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The Bond Briefing

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As Nature Intended: Is "Grounding" Paleo? **Ancestral Feeding Patterns:** Is Time Restricted Eating (TRE) Paleo? – part V. **Human Mentality:** Savanna-bred brains subverted by Western reductive thought (12). **Q&A:** Grounding Sports Shoes. **News Shorts:** Ageing happens in periodic bursts; Alzheimer's and low omega-3 in women; Why ultra-processed diets make you gain fat even without extra calories; Potato as fries increase diabetes risk. **Health Policy:** MAHA changes coming to McDonald's.

As Nature Intended

Is "Grounding" Paleo?



Last August we were delighted to visit one of our longest and fervent supporters, Caroline Penman, who runs a wellness retreat deep in the Yorkshire Dales. Thanks to her, some hitherto neglected topics came onto my radar. One of these is the practice of "Grounding".

Grounding the body, also known as earthing, is the practice of making direct skin contact with the Earth's surface.

Why is this important?

Proponents say that, amongst other things, it allows the Earth's electrons to flood into the body and quench free radicals.

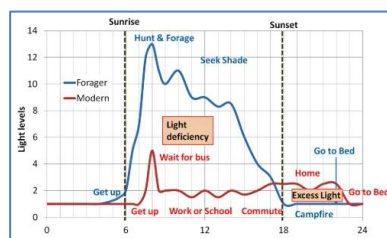
Free radicals: are produced by various biochemical processes and can be thought of as a kind of toxic waste which, if not dealt with expeditiously, creates riotous damage.

Free radicals have an unpaired electron in their outer orbits, which they aggressively pair up by stealing an electron from any nearby molecule and so rendering it useless.

The dreaded "Advanced Glycation End products" (AGEs) are **>p3**

Ancestral Feeding Patterns

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



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 even very low levels of light at night interrupt the nightly house-keeping and detoxification of the various organs. Anything more than the 0.3 lux of bright moonlight is harmful.

Now we come to the nub of the business: Time Restricted Eating (TRE). According to Dr Panda's researches, eating and drinking needs to be limited to a 12-hour window, maximum. Even better results are obtained with windows down to 8-hours.

He says that the first nibble or drink (apart from plain water or herb tea) of the day immediately triggers the digestive organs to switch from maintenance (night) mode to operational (day) mode. At this time the organs are at their most efficient [1] so this is the ideal time to have breakfast which could be the heartiest meal of the day. But **>p3**

Human Mentality

Savanna-bred brains subverted by Western reductive thought (12)



Continuing insights from psychiatrist & neuroscientist, Dr McGilchrist's (cr [2]) majestic work [3]

Last month, we saw how, in McGilchrist's view, the organization of society has focused on the left brain's need to control, which it does by breaking down the complex flow of activity into component parts and systematizing them into a sterile pattern of bureaucratic procedures. Now for the antidote:

Intuition and imagination

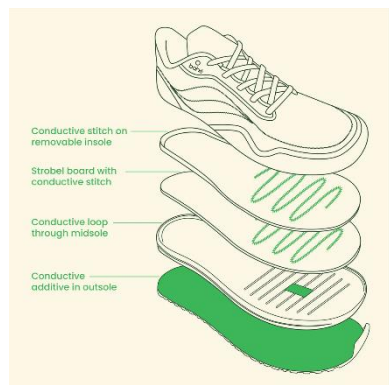
McGilchrist views intuition and imagination as Right Brain faculties that are essential for a full understanding of reality. However, in our Left-Brain dominated world, they are mostly elbowed out.

But not always. He cites the example of Chesley Sullenberger the pilot who, after a bird strike, safely landed his plane on the Hudson River, saving all on board.

In this emergency Sullenberger just let his Right Brain instincts take over – the Left Brain had to take a back seat; this was not the time or place to consult the protocols or tick any boxes! **>4**

Questions

Grounding sports shoes



Q. What do you make of these performance "Grounding shoes" <https://bahe.co/>?

They claim all kinds of health benefits from being so designed as to allow electrical connexion between the foot and the ground.

A. This raises the whole concept of "Grounding" (or "Earthing") which I have decided to deal with in **Is Grounding Paleo?** Page 1.

But to answer your question, such shoes, which help to emulate the barefoot contact with the earth experienced by our forager forebears for eons, are probably a good thing.

News Shorts

Ageing happens in periodic bursts

A number of researchers are finding evidence that ageing is not a steady decline but a series of plateaus with sudden declines from one to the next at, roughly, 40 years, 60 years and 80 years [4].

These sudden declines, or tipping points, occur when a system undergoes an abrupt shift from one equilibrium to another.

