



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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Monthly Private Subscription Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00

We are independent of commercial pressure and say exactly what we think.

Evolutionary Behavior: He's The Image of His Father! Companion to Deadly Harvest: "Healthy Harvest Cookbook. Myths & Fallacies: Meat Eating and Canine Teeth. Major Event: Deadly Harvest Beat Cancer Seminar. Book Review: The Dig Tree. Release Imminent!: Deadly Harvest. Healthy Harvest Recipe: Artist's salad. Questions: Basis of Food Combining; Weight Loss, Hair Loss. Food/Disease Links: Gloom/Kidney Cancer. News Shorts: Cohosh Futile for Hot Flashes; Bush in Good Physical Shape; Teacher's Gender and Learning; Drugs: Medical Roulette; Workplace Co-opted into Healthy Lifestyle; Teen Sports, Strong Bones. Hints & Tips: Basic Vinaigrette. Evolutionary Sociology: Separate Gender Roles Beat Gender-neutral Neanderthals. Public Events: Book Signing March 4; Book Signing March 7; Book Signing March 10; Seminar March 14.

Evolutionary Behavior

He's the Image of His Father!

The next time you hear a mother cooing over her child having his father's eyes or daddy's hair, you can enjoy a smug smile that she is, in fact, desperately trying to convince her partner that she didn't sleep around.

Evolutionary theory predicts that mothers and grandmothers are programmed to proclaim how much the new born looks like daddy. This is to reassure the presumed father of his paternity – and secure his commitment. (See "Blue Eyes and Paternity", [November 2006](#)).

Yet they are the only ones that say so. In a recent study, the dads and independent judges were not convinced. In only 40% of instances did they see a true likeness to the presumed father¹.

In Chapter 8 of *Deadly Harvest* we examine a range of ways that genes manipulate our behavior.

Companion to Deadly Harvest

"Healthy Harvest" Cookbook

Nicole has been working hard to create, test, and write up a new series of recipes to complement Geoff's new book *Deadly Harvest*.

We are discussing with the same publisher, Square One, to publish it. The working title is "Healthy Harvest" (a nice counterpoint to "Deadly Harvest"!), but we are considering other titles too.

We begin to serialize some of the recipes on page 2.

More events of Geoff Bond's California tour on p.4.

Myths and Fallacies

Meat Eating and Canine Teeth



We often hear the argument that we must be natural carnivores "because of our canine teeth".

In fact human canines are pathetic apologies for true canines and serve no special purpose. Here a gorilla shows off his magnificent specimens. But wait – isn't he a pure vegetarian? **Cont. p. 4**

Major Event

NOT TO BE MISSED!

2007 Community Health Education Seminar

Palm Springs, California

March 14, 2007 12 noon

"Deadly Harvest:

The Link Between Cancer and Lifestyle."

With guest speakers **Elber Camacho MD, Rita Stec MD, Dr Mark Smith.**

Title of **Geoff Bond's** keynote address: "How to Repair Our Defenses Against Cancer"

Venue: Jerry Stergios Building, Desert Regional Hospital.

Reservations: (800) 491-4990

Info: www.thebondeffect.com

Book Review

The Dig Tree

Sarah Murgatroyd

Bloomsbury, London, 2002

In my first book, *Natural Eating* (footnote 3, page 41), I cited, as a nutritional object-lesson, the ill-fated Burke and Wills Expedition mounted by the Royal Society of Victoria, Australia.

Australia is about the same size and shape as the lower 48 states of USA. At the time (1860) Australia's interior was a "ghastly blank". Within a few miles of the coast, the countryside became hostile desert which proved extraordinarily difficult to explore.

No one had any idea what the interior of the country was like. Some thought there would be an inland sea in the middle, others that there would be fine sheep grazing, and yet others thought it was hostile desert all the way through.

The Expedition's mission was to cross the continent from Melbourne in the south to the Gulf of Carpentaria in the north and back again – a total journey of some 3,500 miles.

Sarah Murgatroyd has written a fascinating account which exposes how the Royal Society bungled its way into a fiasco. **Cont. Page 4**

Release Imminent!

Geoff's new book is a user-friendly and completely new look at how we can live in harmony with how nature intended

Deadly Harvest

Geoff Bond

Ask for it in your local bookstore or order NOW from:

www.amazon.com. Use keywords:

Deadly Harvest Geoff Bond

Healthy Harvest Recipe

We begin to serialize recipes from Nicole's new cookbook (see p. 1)

Artist's Salad



Yield: 2 servings

This exotic salad, redolent of the Near East, is a favorite recipe of Doros Theodorou, Manager of 5-star Mediterranean resort hotels.

