



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

www.TheBondEffect.com

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: Beauty is in the Eye of Your Friends. Rant of the Month: The Medicalization of Everyday Life. Now Published! Deadly Harvest by Geoff Bond. Major Event! Beat Cancer Seminar. Children's Packed Lunch: Lunchbox # 1. Quote of the Month: Peasant Priorities. Recipe: Sarah's Moroccan Eggplant. Questions: Tea with Milk. Hints: Nutritional Yeast Flakes. News Shorts: Too Many Ways to Get Fat; Stress Hormone Grows Cancer; Acid Stoppers Stop Bone; Anxious Spouses Hinder Heart Surgery Recovery; Omega-3 Fortified Fad; Obese at 18, Die at 48. Review: The Dig Tree (Part II). Laughter the Best Medicine: Judge's Alimony. Upcoming Public Events. Geoff Bond's Speaking and Book Signing Tour.

Evolutionary Behavior

Beauty is in the Eye of Your Friends



Suddenly, the man on the left seems more attractive to other women.

A new study suggests that women will look more favourably on the man that *other* women find attractive.

Female guppies (a fish which bears its babies live), quail and finches mate with males like the males they have seen other females paired with. Such "mate choice copying" can pay off.

If it is difficult to choose the best mate, it makes sense to go with what works for the other girls.

Yet although human mate selection has similar difficulties, there has been little evidence that women do this – until Dr. Ben Jones at the University of Aberdeen, Scotland carried out his studies ¹.

He got a large panel of women to rate male photos for attractiveness. They rated the two men above as equal.

However, in the next stage, Jones inserted the photo of a pretty girl admiring the man on the left.

Suddenly the panel of women found the man on the left more attractive. In contrast, other men disliked him more.

Cont. p. 4

Rant of the Month

The Medicalization of Everyday Life

The biggest threat to the health of most Americans is the health-care system itself. More and more people are being drawn into treatment as a result of an astonishing increase in diagnoses, and ever-expanding definitions of what constitutes a disease.

This actually places these "patients" in greater danger than if they were simply left alone.

One problem is the medicalization of everyday life. Insomnia, sadness, or twitchy legs are now being diagnosed as sleep disorder, depression, or restless leg syndrome.

Especially troublesome is the medicalization of childhood, where trouble reading becomes dyslexia, and unhappiness is deemed depression.

Cont: page 4

NOW PUBLISHED!

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

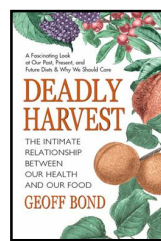
Deadly Harvest by Geoff Bond

Check it out on our website:
www.TheBondEffect.com

Ask for it in your local bookstore
or order now from:
www.amazon.com

Search with keywords:

Deadly Harvest Geoff Bond



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, 1140 North Indian Canyon, Palm Springs, California.

Reservations: (800) 491-4990

Info: www.thebondeffect.com

Children's Packed Lunch

Last month we promised to give you some healthy lunchbox ideas.

Lunchbox # 1

- An apple
- Canned tuna with chopped bell peppers and a little Canola oil and lemon juice.
- Broccoli and cauliflower crudité's with tahini dip.
- Two squares of high cocoa solid (minimum 75%) chocolate.
- Mineral water.

Quote of the Month

Peasant Priorities

"The church is near, but the way is icy; the tavern is far, but I will walk carefully" - *Ukrainian saying.*

Healthy Harvest Recipe

This month we feature a recipe from Australian reader Sarah Harris. Thanks to husband Peter for bringing it to our attention.



Sarah's Moroccan Eggplant



Yield: 4 to 6 servings

Ingredients

2 eggplants,
1 bell pepper, red,
3 tbsp olive oil,
2 garlic cloves finely chopped,
 $\frac{1}{2}$ tsp chili flakes,
2 tsp cumin,
5 medium tomatoes,
juice of 1 lemon,
3 tbsp chopped flat leaf parsley.

Method

Score tomatoes and remove husks. Place in boiling water until the skins start to peel. Remove the tomatoes, but reserve the water, and place the tomatoes in cold water and peel the skins.