It is probably accumulated molecular damage that eventually overwhelms the body's ability to deal with it.

Our natural repair systems can buffer these molecular changes up to a point, but then become swamped or exhausted, causing the system to slump into a new state.

The ageing tipping points:

40ish: onset of muscle wastage; CVD risk rises from 16% to 40%; immune system declines as does ability to metabolize alcohol and caffeine.

60ish: brain ages significantly; CVD risk rises to 75%; major decline in kidney and immune system; skin ageing; increased risk of Alzheimer's and Parkinson's

80ish: blood stem cells die off in large numbers; increased brain ageing; major shifts in blood plasma proteins; CVD risk rises to 85%.

My View? Some of these afflictions are lifestyle related (e.g. CVD) and my readers will know that we at least aim to age in good shape to the end.

A second point is that people who are in their 80s today had an upbringing which was free of junk foods & convenience foods, was less sedentary, more outdoors, and less time stressed.

Who knows how it will look when earlier cohorts get to their 80s? But there is one consolation: having survived and adapted to a tipping point, you can say: "Phew - that's it for another 20 years!"

Alzheimer's and low omega-3 in women

A study finds that, in women only, a deficiency of omega-3 fatty acids is linked with Alzheimer's Disease [5]. This could explain why women are diagnosed more often.

Senior author Dr Cristina Legido-Quigley, from King's College London, said: "Our

study suggests that women should make sure they are getting omega-3 fatty acids in their diet - through fatty fish or via supplements."

My View? We should all, male or female, work hard on keeping up omega-3 intake. No doubt further research will reveal why a deficiency has a disproportionately greater effect on women's Alzheimer's.

Why ultra-processed diets make you gain fat even without extra calories

A groundbreaking human study has found that ultra-processed foods lead to increased weight, disrupt hormones and introduce harmful substances linked to declining sperm quality [6].

Ultra-processed diets cause weight gain, lower testosterone, and introduce toxic pollutants—effects seen even when calorie counts are identical.

My View? The study did not discover why ultra-processed foods are so unhealthy. They did find higher levels of "phthalates" which are found everywhere, but particularly in plastics and cosmetics. They are "endocrine disruptors" which means they mess with your hormones.

Whatever the reasons, stay Paleo and eat unprocessed foods in their naturally occurring form.

Potato as fries increase diabetes risk

Eating three servings of French fries a week is associated with a 20% increased risk of developing type 2 diabetes, but eating similar amounts of potatoes cooked in other ways - - boiled, baked or mashed -- does not substantially increase the risk [7].

What's more, replacing any form of potatoes with whole grains was associated with a

lower type 2 diabetes risk, but swapping them for white rice was linked to an increased risk.

My View? potatoes, whole grains, rice – they all in their various ways, to a greater or lesser degree, increase diabetes risk – avoid!

But what's special about French fries? It's the frying which generates Advanced Glycation End products (AGEs) – and AGEs are factors in diabetes as well as many other mischiefs. See: **Free Radicals** in: **Is "Grounding" Paleo**, page 1.

Health Policy

The Make America Healthy Again (MAHA) movement is shaking up the medico-industrial bureaucracy.

MAHA Changes are coming to McDonald's

McDonald's is pouring \$200 million into regenerative farm practices which enhance soil health and make synthetic chemicals and fertilizers far less necessary.

"This is a big win for regenerative grazing practices, habitat restoration, water and wildlife conservation," Health Secretary Robert F. Kennedy Jr. said on X.

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Is "Grounding" Paleo?

...are one example. They are readily produced by frying, grilling and roasting, or even by metabolizing fructose. See **What are AGEs?** [Dec 2011](#) [8].



The science is still in the early stages, but already it is showing that 'grounding' subjects has remarkable health benefits [9].

The big one is **REDUCED INFLAMMATION** which in turn boosts the immune system, reduces cancers, CVD, diabetes,

arthritis, dementia, and much more.

Other benefits include improved sleep, pain relief, stress reduction, and better blood thinning.

A grounding test on professional cyclists found that they had accelerated wound healing and improved blood flow [10].

After 1–3 days of grounding, Covid-19 hospital patients experienced improvement in fever, dyspnea (shortness of breath), blood oxygen levels, cough, weakness, headache, chest pain, body pain and even taste and smell loss [11].

My View? Walking barefoot on natural surfaces is Paleo for sure. Moreover, these early studies are indicative of serious health benefits. So how to get grounded?

Walk barefoot: Spend at least 30 minutes per day walking, standing, or sitting on natural surfaces like grass, sand, or soil.

Wear earthing shoes: see **Grounding Shoes**, page 2.

