



The science & art of living the way nature intended

The Bond Briefing

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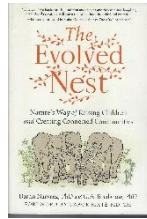
RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Book Review (IV): The Evolved Nest. **Cultural Co-evolution:** Honeyguide Birds' calls are Culture Dependent. **Briefing:** Ketogenic Diets Revisited. **Hints:** Reduce Portion Sizes! **News Shorts:** Emulsifier/CVD link; Keto Diet helps Polycystic Kidney Disease (PKD); Diabetes at 30, early Death; Palm Oil Interferes with Memory; Chronic Constipation – Cognitive Decline; Daily Step Count and Dementia; Blueberries for Heart Health; Omega-3 fatty acids for Lung Health; Med Diet reduces Cognitive Decline in older People; Fruit & Vegetable Bacteria improve Gut Bugs.

Book Review (part IV)

'The Evolved Nest' by Dr Darcia Narvaez

Continuing from [last month](#): Babies (of many species) are born into an intricate web of support. Modern societies have largely lost this to the detriment of their children's well-being, and social integration.



Narvaez fingers the attitude that 'man has dominion over the animals' which she delicately avoids mentioning as coming from the book of Genesis. Again, perhaps as a sop to her university thought-police, be prepared for the sideswipes at the usual suspects of "European colonialism", "slavery", "the dominant culture", "capitalism", "the patriarchy", "globalization" and "forced migration". She even invents some quirky terms: the farming revolution "enslaved plants" and today we are practicing "plant genocide".

However, Narvaez goes on to opine with various homilies. For example, "industrialized humans adopted trauma-inducing lifestyle". "Humans need to bring their lives into alignment with Nature." "Thoughtful companionship, care and lifelong learning from wise elders have become rare." It is against Nature "that we tend to live in single generation households."

"The 'dominant human society' promotes individualism over community, competition over cooperation, relational detachment over connection". > p 4

Cultural Co-evolution

Honeyguide Birds' Calls are Culture Dependent



<https://bit.ly/3USpp1R>

Honeyguide bird and a Yao honey-hunter. Credit: Claire Spottiswoode

In: **Is Honey all right after all? Nov 2014** [1] I talked about the remarkable example of inter-species cooperation exemplified by the way honeyguide birds work with hunter-gatherers for mutual benefit.

The hunter calls the bird using various grunts, trills, and whistles. The bird leads the hunter to a bees' nest (usually high up in a baobab tree), where he smokes it out and opens it up, yielding honey for him and wax for the bird. This practice is widespread in various forager bands throughout sub-Saharan Africa.

Researchers wondered if the same hunter calls were used everywhere. The found not so [2]. The calls used by the Hadzas in Tanzania did not work with the Yao's honeyguide birds in Mozambique and vice versa.

Say the researchers, "This shows that birds have learned the specific calls made by their local tribe and this is passed down from generation to generation within each culture."

Briefing

Ketogenic Diets Revisited

The ketogenic diet has just one simple principle. It is to starve the body of glucose such that it resorts to burning fats ("ketones") for energy. This puts the body into a state known as "ketosis".

Classically this is achieved by consuming, quite indiscriminately, much protein, much fat and little else.

However, there are many ways to achieve ketosis: almost any diet will do (and some much more healthily than the traditional one) just by **ELIMINATING STARCHES AND SUGARS** – the so-called "fermentable carbohydrates". See: **Keto Diet helps PKD**, p 2.

Why would one want to go into a state of ketosis? For almost a century, it has been known that the keto diet suppresses epileptic fits.

More recently the keto diet has been used successfully to treat schizophrenia, bi-polar disorder, depression, Parkinson's, and ADHD.

The science also suggests that it reduces the risk of cancer, by a) suppressing inflammation [3], and b) by starving cancer cells of glucose to grow on (see: **Sugar lights up MRI scanners**, [Aug 2023](#) [4]).

Also, compared to the Standard Western Diet [5], Keto improves gut-bug health.

Mitochondria: What is going on? The latest theory suggests that the keto diet tricks the body into thinking it is in a state of fasting. In this state, mitochondria (see later) go into 'healing' mode where they eliminate defective cells and build new, >p 4