That works out for an 180lb person at 98g (3.5oz). Since most protein-rich foods are only 25% protein, multiply by 4 to get the weight of nuts, chicken, salmon, or whatever.

News Shorts

A call to end Daylight Savings Time (DST)

In yet another criticism of clock changes, a Viewpoint in the doctors' journal JAMA highlights the health harms of the seasonal body-clock upheavals [10].

In addition, it says: "studies show that Standard Time aligns better with circadian rhythm; a permanent DST will impose chronic social jet lag on the population."

My View? This supports my long-held view. See: **Daylight-saving time change promotes poor lifestyle**, [July 2024](#) [11].

It also chimes with Dr Panda's view expressed in **Is Time Restricted Eating (TRE) Paleo? – part II**, [last month](#).

Sucralose (Splenda) interferes with Cancer immunotherapy

A study finds that the artificial sweetener sucralose (Splenda) interferes with cancer immunotherapy by altering the gut microbiome in a way that

impairs the function of T-cell immune cells [12].

My View? This is another example of how artificial sweeteners mess with the gut microbiome and so undermine not only health but also the treatment of disease. See **Sweeteners**, [March 2023](#) [13].

Human Mentality

Savanna-bred brains subverted by Western reductive thought (10)



Continuing insights from psychiatrist & neuroscientist, Dr McIlchrist's (cr [14]) majestic work [15]

[Last month](#), we saw how autism and schizophrenia share similar pathologies and how, in McIlchrist's view, "Western modernity has many overlapping features with the phenomenology [lived experience] of schizophrenia." He goes on:

"There is a saying in modern 'managed' hospitals that 'if it's not recorded, it didn't happen.' ... while this is not reprehensible, it does state that representation [the "recording" which, inevitably, strips all **CONTEXT**- which is Right Brain function] is more real than what actually happened at the time... Nurses and other caregivers have to spend so much time recording what they do that they have little time left in which to do it; the police are similarly handicapped."

"This habit of mind has spread into the fabric of life itself... The pointless details overwhelm and kill... Now we have Facebook accounts of the minutiae of empty lives."

All this is Left Hemisphere activity: it is Science and

Reason. It leaves no room for the two Right Hemisphere 'Pathways to Understanding' which are: Intuition and Imagination.

McGilchrist cites William Blake's poem **Eternity**:

He who binds to himself a joy
Does the winged life destroy;
But he who kisses the joy as it flies
Lives in eternity's sun rise.

Which (for the Left Brainers among us!) is basically saying clasp a bird to oneself destroys its life, while letting it go and fly allows one to experience eternity.

And that is what we are doing in the modern world, not allowing the bird to fly.

Says McGilchrist: "This overconfidence in the Left Hemisphere's point of view on the world has twice before heralded the demise of a civilization, and I believe it is doing so for a third time."

For a good overview of McGilchrist's philosophy see his YouTube discussion in a podcast with Meta-Learn: <https://bit.ly/41umdfg>

Next Month: Part (11) and still to come: Psychedelics, Imagination, Intuition, Awe & Wonder, Truth, Beauty & sense of the Sacred, Ultimate Reality

Health Policy

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

Starbucks Vows 'MAHA' Changes to Menu



Starbucks CEO, Brian Niccol met with Human Services

secretary Robert F Kennedy jr. and vowed to make the company's menu healthier.

Said Kennedy: "I was pleased to learn that Starbucks' food and beverages already avoid artificial dyes, artificial flavors, high fructose corn syrup, artificial sweeteners, and other additives"

Some Starbucks drinks, however, have incredibly large amounts of sugar in them. A grande white chocolate mocha frappuccino, for example, contains 46 grams (12 tea-spoons) of sugar.

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Agenda to shake up the FDA

... health care system to one that is proactive, intellectually curious about underlying causes, and financially aligned to promote health—not just treat sickness."



"During the COVID-19 pandemic, review processes that took a year were performed in weeks. We believe this is clear demonstration that rapid or instant reviews are possible."

"The FDA will guard against a cozy relationship that has characterized the agency in the past and led to allegations of industry capture"

"We will never forget one of the worst self-inflicted wounds of US health care—the FDA's illegal approval of oxycontin for chronic pain based on a 14-day study, the immediate hiring of the former FDA regulator by Purdue Pharma, and a subsequent epidemic that killed approximately 1 million people in the US."