Lie on the ground: Find a natural spot and lie down directly on the grass or sand.

Submerge in water: Go for a swim in a natural body of water – sea is best. Swimming pools are earthed for electrical safety but, since they are usually insulated as well, it is not clear how any one pool is effective for therapeutic grounding purposes.

Soak in a bath: works best if the plumbing is in earthed metal (usually copper) and not plastic. Bath salts improve conductivity.

Garden: Work with your bare hands in the soil.

Grounding mats: These are connected to the earth pole of an electric socket and can be

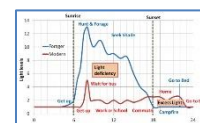
used under a desk, or on the floor during yoga or meditation. I have ordered one online to give it a test under my desk.

What doesn't work: walking barefoot on insulating materials such as carpets, tiles, asphalt, wood, pavement, or concrete. See also: **Street Pavements are too Hard**, [Aug 2021](#) [12]; **Cobblestones for Heart Health**, [Aug 2005](#) [13].

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

... I'm not so sure. It sounds good in theory,



but foragers ate lightly in the morning, lightly most of the day, and tucked in to the crop of the day's hunting and gathering at sundown (6:00 p.m.).

According to Dr Panda, to prepare the digestive organs for night mode, the last food of the day should be no less than 3 hours before going to sleep, which is fair enough.

Finally, says Dr Panda, try to keep to the same timetable every day. You can't be in perfect control – travel across time zones, clock changes, work schedules, and so forth – but get your body clock in harmony with the daylight as best you can. Too bad if you are a shift worker, a trans-continental airline crew member, or live in a high latitude place like Finland or Alaska where, according to the season, the daylight hours can be excessively long or excessively short.

For the last few months I have been trying the 12-hour TRE with a later breakfast and the last food finished by 8.30 p.m. In this I have also been inspired by a study [14] I wrote about in

Feb 2016 [15], **Short Mealtimes Window**, in which Dr Jonathan Johnston of Sussex University, UK, found that subjects who ate breakfast later and dinner earlier lost more bodyfat, had lower blood sugar, and had lower cholesterol.

I didn't have my blood sugar or cholesterol checked during this time, but I do know that I have lost 7lb (½ stone, 3 kg) of weight that I didn't know was available to shed.

The main changes I have had to make concern a) moving my outdoor physical activity to early in the morning, **WITHOUT** sunglasses, to get a good dose (min ½ hour) of daylight, to give a strong start to the body-clock b) forsaking the early morning coffee for herb tea (not so hard after all!), c) having breakfast after the physical activity at around 9:00 a.m. and, d) avoiding any nibbles after 8:00 p.m. One stricture I have not followed is to avoid drinks (of any kind apart from water) after 8:00 p.m.

Conclusion? TRE is Paleo! Eating within a 12-hour window certainly emulates foragers' eating patterns. Meanwhile, researchers of the like of Dr Panda have demonstrated that

today's practice of eating and drinking at anytime of day or night is thoughtless and undermines our health in a myriad of ways.

Continued from Page 1

Savanna-bred brains subverted by Western thought (12)



... McGilchrist sees imagination as not mere fantasy but a dynamic process that allows us to connect disparate ideas and see the world in new ways, enriching our perception and experience.

It is a crucial faculty for creativity and adaptability, making a holistic vision of the phenomenon, whereas the Left Brain just sees a collection of fragments or 'things'.

Meanwhile intuition is the rapid, often unconscious, processing of information and imagined possibilities to find patterns and insights without step-by-step analysis.

McGilchrist cites as an example Einstein who leapt intuitively to his concept of Special Relativity and then had to spend months

on the mathematics to fill in the steps.

McGilchrist emphasizes that good judgment requires not just the Left Brain's logic but also wisdom, which involves the Right Brain's intuition, its wider appreciation of context, and its tolerance for uncertainty.

On the other hand, relying solely on the Left Brain's reason and analytics leads to shallow and incorrect judgments because it fails to account for the full context and nuance.

My View? with regard to our Left-Brain dominated world, I am reminded of the remarks made by professor of comparative mythology, **Joseph Campbell**, and guru to Star Wars creator, George Lucas: "Darth Vader has not developed his own humanity... He's a bureaucrat not living in terms of himself, but in terms of an imposed system. This is the threat to our lives that we all face today. Is the system going to flatten you out and deny your humanity...?" [16]

Next Month: Part (12) and still to come: Awe & Wonder, Truth, Beauty & sense of the Sacred, Ultimate Reality.

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



mob +357 99452468

WhatsApp +357 97612596

1 Glycemic Index (GI) varies with time of day, May 2025, <https://bit.ly/4kemOrK>

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