



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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

Q of Month: Psychology of Change. **Back to Our Heritage:** Return to Safer Watermelons. **Folly of Month:** Chinese Fall to Milk Lobby. **Did You Know?:** Fizzy Drinks are Moreish; Deadly Harvest Review. **Recipe:** Hot & Sour Chicken Soup. **Q&A:** Is Washing Necessary; Endometriosis Matters; Busy Working Mum. **Hints:** Women's Work; Tuna & Tomato Quick Fix. **New Developments:** Foreign Language Editions; American Speaking Tour. **Web Update:** Newsletter Archive; Healthy Harvest Update.

Question of the Month

Psychology of Change

Q. I am a dietician and have obese patients who claim that they don't eat much. They complete a consumption diary and indeed I find that their intake is low in calories.

I don't understand why they remain so heavy. They have spent their lives on diets and I wonder if their bodies are in some kind of famine response - or are they are telling fibs?

A. "Economical with the truth" more like. Many studies have demonstrated that food questionnaires and diaries are notoriously unreliable and patients (especially obese ones) systematically underreport or falsify their reporting. Dr John Blundell of the Dept of Psychobiology, Leeds University says that often they do not even know they are doing it: the conscious brain will be quite unaware of the deception practised by the subconscious. (Refs 1, 2). Its most obvious manifestation is the condition of "being in denial".

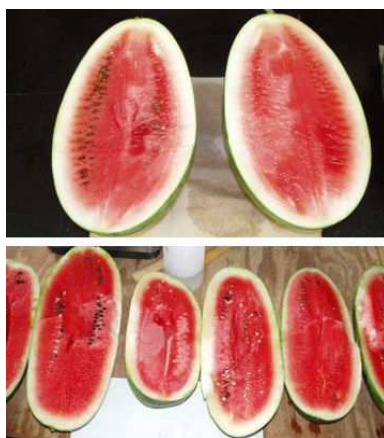
When such patients live under controlled conditions, for example in a hospital metabolic ward, they lose weight just like anyone else.

As Dr Blundell notes, the problem is really psychological. I would argue that the true problem is deeper: our modern lifestyle puts our brains under pressures they were not designed to handle.

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Back to Our Heritage

Return to Safe Watermelons



In Deadly Harvest we relate how the watermelon, a native of our African homeland, is the only foodstuff that would be familiar to our ancient ancestors. However, they would be astonished at the sweetness of ours; the original African variety is not sweet, but hard and bitter.

In Deadly Harvest, we give the watermelon an "amber" warning due to its high sugar content. Watermelon growers are worried that dieters and diabetics are rejecting the watermelon.

In reaction to this consumer pressure, researchers have developed two types of reduced sugar watermelon (Ref. 3).

The lowest sugar one (top picture) still has a good content of the valuable micronutrient, lycopene (red color). The bottom picture watermelons have slightly more of both sugar and lycopene.

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Folly of the Month

Chinese Fall to Milk Lobby

"I have a dream to provide every Chinese, especially children, sufficient milk each day." – Chinese Premier, Wen Jiabao.

Our View? One of the glories of the traditional Chinese diet is the absence of dairy. It helps give the Chinese exceptional longevity and health expectancy. (See Deadly Harvest p. 87).

Unbelievably the Chinese are pursuing their objective in the teeth of the knowledge that most Chinese are grossed out by dairy – and are lactose intolerant.

Did you Know?

Fizzy Drinks are Moreish

In drinking contests it is easier to sink beers than plain water. Cynics say that the reason is obvious: beer tastes better! And in an unexpected way they are right. Recent research shows that we have taste receptors tuned in to detect carbon dioxide in our food. Any carbonated drink, including sparkling water, triggers our quaffing reflex.

Deadly Harvest Review

Thanks to reader Peter Harris for his excellent [Amazon Review](#) under the pseudonym of Slartibardfast (a character from Douglas Adams' *Hitchhikers Guide to the Galaxy*).