Slice the eggplant $\frac{1}{2}$ inch thick. Place in a steaming tray on top of the boiling water previously used for the tomatoes. Put a lid on this and steam for ten minutes.

Meanwhile puree the tomatoes, wash and dice the bell pepper.

When the eggplants are steamed remove them and let them cool, then dice them the same size as the bell pepper.

Still using the same wide pan, heat the oil and sauté the garlic, spices, eggplant and bell pepper. Sauté for 5 minutes, stirring.

Add the chopped tomatoes and cook until thick.

Dribble in lemon juice and most of the parsley. Decorate with the remaining parsley.

Serve cold or warm.

Questions

Tea with Milk

Q. I hear that tea contains many healthful compounds. Does it make a difference if I put milk in my tea?

A. Sometimes! When researchers test tea, they almost always try it on volunteers as it comes straight from the teapot -- black. In this form, tea's micronutrients are certainly helpful.

Now researchers are looking at what happens if milk is added (as the British and Australians do).

Catechins, a kind of flavonoid and antioxidant are not affected² -- nor are flavonols, another vital micronutrient and antioxidant³

Tea is a rich source of fluoride. Studies suggest that milk does not affect its bioavailability⁴.

On the other hand, German researchers find that the addition of milk blunts tea's ability to moderate hardening of the arteries.⁵

Our View? Probably the worst thing about putting milk in tea is the milk itself. However, in condiment quantities, it is no big deal.

Personally we like a cup of tea with a splash of milk. We just enjoy the beverage and don't worry about whether the tea is still helping our health -- although, all things considered, it almost certainly is!

Hints & Tips

Nutritional Yeast Flakes

Try using Nutritional Yeast Flakes in your cooking. Apart from being packed with B vitamins, it has two qualities.

Firstly it solves the question of what to use as a thickening agent instead of flour. Nutritional Yeast flakes make a fine substitute for thickening sauces, soups and gravies.

Secondly, Nutritional Yeast has a nutty, cheesy, creamy flavor which makes it popular as an ingredient in cheese substitutes. Vegans (and we) often use it as a condiment flavoring in place of parmesan cheese.

Nutritional Yeast comes in the form of flakes, or as a yellow powder and can be found in most health food stores. In Australia it is sometimes sold as "savory yeast flakes".

News Shorts

Too many Ways to Get Fat

The wrong foods, overeating and too little physical activity are the PRIME reasons for getting fat.

Nevertheless, we have identified ten SECONDARY factors influencing obesity in the population. These factors are not alibis: no one need be fat if they live like we say.

Here are the first five. The second five next month.

Too little sleep

Sleep deprivation stimulates hunger and appetite. Americans now sleep two hours a day less than 50 years ago.

See our article: "Docs: Sleep Evaluation Vital", [December 2006](#)

Pollutants

Chemicals found in pesticides and plastics disrupt our hormones. Some work against male hormones which feminizes bodies. Others fatten us by disturbing other hormonal pathways.

Comfortable temperatures

We now heat or cool our homes to a comfortable temperature. 30 years ago we lived in temperatures outside the comfort zone. That increased fat burning.

Low birth weight

Low birth weight, and the rapid catch-up in growth, increases the risk of obesity.

Your genes

Overweight men and women are reproducing at a higher rate. The fatter the parents, the greater the number of fat offspring, and the greater the proportion of fatties in the population.

Of course, genes are not the only -- or even most likely -- reason why obesity passes down the generations. *Bad habits* are the common-

est reason why obesity runs in families.

Next Month: *the second five secondary factors driving our populations' obesity.*

Stress Hormone Grows Cancer

Norepinephrine, a stress hormone, stimulates cancer cells to move into the blood stream – and so spread to other parts of the body⁶. It also encourages the growth of blood vessels in tumors, thus increasing the food supply to cancer cells. A related stress hormone, epinephrine, has a similar effect.

All this confirms how high stress levels work directly to allow cancers to flourish.

