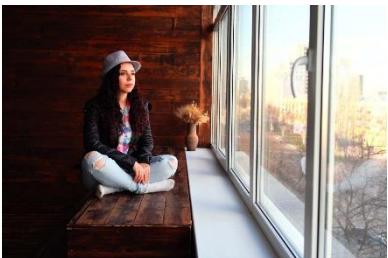


News Shorts

Window light improves blood sugar in T2 diabetes

In [June 2025](#) [10], **Is Time Restricted Eating (TRE) Paleo? – part**

II, we spoke of Dr Panda's recommendation that, when indoors, we should try to sit close to a window where we can get up to 5,000 lux of light. This is to keep our circadian clock strongly entrained.

Now a study confirms this recommendation [11]. It finds that subjects with type 2 diabetes who sat in their office close to a window had improved blood sugar control and better fat oxidation, than when they sat in their office with only artificial light at 300 lux. In the evenings, they were exposed to dim artificial light and had access to their devices until 11pm, before sleeping in complete darkness until 7am.

My View? Our forager ancestors lived their entire lives outdoors under tropical sunlight. Over the eons our body clocks came to rely on it being there; if not, things don't work so well.

Modern lifestyles have become increasingly light-poor. We need to work, at every opportunity, to grab the light where we can to keep our body-clocks tuned up. See next item.

Work with body clock to improve cancer chemotherapy

Earlier this year a Chinese study found that giving chemotherapy to people with advanced non-small cell lung cancer (NSCLC) before 11.30am was associated with nearly double the survival rate

seen in those who received their treatment in the afternoon [12]. Now the same team finds that for small cell lung cancer, earlier chemotherapy was associated with a 52 per cent lower risk of cancer progression and a 63 per cent lower risk of death [13]. The trial showed that morning administration boosted the immune system's cancer-busting T-cell numbers and activation, while late-day dosing had the opposite effect.

My View? The benefits of working with our body-clocks to maximize treatment outcomes, (known as 'chronotherapy') is a promising new field of medical science.

Juice 'cleanses' harm microbiomes & increase inflammation

A study finds that a three-day, juice only "cleansing" diet had health harms [14]. It altered the mouth microbiome to one encouraging inflammation.

It altered the gut bugs to ones which increased leaky gut, inflammation, and cognitive decline. The researchers suggest that these findings are "likely due to reduced fiber and the higher sugar and carbohydrate content."

In contrast, a so-called "elimination" diet (see later) had beneficial effects on gut bugs, encouraging bacteria that feed on fiber and produce butyrate, a "short-chain fatty acid".

Butyrate subdues inflammation, balances immune function, improves resistance to pathogens, and reduces risk of cognitive impairment. See:

Dietary Fiber reduces Brain Inflammation, [Oct 2018](#) [15]; The Underrated Colon, [Deadly Harvest, Chapter 5](#) [16], p 114.

The "elimination diet" consisted of "organic fresh fruits, vegetables, gluten-free whole grains, eggs, and 8 glasses of water a day. It avoided or eliminated alcohol, caffeine,

sugar, processed foods, dairy, red meat, and gluten (e.g., wheat, rye, barley, spelt)."

My View? From the earliest days I have advised against juicing ([Fruit, Deadly Harvest, Chapter 7](#) [17], page 168.) After all, there were no power blenders in the savanna!

Meanwhile the 'elimination' diet looks interesting. The researchers don't say where they got it from or whether it also contained seafood and poultry, but it looks close to our very own 'Savanna Model'. Let lessons be learned!

Banana sabotages smoothies

Adding a banana to your fruit & vegetable smoothie could slash your body's absorption of heart-healthy flavanols by up to 84%, UC Davis scientists found [18].

The culprit is an enzyme called 'polyphenol oxidase' (PPO). Say the researchers, "It helps to pair flavanol-rich fruits such as berries with ingredients that have low PPO activity, like pineapple, oranges, or mango.

It is best not to mix bananas with flavanol-heavy foods like berries, grapes, or cocoa. The same principle applies to other foods with high PPO activity, such as beet greens."

My View? I am against juicing in general, see previous item. But this study shows, too, the complications of navigating our modern food supply. It is better to eat the forager way and keep it simple.

Covid Vax can cause myocarditis

A Stanford Medicine research team has confirmed that mRNA-based COVID vaccines can cause inflammation of the heart muscle, known as myocarditis, which can be fatal [19].

"Vaccine-associated myocarditis occurs in about one in every 140,000 vaccines after a first dose and rises to one in 32,000 after a second dose," Stanford Medicine News Center said. "For reasons

that aren't clear, incidence peaks among male vaccines age 30 or below, at one in 16,750 vaccines."

My View? Vaccines have side effects and, in an unlucky few, they are serious, even fatal. This fact should not be covered up – which is just what happened with the Covid-19 vaccine. Worse, highly credentialled whistle-blowers were vilified and almost lost their jobs. See: [Covid 19 vax side-effects, July 2025](#) [20].

The new director of vaccine policy, **Dr. Martin Kulldorff**, is determined to end the cover-ups and maintain total transparency in vaccine knowledge and outcomes. See [next article](#) and, [Using vaccines safely, last month](#) [21].