Deadly Harvest Geoff Bond

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Check: www.TheBondEffect.com

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Recipe

Hot & Sour Chicken Soup



Yield: 6 Servings

Broth:

8 cups (2000 ml) water
 4-6 fresh coriander roots
 1 small onion (about 2 ounces),
 cut in half
 3 garlic cloves, cut in half
 2 inches peeled fresh ginger, cut
 in half
 3 bay leaves
 1 teaspoon dried lemon grass (or
 2-inches fresh stalk, chopped)
 1/2 teaspoon black pepper corns
 2 chicken breasts (about 1
 pound)

Chunky Ingredients

Olive oil spray
 2 small onions (about 7 ounces),
 chopped
 1 can (about 5 ounces drained
 weight) bamboo shoots,
 drained und cut in pieces
 1 cup (about 1 ounce) dried
 Shitake mushrooms
 1 1/2 cups (about 6 ounces)
 canned soy bean sprouts,
 drained
 2 medium tomatoes (about 12
 ounces), seeded and chopped
 1 big red bell pepper (about 7
 ounces), chopped
 3 teaspoons chili sauce (e.g.
 Sambal Oelek, Tabasco)
 6 tablespoons rice vinegar, or to
 taste
 3 eggs
 2 green onions, chopped

Method

- To prepare the broth, take a large saucepan and pour in the water. Then add all the other broth ingredients, except the chicken breasts. Bring to a boil and then add the chicken breasts.
- Simmer for at least 30 minutes to bring out the chicken flavor in the broth.
- Take out the chicken breasts and, with a straining spoon remove the other broth ingredients. Reserve the onion, garlic and ginger, chop and return to the broth.

4. Spray a frying pan with the olive oil and sauté the onion until golden brown. Mix in the bamboo shoots and sauté for a few minutes.

5. Meanwhile soak the mushrooms in boiling water for 5 minutes. Drain and set aside.

6. Add the bean sprouts, tomatoes and bell pepper to the frying pan and sauté all together for 10 minutes, or until the vegetables are done.

7. Add the drained mushrooms and season with the chili sauce and the rice vinegar.

8. Beat the eggs with a fork and drizzle the liquid very slowly into the soup, stirring all the while, which creates the filament effect.

9. Ladle the soup into individual bowls and garnish with the chopped green onions.

You can savor some 90 other recipes in Nicole's new cookbook **Healthy Harvest** downloadable from the [shopping cart](#) on www.TheBondEffect.com.

Questions

Is Washing Necessary?

Q. *I read a report about a lady who experimented living without shampoo, soap, creams, moisturizers, deodorants, creams and lotions. How does this woman's skin become more healthy after 6 weeks of no washing? I would have thought that if it was dirty she would have sores and other skin problems.*

A. Soap is a recent invention in human history. It only became commonly available in the 19th century, and then at first only in industrialized countries.

For most of human existence humans washed themselves no more than the average chimp or gorilla – that is to say, never. We may be sure that nature designed our skins to work well under these conditions.

Indeed, it protects our skin by a mixture of natural oil (sebum) and sweat. The two combine to

make a protective layer called "the acid mantle". This is very effective in keeping the skin moisturized and in killing off bacterial and fungal infections.

Soap strips away this protective layer and, being alkaline, encourages funguses and bacteria to flourish on the skin.

Ironically, then, washing is likely to increase the prevalence of sores and other skin problems. The same remark applies to shampoos and scalp health (see "Sensitive Scalp", [June 2007](#)).

What about hygiene? There is no doubt that washing does also remove harmful bacteria like e-coli and salmonella, and parasites like fleas and lice. Infestation is mostly a consequence of living in our crowded modern societies.

Foragers rarely met a stranger (who might carry unfamiliar germs); they lived widely dispersed, so bugs found it harder to hop from one to person to the next. Today we cram up promiscuously with strangers in packed subway cars!

So soap does make a huge contribution to making it possible to live healthily in our unnaturally densely populated environment.