Ingredients

- 2 cups roughly chopped fresh rocket leaves
- 2 cups roughly chopped fresh cilantro leaves
- 3 cups thinly sliced mushrooms (about 3 ounces)
- 8 tablespoons vinaigrette (see recipe page 3.), to taste
- 2 cherry tomatoes, cut in half

Method

1. Put the rocket, cilantro and mushrooms in a medium-size salad bowl. Add the vinaigrette and toss well.
2. Serve on individual plates and garnish the center with one half of the cherry tomatoes.

Questions

Basis of Food Combining

Q. *I know that many people believe in food combining. Do you have a list of resources about food combining from peer-reviewed scientific journals?*

A. Food combining is the notion that certain types of food in combination give digestive difficulties and health problems. The commonly propounded principles are that starches and proteins don't mix, and that fruit shouldn't be mixed with anything.

One aspect of food combining has been well studied. This is the effect on blood sugar and insulin levels of eating starches and proteins together. The research was driven by the need to design meals for diabetics.

Both starch and to a lesser extent protein both raise insulin levels. Working together they conspire to multiply up each other's actions^{2,3}. Starch with milk also has the same, undesirable effect⁴.

So here we have a good reason for avoiding these combinations: they raise blood sugar and insulin in

unhealthy ways. Worse, if there is any fat around (which it always is with protein), the excess insulin locks up the fat into your fat cells.

Starch/protein combinations therefore are a potent factor in driving bodies both into obesity and diabetes.

Otherwise, there is a lamentable lack of interest in researching food combining. No money in it, squire.

I start from the position that humans have no business consuming starches anyway, and modern fruits are nothing like our primal fruits (which had vegetable-like properties). Milk, yogurt etc. are not human food either and form a bad combination just on their own.

I tried out food combining in my own practice and find that by respecting these simple rules, many patients obtained relief from digestive problems in particular.

The consultant gastroenterologist, Dr Basil Rigas tried our version of food combining in his New York clinic with intractable cases of gastro-esophageal reflux disease (GERD). He reported notable successes⁵. But I agree, none of these are controlled studies.

I talk about food combining in guarded terms in my new book *Deadly Harvest* (just published). My main theme is that if we feed like nature intended and just eat from the two food groups vegetation and protein, the question of food combining doesn't even arise. Today we have to compromise on fruit. Eat it of course, but keep it separate,

See also "Stomach's Fast and Slow Lanes", page 3.

Weight Loss, Hair Loss

Q. *One of my patients has followed "Natural Eating" since March 2006, and has lost 50 lb. She recently started losing scalp hair. Could the cause be too rapid weight loss?*

A. Yes. Hair loss is a well known side-effect of substantial weight loss. The good news is that this is temporary. The hair grows back within a few months of stabilizing the weight at its desired level^{6,7,8}. You might know this form of hair loss under its technical term of "telogen effluvium".

Your patient lost 50 lb in some 46 weeks, a rate of about a pound a week. This is not "too" rapid, in fact

it is just right. Even so, the body is undergoing some unaccustomed adjustments which raise the level of stress hormones.

Thus this form of hair loss is similar to that due to psychological shock. There might be disturbance of female hormones too. Once the hormones settle down, the hair grows back.

Presumably you have eliminated other possible disease-related causes, so we would just let nature take its course.

Congratulations to your patient, by the way, for staying with the program – and for her success!

Food/Disease Links

Gloom/Kidney Cancer

Researchers Mohr and William Grant find that kidney cancer is much more prevalent in people who get little exposure to sunshine⁹. If you live in New England or Washington State, you are 35% more likely to get kidney cancer than if you live in Arizona or Florida.

This study reinforces the Bond Effect dictum: our bodies expect sensible exposure to sunshine, without which they get sick.

News Shorts

Cohosh Futile for Hot Flashes

According to a tightly controlled trial, the herbal supplement black cohosh did not relieve hot flashes in menopausal women¹⁰. In fact none of nine various herbal remedies or soy, had any effect.

Bush in Good Physical Shape

At his annual check up, President Bush weighed in at a borderline heavy 196 lb for his 5'-11½" height. His vital signs are all in the healthy ranges: body fat 16.8%, blood pressure 108/68, resting pulse 46 and cholesterol at 174.

