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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

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Human Mentality

Savanna-bred brains subverted by Western reductive thought (16)



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

Last month, we saw how 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. Continuing:

McGilchrist refers to biologist Brian Ford of Cambridge University [3]. Paraphrasing: Ford observes that when a surgeon crudely stitches a wound, within weeks the scar is healed, smooth and scarcely visible. The cells at the site of the incision have identified the nature of the wound, and initiated manoeuvres to restore it. Capillaries re-form to restore microcirculation, nerves are reconnected, and the various layers of skin are properly reconstituted. "None of this we understand." Worth repeating:

"None of this we understand"

>p3

Physicals

Geoff's Omega-3 test: lessons

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

I recently received a second batch of results now concerning blood levels of fatty acids.

As expected, levels of omega-3 were strong – well above the reference value range.

However, there was an unpleasant surprise with omega-6 levels – they too were well above the reference range.

This resulted in an omega-3 to omega-6 ratio of 1 to 12, whereas the target is 1 to 4 maximum.

My initial reaction was to think that either that these were someone else's results or that a decimal point is in the wrong place.

But in truth this is probably correct, in which case this situation is potentially inflammatory although, as we saw last month, markers of inflammation, like C-reactive protein, are low.

Where is all this omega-6 coming from? After all, I do practice what I preach and avoid and strip-out all >p3

Health Policy

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

USDA Dietary Guidelines 2026-2030. Any Better?



<https://bit.ly/4u5hwFk>

Last month, we saw how Health Secretary Robert f Kennedy Jr, in a press conference [4] to launch the 2026 Guidelines [5], slammed past conflicts of interests that corrupted food guidance. "The hard truth is that our government has been lying to us to protect corporate profit-taking," adding that "today the lies stop." We continue:

The preamble to the 2026 Guidelines [6] states boldly: "The message of this edition is simple: Eat real food. The guidance prioritizes whole, healthy, and nutritious foods and limits highly processed foods, added sugars, and refined carbohydrates." So that is good.

The new pyramid does indeed flip the previous >p4

News Shorts

A cuppa a day keeps the doctor away

A review of green and black tea consumption finds a distinctly reduced risk of CVDs, obesity, diabetes, and certain types of cancer [7]. The researchers say that this is consistent with the known properties and actions of tea's constituents, as well as the causes of these diseases.

Tea polyphenols (TPP)—mainly catechins and their derived compounds—are considered the major active constituents of tea [8]. Other known active constituents in tea are caffeine and a unique amino acid, theanine [9].

Other studies suggest that tea consumption alleviates cognitive decline [10] and muscle loss in seniors, high blood uric acid, bacteria or virus-induced diseases, and oxidative stress and inflammation in tissues.

Overall, the review concludes that tea provides clear health benefits, especially when consumed in its traditional, freshly brewed form.

Processed options like bottled tea and bubble tea are not recommended: they have lost some of their potency and they contain added sugars and preservatives.

My View? I am happy to know that my regular intake of our national drink is helpful. Apparently, the addition of a splash of milk or flavorings doesn't detract from the benefit.

Med Diet - healthy gums?

Those on mediterranean diet were less likely to have periodontal disease compared to those on a standard Western diet [11].

My View? Well, yes - and they would do even better on a Paleo diet. See: **Tooth & Gum Health**, [Dec 2020](#) [12].

The interesting question is how did foragers manage without toothbrushes? The short answer is: very well! - their feeding habits meant that their teeth and gums were self cleaning - just like any other creature living in a state of nature. I wrote about it at length in **Mouth Flora in Evolutionary Perspective**, [Oct 2008](#) [13].

Keto diet impacts blood sugar and liver

A team from the University of Utah found that while mice on a keto-like diet did lose weight, they also developed fatty liver disease and showed signs of poorer blood sugar regulation [14].

The team suggests that an overload of fats in the blood stress pancreas cells and impairing insulin production.