There is a second factor: smell. Unwashed people tend to smell strongly, particularly from the armpits and groin. The celebrated explorer, Laurens van der Post, remarked coyly on the rank smell of the San Bushmen when he visited them in the Kalahari Desert (southern Africa) in the 1950's (Ref. 4). However, their noses were habituated to the odor and they did not notice it. This is a common feature of unwashed societies.

Humans have batteries of scent-producing glands. What is the purpose of this smell and are we defeating some natural process by eliminating it?

The evidence is ambiguous and limited to experiments on westerners. One clear effect is

sexual attraction. Men are attracted to the pheromones emitted by women (Ref. 5). Women are more or less attracted to a man's smell according to their position in the menstrual cycle. Some women like a man's smell, others hate it. It seems as if everybody smells nice to someone else, provided that the odor is not too intense (Ref. 6).

The safe strategy, encouraged by the perfume industry, is to wash off the natural odors and replace them by a scent that everybody likes.

What about deodorants? Some are antiperspirants and work by causing the sweat glands to shrivel up. Others work by killing the odor-generating bacteria that thrive on the sweat. Some combine both.

We are not keen on applying these chemicals to the armpits on a regular basis. If you just want to avoid the rank smell, it is normally sufficient to wash the armpits carefully every 24 hours (or more often as necessary).

Our View? The message is mixed. Nowadays we do need to clean ourselves (especially our hands) for hygiene and to avoid unpleasant odors. On the other hand, we are probably bamboozled into doing far more of it than strictly necessary.

Endometriosis Matters

Q. *I have been to three naturopathic doctors since 2003 due to endometriosis (lining of the uterus growing outside the uterus), myomas (fibroids of the uterus) and breast cysts. I took their prescribed supplements. One turned me into a vegan. Do you have any specific advice to avoid my conditions developing into cancer?*

a) I live in the Philippines and the favored fruits (berries) are not available here. Even though I crave them, is it all right not to have any fruit at all?

b) I am blending these mixtures of fruits and vegetables.

· Bitter melon, celery, apple

*· Carrot juice, apple juice
· Lettuce juice, apple juice
· Orange juice.
· Mango and bananas.*

c) What can I do to add weight? I weigh 106 lbs and I am 5'2 3/4 inches tall.

A. You should, of course, continue to work with a medical practitioner while you work on our ideas:

The good news is that cancer, (and to some extent the conditions you are currently suffering from) is usually preventable by returning to the lifestyle that the body expects. Deadly Harvest lays out what you have to do. To be serious, you have to go cold turkey.

One factor that feeds cancer growth is sugar. So you have to pay close attention to keeping blood sugar levels low. For that reason most fruits, and almost all tropical fruits like mango and banana, are a problem. It is also why we say to avoid juicing fruits.

Of all the fruits, currants and berries (e.g. redcurrant, blackcurrant, raspberry, gooseberry, blackberry) combine the advantage of moderate sugar content with that of rich micro-nutrient content.

However, all is not lost if these are not available. To answer your first question, it is quite all right to avoid fruit altogether if you load up on the right vegetable matter. It often has an even better profile, with low or zero sugar content.

On this basis we would focus on the celery and lettuce you mention and avoid the orange juice, carrot juice, apple juice, bitter melon, mango and banana. Certainly do not juice or blend them.

With regard to your final question, one of the best cancer-fighting strategies is to be slim and lean. You have a healthy weight for your height, especially if you have a typical, fine-boned Filipino build.

Busy Working Mom

Q. *I'm a mother of a 10 month baby and am 30 lbs overweight. I'm fairly active and eager to feel more energetic. I've purchased your book and Nicole's cookbook. What do you suggest for a busy*

working mom who's willing to make the changes necessary to have a healthy lifestyle?

A. Congratulations! You have already overcome the biggest obstacle – the psychological one. See Question of the Month, page 1.

The resolution lies in two main areas. First restructuring your life so that it is more in harmony with the way nature intended.