Bush mountain bikes several times a week and works out on an elliptical trainer. We don't know what he eats. If it's Texas steak and fries, he could still be incubating nasty diseases like colon cancer.

Teacher's Gender & Learning

"Boys are best taught by men; girls are best taught by women." Anywhere outside the social sciences and the education establishment, this statement would be unexceptional.

However, Professor Thomas Dee's study has set the cat among the academic pigeons¹¹. Bluntly he says, "Having a teacher of the opposite sex hurts a student's academic progress". The teaching establishment is in deep denial and Dee has brought a storm of protest on his head.

Evolutionary psychology makes the same prediction. In *Deadly Harvest* I have written about a completely new lifestyle factor: *social* environment. Nature hard-wired human brains to make us *behave* in many gender-specific ways.

In particular, nature adapted girls to be proficient in female skills and so to learn them from their moms in women's ways; it adapted boys to be proficient in masculine skills and so to learn them from the men in men's ways.

See *Separate Gender Roles Beat Gender Neutral Neanderthals*, p. 4.

Drugs: Medical Roulette

Each time you take a drug you are an experimental guinea pig. The drugs Encainide, Flecainide and Tambocor – prescribed in the 1980's to control irregular heartbeat – are an object lesson.

When Raymond Woosley, professor of pharmacology at University of Arizona recently reviewed what actually happened to the drug-takers, he was shocked. They died 2 to 3 times more often than those who took no medication¹². Woosley concluded that these heart drugs finished by killing at least 50,000 people¹³.

The drugs stopped the irregular heart beats all right – in many cases by stopping the heart altogether! This example shows the error of treating the symptom without seeing what effect it has on the desired outcome: preventing death.

For our part we prefer to invest in staying healthy and avoid drug taking if at all possible.

Workplace Co-opted into Healthy Lifestyle

T-shirt manufacturer American Apparel has 80 loaner bikes, locks and helmets for employees and hosts an employee screening of "Fast Food Nation," a film where the villain is the fast food industry. (See our book review on amazon.com,

our Newsletter [August 2001](http://TheBondEffect.com) and our website: TheBondEffect.com)

With health costs spiralling, American Apparel, like a great many companies, is doing the math. Health costs could bankrupt them within months.

As early as 1998, American Standard Inc identified the problem and hired me as part of a program to improve employee health. Out of it came the *Natural Eating Introductory Guide*, published in 1999.

However, the really interesting feature is this: It is almost impossible to meet health guidelines for eating and exercise if they are restricted to free time outside the workplace.

Sedentary workers would have to spend most of their evenings in motion to meet the recommended 10,000 steps a day – and eat a dinner with 9 portions of vegetables. That is why employers recognize that they must co-opt the workplace into a healthy lifestyle.

Stomach's Fast and Slow Lanes

Dr. James Brasseur at Penn State finds that the way food flows through the stomach is more complicated than realized. He discovered that a narrow path forms in the center of the stomach along which food exits within 10 minutes whereas it can take up to several hours for food in the regions near the walls¹⁴.

Brasseur says that this could explain why drugs can have such a variable effect depending on whether they end up in the fast lane or slow lane.

He also suggests that this has important implications for digestion generally.

We don't know quite what to make of it, but this must surely provide clues as to why certain combinations of foods give digestive difficulties.

See "Basis of Food Combining", p. 2

Teen Sports, Strong Bones

Youngsters who participate in athletic sports in their late teens build strong bones for life.¹⁵ The researchers estimate that young hockey or badminton players (for example) cut their risk of future fractures in half by being active.

Bone health depends on so many factors, of which physical activity, just like nature intended, is a vital one. Parents, get your kids out on the football or hockey field!

Buyer Beware

Biased Lunch Box Advice

The British Nutrition Foundation (BNF) is a registered charity devoted to providing education about healthy eating. So can we trust it?

This organization is in fact a front for a coterie of food industry interests. Its members (and financiers) include Coca Cola, the Dairy Council, Danone, The Cereals Authority, Kellogg, McDonalds, Meat & Livestock Commission, British Sugar and many more.

Their latest glossy brochure is aimed at mums whose minds blank out when they have to choose the contents of their child's lunch box.

Trustingly therefore, the mom will follow the advice to include (for example) "Wholewheat sandwich with sliced beef... low fat fruit yogurt, small packet of chips or fun-size chocolate bar, carton of tropical fruit juice".