Healthy Policy

Kids' Vax: USA needlessly extreme compared to Denmark

[Last month](#) in: [How to use vaccines safely](#), we spoke of **Dr Martin Kulldorff**, chairman of the Advisory Committee on Immunization Practices (ACIP), and his intention "to rebuild Americans' trust through high-integrity, non-politicized vaccine science."

In this regard he has been looking at vaccination policies in other advanced countries. He notes that in Denmark, children receive eight **FEWER** vaccines than children in the U.S. of which flu, respiratory syncytial virus (RSV), hepatitis A and B, and chickenpox.

Unlike USA, which vaccinates Hep B on the **DAY OF BIRTH**, Denmark waits until a baby is 3 months old before **ANY** vaxes.

A fully vaccinated 12-month-old child in Denmark will have received 18 vaccine doses for six diseases, while a 12-month-old in the U.S. will have



received 43 vaccine doses for 16 statins. See [Statin: Two-faced Harlot, March 2015](#) [25].

Denmark also allows parents more control over their child's vaccinations. They are voluntary and not mandated for school entry, unlike in the U.S. Kulldorff wants to mirror Denmark in this respect, too. Finally, in the United States, vaccine manufacturers generally enjoy broad immunity from civil liability for injuries caused by vaccines. Mirroring other jurisdictions, this immunity would be removed.

My View? The evidence seems to indicate that BigPharma had captured vaccination policy by: a) getting vaccination to be compulsory, b) maximizing the number of diseases covered, c) maximizing the number of boosters and, d) getting immunity from liability.

So, a move in the direction of policies practiced in other developed countries sounds reasonable. In particular governments should not have the power to compel anyone to receive foreign matter injected into their bodies.

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Geoff's blood test results

So we don't know about that. See also

The role of cholesterol,

Deadly

[Harvest, Chapter 9](#) [22], p.239.

In **Cholesterol & Genes**, [Dec 2015](#) [23] I publish a letter from a medical doctor whose high cholesterol levels resisted lifestyle changes and who thinks that genes play a role too.

Currently I am not on any medications: blood pressure, if not at forager levels (122/70) [24] is in the 'normal' range (134/80), and I am not on

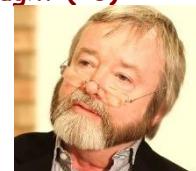


In the interests of full disclosure, my complete blood (and urine) test results are here: <https://bit.ly/3NDm19t> and on our website "Physicals" page [here](#): [26].

[Next Month](#): Cardiology

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Savanna-bred brains subverted by Western thought (15)



yet it gives science its entire purpose and meaning. Truth is not a mere collection of facts, but an "act, a process; one of trust towards, whatever is". It involves an "unrevealing" of reality.

He argues that modern society has mistaken representations (maps, scientific models, theories) for reality itself. The Left Hemisphere's focus on **EXPLICIT**, finitely describable systems leads to a reductionist view that misses the deeper, **IMPLICIT** truths of lived experience.

The pursuit of truth requires an open, receptive "Right Hemisphere" gaze, which can tolerate ambiguity and see the "big picture," rather than the sharply focused, grasping Left Hemisphere approach.

He quotes philosopher Bryan Magee [27]: 'Even something as simple and everyday as the sight of a towel dropped on to the bathroom floor is inaccessible to language ... no words to describe the degrees of shading in its colors, no words to describe the differentials of shadow in its folds'.

McGilchrist wants us to understand that the 'truth' of

experience is greater than the sum of its parts.

McGilchrist views the three classical values of Truth, Beauty, and Goodness as intertwined: as different faces of the same fundamental reality, inseparable and essential for a meaningful life. The modern dismissal of them has led to a "lying culture" and a state of "utter mediocrity".

In essence, McGilchrist argues that we must re-embrace an understanding of the world where beauty and truth are seen as inherent aspects of the cosmos, accessible through a broader, more intuitive mode of attention, primarily associated with the brain's Right Hemisphere.

For more, view video [28].

Next Month: Part (16) and still to come: Sense of the Sacred, Consciousness, Ultimate Reality.

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USDA Dietary Guidelines 2026-2030. Big Food's come-uppance

and additives "poison" and pin-pointed them as a major culprit in the childhood obesity epidemic. Americans, Kennedy said, had been made sicker while being told they were following the rules. "For decades, Americans have grown sicker while healthcare costs have soared."

The old food pyramid, with grains at its base and fats treated as a dangerous indulgence, he dismissed as a distortion. "People think the new pyramid is upside down," Kennedy said, "but it was actually upside down before — we just righted it." Protein, fats, vegetables, and fruit are prioritized and carbs (whole) relegated. Refined carbs and added sugars are removed from the model entirely. Ultra-processed foods are fingered as a central problem rather than an



unfortunate by-product of modern life.

Kennedy spoke approvingly of "nutrient-dense whole foods," defined as foods prepared with few ingredients and without added sugars or industrial oils.

FDA chief, **Dr. Marty Makary** [29], standing beside him, described a generation of children "addicted to refined carbohydrates, low in protein."

Medicare/Medicaid chief, **Dr. Mehmet Oz** [30] fumed that obesity is costing \$300bn a year and that the average man retires at 61 years-old due to ill health. Just a small improvement in these figures would save the economy \$trillions.

On the question of affordability, Kennedy said that 'cheap' ultra-processed food was not cheap when the longer-term costs of diabetes, obesity and ill health are factored in.

Next month: part 2, the new pyramid and My View of it.

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



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