Nature designed us for life on the African savannas. The way we live today maintains us in an unnatural state of high stress. I write about this, and what we might do about it, in chapter 8 of DEADLY HARVEST (see page 1).

Acid Stoppers Stop Bone

The popular heartburn pills Prilosec and Nexium weaken bone. Take them for more than a year and you DOUBLE your risk of breaking a hip⁷.

Our View? Everything is interconnected in ways we have no way of imagining. Live like we say and you won't have the heartburn, let alone the broken hip.

Anxious Spouses Hinder Heart Surgery Recovery

One more thing to worry about when you choose a mate: is he or she neurotic? If so, they will likely seriously impede your recovery from heart by-pass surgery⁸.

Even if the roles are reversed, and the neurotic person is the patient, he or she seriously depresses a care-giving spouse.

On the other hand, optimism in one spouse has a beneficial effect on the other. They show fewer signs of depression, strain and feel less burdened.

Omega-3 Fortify Fad

The marketing men are on their next siren song: omega-3 with everything. Tropicana adds fish oil to "fortify" its orange juice (really!). Kellogg adds it to Kashi cereal and Unilever adds it to I Can't Believe It's Not Butter.

That's just the tip of the iceberg. The bandwagon is gathering pace. In 2005 120 new food products were so "fortified"; in 2006 the figure is 250.

Our View? Frustration! The sheer deception and gall of it all. As though omega-3 additive can improve a basically bad product like cereal or margarine.

The whole question is so complex that simplistic "fortification" is no answer. It is just trickery and subterfuge to bamboozle trusting consumers into parting with their money.

Obese at 18, Die at 48

Women who are obese at 18 years old are THREE times as likely to die in their forties⁹. Obese means having a Body Mass Index (BMI) over 30.

Overweight adolescents (BMI 25 to 30) increased their risk of dying in middle age by 66%.

The most common causes of death were cancer (of the breast, colon, endometrium and kidney) and heart disease.

Our View? This study looked at women who were aged 18 in the 1970's. Since that time, the level of adolescent obesity has sky rocketed. This bodes badly for the future, as so many obese kids hit middle age.

One of the most important things parents can do for their child's future well-being is to get him or her through childhood in good physical shape.

Book Review – Part II

The Dig Tree

Sarah Murgatroyd
Bloomsbury, London, 2002

The ill-fated Burke and Wills Expedition mounted by the Royal Society of Victoria, Australia is a nutritional object-lesson. Last month we saw the sham-bolic preparations.

Part II

The Royal Society did make one successful recruit, William Wills – as Surveyor, Meteorologist and Astronomical Observer. Wills' job was, by star sightings, to navigate the explorers on their journey and to make all kinds of scientific observations. These he did meticulously for the entire journey, right

up until the day of his death from malnutrition. It is thanks to Wills that we have a remarkable day-to-day diary of the expedition's travails.

Another extraordinary decision made by Burke was to set off just before the height of summer when the journey would be at its most gruelling and perilous. The eighteen men went on their way from Melbourne and had a horrendous first few hundred miles. Burke gradually abandoned stores and men until just he and three others, Wills, Gray and King, left a base camp at the desolate Cooper Creek oasis in central Australia for the 950 mile trek to the north coast – and 950 miles all the way back again.

They went on foot, trailing some pack-camels and a pack-horse Billy. All their food was loaded on these creatures. For food they were still relying on the dried and salted beef and pork, flour, rice, oatmeal, sugar, salt, coffee, tea and a few canned vegetables.

Now listen to this: for the whole journey through the Australian wilderness the explorers came in contact with local bands of Aborigines. These peoples lived their entire lives in this inhospitable desert without once having recourse to imported salt beef, flour or sugar.

It is fair to say that no one knew that Burke and Wills would find human life in their travels, but once they did, a more open-minded explorer would have tried to learn how to "live off the land".

But no, the party pressed on to the Carpentaria coast where they floundered in the mangrove swamps. They tasted salt water but never saw the open sea. They needed to start back urgently: the "drop dead day" had passed. That is, they had less food left for the return journey than what they had consumed coming out.

