



The science & art of living the way nature intended

# 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 (16). **Physicals:** Geoff's Omega-3 test: lessons. **Health Policy:** USDA Dietary Guidelines 2026-2030. Any Better? **News Shorts:** A cuppa a day keeps the doctor away; Keto diet impacts blood sugar & liver. **Health Policy:** "Drinking can be socially healthy". **Forager lessons:** Stress control in group living..

## 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