Notice the sleight of hand. Under the feel-good phrases "whole-wheat", "low-fat", "fun-size" and "tropical fruit", the dairy, confectionary, soft drink, cattle and cereal interests are smuggling in their products. They are all ones which are expensively processed, unhealthy and certainly not in conformity with our precepts.

Next Month: Our own lunch-box ideas.

Hints & Tips

It is always easier to knock up a delicious salad when the dressing is ready to hand! This is a simple, light vinaigrette for every day use.

Basic Vinaigrette

Yield: about 2 cups

- 1 cup Canola oil, first pressing, organic if possible.
- ½ cup lemon juice, freshly squeezed if possible
- 2½ tablespoons Dijon mustard
- ½ teaspoon freshly ground black pepper
- 4 large cloves garlic, crushed
- Optional: add a variety of chopped fresh herbs, e.g. chives, parsley, basil, cilantro etc.

Place all the ingredients in a medium-size mixing bowl and blend until creamy. Keep refrigerated.

The use of mustard and lemon juice replaces the use of salt.

Evolutionary Sociology

Separate Gender Roles Beat Gender-neutral Neanderthals

Different work roles for men, women, and children may have given our ancestors an advantage over Neanderthals and facilitated the spread of modern humans throughout Europe and Asia¹⁶.

Neanderthals depended on big game like mammoth and reindeer to fuel their massive body mass. Wounds on Neanderthal skeletons tell us that females and even children participated equally in the hunt.

Our ancestors' division of labor by gender: women's work (foraging) and men's work (small-game hunting) allowed them to out-compete the Neanderthals.

See also: "Teacher's Gender and Learning", page 2.

From Page 1

Book Review

The Dig Tree

The Royal Society selected an impetuous rake of the Irish gentry, Robert O'Hara Burke for his "breeding" and "fine head" to lead the expedition, even though he had no exploration, management, navigational or bush skills; it gave him impossible exploration instructions; and it hired an oddball, contrary team of naturalists and observers

doomed to squabble among themselves.

On the other hand the Royal Society provided lavish equipment and supplies. Burke provisioned with enough food for the whole 3,500 mile journey – to feed some 18 men for 18 months. Marvel at what they were carrying: dried and salted beef, dried and salted pork, flour, rice, oatmeal, sugar, salt, coffee, tea, lime juice and some canned vegetables.

With our superior knowledge today, we can predict disastrous health consequences on such a diet...

Next Month: What happened.

Myths & Fallacies

Meat Eating and Canine Teeth

Quite. Rather, the gorilla uses his canines as a weapon of war. In fights with other male gorillas he can inflict terrible wounds – and win the argument to become the alpha male and win the prize of a mating with the females in the harem.

So here we have a graphic example of how simplistic assumptions can be quite misleading.

Having said that, yes, nature did design human biology for some animal matter – but not as a killer carnivore like lions or wolves. Our animal matter is the little stuff like lizards, turtles, eggs and shellfish. No need for ripping canines at all.

Upcoming Public Events

For the latest updates on Geoff Bond's California tour, check the "Events" link on www.TheBondEffect.com

Sunday, March 4 at 4:00 p.m.

TALK AND BOOK SIGNING

"Healthy Living" Event
Westfield Mall
Palm Desert
California

Weds, March 7, at 7:00 p.m.

BOOK SIGNING & CHAT

Peppertree Bookstore
155 S Palm Canyon Drive
Palm Springs
CA 92262

Info: Charles Lago

Call: 760-325-4821

Web:

www.peppertreebookstore.com

email: Peppertreebooks@aol.com

Sat, March 10 at 11:00 a.m.

BOOK SIGNING & CHAT

Anaheim, California
"Expo West Natural Products
Exhibition"

Square One Publishers

Stand 2667 (Hall C)

Anaheim Convention Center

800 W. Katella Avenue

Anaheim, CA 92802

(714) 765-8950

Weds, March 14 at 12 noon

Beat Cancer Seminar **SEE PAGE 1**

Private Events For the Record

Thurs, March 15 at 12 noon

Lecture: Medical Staff, Eisenhower Hospital

Tues, March 20, at 12 noon

Lecture: Medical Staff, St Joseph Hospital

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DOWNLOADABLE BOOKS and other VITAL INFORMATION: www.thebondeffect.com
email: geoffbond@natureateater.com; **Cancer Support Site:** www.beatcancer.naturally.com
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