Next Month: Part III

See the full review on our site: www.TheBondEffect.com or, www.amazon.com has posted my review on its page for *The Dig Tree*. Scroll down to Customer Reviews.

From Page 1**Evolutionary Behavior****Beauty is in the Eye of Your Friends**

This is predictable. Men are in competition with each other for access to women. They will feel resentful of one who looks like succeeding!

Rant of the Month**The Medicalization of Everyday Life**

Another problem is the drive to diagnose disease early. Illnesses are now being identified in those with no symptoms, but who are merely "at risk." However, advanced technologies such as CT scans, ultrasounds, MRI and PET scans detect subtle flaws that make almost everyone "at risk."

Meanwhile, experts are dropping the thresholds for diagnosing diabetes, hypertension, osteoporosis and obesity. The level of cholesterol deemed "normal" has dropped several times. Merely because of these changes, more than half the population is now "diseased."

This epidemic of diagnoses has in turn led to an epidemic of treatments. Who really benefits? The answer is in our article: "Selling sickness: Big Pharma and Disease Mongering", [Newsletter January 2006](#). Yes, the pharmaceutical companies.

We prefer to take responsibility for our own health, follow the Bond Effect and avoid falling into the clutches of the conventional health care paradigm

Upcoming Public Events

For the latest updates on Geoff Bond's California tour, check the "Events" link on our site at.

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, Rancho Mirage
"Degenerative Diseases are Optional"

Tues, March 20, at 12 noon

Lecture: Medical Staff, St Joseph Hospital, Burbank
"Degenerative Diseases are Optional"

Laughter the Best Medicine**Judge's Alimony**

"Mr. Clark, I have reviewed this case very carefully," the divorce court judge said, "And I've decided to give your wife \$775 a week."

"That's very fair, your honor," the husband said. "And every now and then I'll try to send her a few bucks myself."

SUBSCRIBE TO THIS NEWSLETTER!

DOWNLOADABLE BOOKS and other VITAL INFORMATION: www.thebondeffect.com
email: geoffbond@naturealeater.com; **Cancer Support Site:** www.beatcancernaturally.com
Tel: +357 99 45 24 68; **Skype:** gvlbond; **fax:** +1 360 851 3662

REFERENCES

- Jones BC; Social transmission of face preferences among humans. *Proceedings of the Royal Society B*; 2007 Mar 22; 274 (1611): 899-903; (DOI: 10.1098/rspb.2006.0205)
- Vijayakumar C. Reddy, G.V. Vidya Sagar, D. Sreeramulu, L. Venu, M. Raghunath, Addition of Milk Does Not Alter the Antioxidant Activity of Black Tea; *Annals of Nutrition and Metabolism*; 2005; 49:189-195 PMID 16020939
- Hollman, P; Addition of Milk does not affect the absorption of flavonols from tea in man; *Free Radical Research*; Vol 34, Number 3, 2001
- Cao J; Brick tea consumption as the cause of dental fluorosis among children from Mongol, Kazak and Yugu populations in China; *Food Chem Toxicol*. 1997 Aug; 35(8): 827-33.
- Addition of milk prevents vascular protective effects of tea. *Eur Heart J*. 2007 Jan; 28(2):219-23. Epub 2007 Jan 9. PMID: 17213230
- Yang EV; Norepinephrine up-regulates the expression of vascular endothelial growth factor, matrix metalloproteinase (MMP)-2, and MMP-9 in nasopharyngeal carcinoma tumor cells; *Cancer Res*. 2006 Nov 1;66(21):10357-64; PMID: 17079456.
- Yang, Y. 2006. Long-term proton pump inhibitor therapy and risk of hip fracture. *Journal of the American Medical Association* 296(Dec. 27): 2947-2953.
- Ruiz JM; Does who you marry matter for your health? Influence of patients' and spouses' personality on their partners' psychological well-being following coronary artery bypass surgery; *J Pers Soc Psychol*. 2006 Aug; 91(2):255-67.
- van Dam RM; The relationship between overweight in adolescence and premature death in women; *Ann Intern Med*. 2006 Jul 18;145(2): 91-7