For example, you have a young baby. Ideally you will have the baby with you at all times and only work about four hours a day (See the following article, "Women's Work" in Hints & Tips). In particular continue to breast feed for as long as you can: it is not only best for baby's health but for yours too.

Devote the extra time to the second main area: taking control of other aspects of your lifestyle. This is where you have to take a hard look at your priorities. Undoubtedly you will have to spend more time in the beginning thinking about organizing your day.

One of the secrets is in *simplifying* your life. Not every meal has to be a recipe from Nicole's cookbook: think up simple, conforming fixes like the Tuna & Tomato Quick Fix in the next article. Tell us your ideas so that we can pass them on!

Don't forget to get enough sleep, sunshine and physical activity.

Here we can only give you the general idea. There is more in Deadly Harvest. But one objective of these newsletters is to pass these ideas on – so make sure to read every one!

Hints and Tips

Women's Work

This highly charged topic needs to be faced squarely. In Deadly Harvest we describe how women "worked" (gathered food) for about 4 hours a day. They would often be accompanied by their toddlers. They always carried their babies with them.

This is a naturally adapted pattern. Ideally women would follow the same pattern today. That would release the time to care for their family in other ways, notably ensure that they feed their children in a disciplined and planned way.

Moreover, their children receive comfort, reassurance and learning by being in close contact during the working day.

Of course this is a tall order to realize in our modern societies. Nevertheless mothers have to try to move in this direction. That is the only way to gain control of your and your children's psychological contentment and physical well-being.

Tuna & Tomato Quick Fix

Young people living on their own often come up with quick, simple, yet conforming fixes. Here is one from my student days.

Take a can of unsalted chopped tomato and put it in a bowl. Take a 4 oz can of tuna (canned in olive or Canola [rapeseed] oil) and fork it in. Add a dash of Worcester sauce if desired.

Eat hot or cold. Preparation time: 45 seconds.

New Developments

Foreign Language Editions

Geoff and Nicole are attending the Frankfurt Book Fair in Germany this October. The chief objective is to negotiate foreign language editions of Deadly Harvest.

American Speaking Tour

We are working on putting together a series of talks and lectures in southern California for March 2008.

Web Update

Newsletter Archive

Our policy remains that recent newsletters, (at least the last 18 months) are inaccessible to the general public and only available to subscribers.

However, we have expanded and updated our older online newsletter archive. The complete set of Newsletters, from December 2005 to the first one in May 1998, is now on open access on the website. Check the link "Newsletter Archive" on www.TheBondEffect.com.

We are missing **August 1999**. We would be grateful for anyone who can send us a copy, electronic or printed.

Healthy Harvest Update

Nicole has updated and augmented our companion cookbook, Healthy Harvest. It is only available online. Check it out on our Healthy Harvest [information page](#). Order it from the [online shop](#) on our [website](#).

Recent purchasers of the electronic edition can return to the web-page and download the most recent version.

Deadly Harvest Online Bonus

Purchasers of the electronic edition of Deadly Harvest also have access to the "Author's Cut". This is the full text of the

manuscript before it was edited down for publication.

To find out more check out the Deadly Harvest [link](#) on www.TheBondEffect.com.

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Question of the Month

Obesity Denial

It's a terrible challenge. People who are grossly overweight, by definition have great difficulty exercising the self discipline necessary. That is why fat farms are quite effective – but patients can't live their lives in a concentration camp!

Humans are not made to resist the temptations that are now available. Inevitably there is a percentage who just cannot handle it.

The only honest solution is to deal with the underlying problem: our dysfunctional food environment.

Your dilemma is very common and experienced by all lifestyle professionals.

The only practical way forward is for you to show, and somehow persuade, your obese patients to structure their lives in ways which remove as much temptation as possible.

Try the ideas in our Hints and Tips features.

Back to our Heritage

Return to Safer Watermelons

Our View? This signals a turn in the tide. For the first time, a food producer is developing a natural foodstuff for its health properties rather than taste.

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