Say the researchers: "One thing that's very clear is that if you have a really high-fat diet, [like the keto diet] the fats have to go somewhere, and they usually end up in the blood and the liver."

My View? This is a study on mice so it needs to be replicated in humans. Even so, the keto diet is an aberration compared to Paleo, with its high intake of fat and low intake of plant food, especially fruit.

So this study adds to the other drawbacks of eating keto. See: **Ketogenic Diet's Downside**, [Sept 2021](#) [15].

Health Policy

"Drinking Can Be Socially Healthy"

The new Dietary Guidelines for Americans (DGA) roll back a previous recommendation and instead advise Americans to "consume less alcohol for better health."

The past guidance said men should consume two drinks or fewer per day, while women should have one drink or no drinks a day.



<https://bit.ly/43FzeD6>

Centers for Medicare & Medicaid Services (CMS) boss Dr.

Mehmet Oz (see: [April 2025](#) [16]) said that, "Alcohol is a social lubricant that brings people together, in the best case scenario, I don't think you should drink alcohol, but it does allow people an excuse to bond and socialize, and there's probably nothing healthier than having a good time with friends in a safe way."

My View? Sounds like a reasonable attitude to me.

Social connectedness is important for well-being (see: **Lessons for Today**, [Deadly Harvest](#), [Chapter 8](#) [17] p223.) Yet it is often ignored because the modern emphasis on Left Brain thinking (McGilchrist p1) cannot categorize or measure it. But 'social connectedness' has what is known as 'elusive meaning' which is 'of the essence' yet intangible.

It is good that in this case Dr Oz allows Right Brain gut feeling to mellow "The computer says 'no'" paradigm.

Forager Lessons

Stress control in group living

I write in [Deadly Harvest](#) [18] that "The [forager] band members constantly juggled self-interest, gift-giving, obligation, jealous watchfulness, and anger with a fear of hostility and rejection."

Anthropologist Richard Lee, in his classic studies of the !Kung San in the 1960s continues: "It is clear that the demands of a collective existence are not

separated parts (a Left-Brain function) to understanding the "betweenness" of all things – a Right Brain function.

For more see his 8 min video: <https://youtu.be/hgAdBjXCj5I>
Next Month: Part (17) and still to come: continues, Cosmos Consciousness, Ultimate Reality.

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USDA Dietary Guidelines 2026-2030. Any Better?

... upside-down. It basically says load up on vegetables, fruit, proteins, healthy fats, and dairy; strictly limit grains and, if you do have them, they should be wholemeal.



So, with the exception of dairy, this is close to the way we prioritize food groups too.

Getting into the detail, the guidelines prioritize high-quality, nutrient-dense protein foods in every meal, including a variety of animal sources, such as eggs, poultry, seafood, and red meat; and plant-sourced protein, such as beans, peas, lentils, legumes, nuts, seeds, and soy.

This is very good for the animal source protein, but we would go easy on the red meat. This is mainly because of the bad fats [27] but also because of their content of inflammatory molecules like 'TMAO' (28).

Meanwhile beef's saturated fat is least bad since it is mainly stearic acid which the body converts to harmless monounsaturated fat.

With regard to plant protein, we would steer clear of the seeds and legumes (lentils, peas, soy) and focus on nuts. Indeed nuts

form a major source of nourishment for foragers – the mongongo nut, for example, contributes half the daily calories for the San Bushman [29].

The Guidelines also emphasize the importance of 'healthy' fats. Saturated fats are rehabilitated with the proviso that they don't exceed 10% of calories. This allows the modest intake of butter and full-fat dairy.

The reinstatement of saturated fat has created most controversy in the nutritional establishment.

The devil is in the detail. In my reading of the scientific literature it is myristic acid and palmitic acid of animal origin that does the damage. They are notably present in lamb, pork, and dairy.

Next month: part 3, Conclusion.

Paleo in a Nutshell: Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nutshell.com

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1 Rebel Wisdom, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=76267498>.

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