"The oversized role of the food industry has corrupted our basic conception of the Food

Pyramid [see my criticism in: **USDA Guidelines 2015-2020**, [Jan 2026](#) (16)] and ignored our growing understanding of food processing and ingredients."

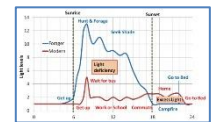
"The high price of drugs in the US relative to other OECD [17] nations represents a great American rip-off. [see: **USA - Prescription Drug Rip-off**, [Sept 2016](#) (18)]."

"Financial toxicity harms patients. No one took an oath to treat a patient and then ruin their life financially."

Continued from Page 1

Is Time Restricted Eating (TRE) Paleo? - part III

... night, your brain thinks it is daytime and that you



should be awake. In this state melatonin is also suppressing the sleep hormone, melatonin, thus interfering with healthy sleep function.

Moreover, when the Master-clock (SCN) gets reset by light, it resets all the other clocks that are in the hypothalamus, pituitary gland, adrenal gland, pineal gland, etc. The other clocks in the body like the gut clock and the liver clock, create their circadian rhythm from a combination of the SCN signal and the **TIMING** of the foods we eat.

The SCN is also connected to the hunger center in the brain, so it is telling the brain when to feel hungry and not to feel hungry.

Overall, says Dr Panda: "the clocks in different organs work like an orchestra to create the major rhythms that form the essential foundations of health: sleep, nutrition, and activity. When one rhythm is thrown off, the others are

upset, creating a downward spiral of poor health."

[Next month](#) – part IV: the role of darkness in keeping our body-clocks synchronised.

Continued from Page 1

Covid 19 vaccination side-effects

Warning: the 12-minute introductory preamble by senator (and lawyer) Richard Blumenthal (Dem) is hostile to the motion and even portrayed the witnesses, yet to be heard, as given to misinformation and peddling of untested remedies!

These so-called "unreliable witnesses" included widely-published world-class experts Dr Peter McCollough, cardiologist, Dr Jordan Vaughn, internist, and Dr James Thorpe, gynecologist. They speak of the deaths of young men from myocarditis (inflammation of the heart muscle) and blood clots; of pregnant women having high rates of miscarriage and birth defects; and others suffering neurological malfunction. These eminent doctors' findings were stifled and ignored and accompanied by vilification, and even loss of accreditation.

Dr Joel Wallskog, orthopedic surgeon, related how the vaccine made him long-term disabled and how the CDC and FDA operated a code of silence on vaccine injury and are organizations which, he claims, are rotten and not fit for purpose. Worse still, the [Biden] White House instructed social media: "to censor true stories of vaccine injury." Wallskog has set up an organization [React19](#) [19], which offers "Science-based support for people suffering from long-term COVID-19 vaccine effects."

The chairman of the committee, Senator Ron Johnson (Rep), was sympathetic to the motion. He pointedly displayed a graph showing how covid deaths had **ALREADY TAILED OFF** by the time mass vaccinations had started.

My View? I grew up at a time when, as children, we lived in fear of getting polio. Many of us knew of a classmate crippled for life with the disease. For life in Africa, I was delighted to be inoculated against Yellow Fever – an almost always fatal disease which killed thousands of those building the Panama Canal.

But even in those days, there was a tacit hush over the fact of trade-offs: there would always be a percentage of vaccinated who would suffer a bad side-effect.

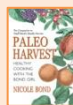
In what appears to be a disgraceful episode, the authorities used the full power of the State to suppress any debate about the policy of mass vaccination and lockdowns and to ruin the careers of anyone who questioned it.

As an example, see what happened, no less, to professor of medicine, economics, and health research policy at prestigious Stanford University, **Dr Jay Bhattacharya** when he authored the **Great Barrington Declaration** which suggested limiting lockdowns to the old and vulnerable.

He, at least, has been rehabilitated by the current administration and appointed to a position where he can impose transparency and honesty in such situations. See: **New NIH Director**, [March 2025](#) [20].

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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12 Abigail E. Overacre-Delgoffe; Sucralose consumption ablates cancer immunotherapy. Cancer Discov 2025; DOI: 10.1158/2159-8290.CD-25-0247

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