



## The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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### Lifestyle-Disease Connection



Age-related Macular Degeneration



Normal Vision

#### Bad Carbs Destroy Vision

Fast acting carbohydrates (which spike blood sugar levels dangerously) are an important factor in central vision loss with ageing [Ref:1]. So finds Dr. Chung-Jung Chiu at the Jean Mayer USDA Human Nutrition Research Center.

If your vision is like the top photo, you are suffering from "macular degeneration" – death of the retina and the leading cause of blindness in older people. It is inoperable and irreversible.

If your vision is still like the bottom photo, you can ensure it doesn't get like the top one. How? By living like we say! As Dr Chiu finds, avoid "Bad Carbs" see Deadly Harvest p 98. (Info) – and consume a micronutrient rich diet (see next article). And there is much more at [October 2006](#) and [November 2006](#).

### Question of the Month

#### Eggs Can REDUCE Cholesterol

**Q.** We were told that eggs are high cholesterol and bad for us, yet now I hear eggs are good. What is your view?

**A.** They are good. Here is a paraphrase of [May 2006](#):

"Foragers right up to present times seized eagerly on eggs as an easy source of food. Eggs are a normal, even essential part of the human diet. Cholesterol is something the body takes, makes or leaves according to its need – under one condition – that the body is getting the right signals from a Savanna Model lifestyle."

Do clinical studies confirm this? Indeed they do. In my first book Natural Eating [Ref:2] I wrote **eight years ago** that test subjects suffered no ill effects by consuming 2 eggs per day for 54 days [Ref:3]. More remarkably, South African poultry workers safely consumed 5 eggs daily, (which contributed 1000-1250 mg cholesterol and 25 g fat) without ill effects. [Ref:4]

Other studies confirm this. Three or more eggs per day do not increase harmful cholesterol [Ref:5,6]. Frequent egg consumption even REDUCED cholesterol levels [Ref:7].

Moreover, eggs have "multiple beneficial effects" [Ref:8]. They furnish vitamins, minerals and vital micronutrients like lutein and zeaxanthin which mop up retina-destroying free radicals (see previous article). **Cont p.4**

### Meal Tips

#### Christmas Canapés



This is how the Bonds started their Christmas Dinner. Details on page 2.

### Worthy Idiots

*Well-meaning scientists do fine research but then often make fatuous recommendations. The Global Warming debate offers fine examples (see Feedback p 3). Here are two more:*

#### The Salt-Iodine Fix

The experts at the United Nations Children's Fund (UNICEF) find that many third world children suffer from iodine deficiency. So far so good. Their solution? Require third world governments to add iodine to – (wait for it) – the SALT SUPPLY.

We can imagine the poster campaign: "Get your child to eat up his salt"!

#### The Vitamin A-Sugar Fix

In [April 1999](#) we reported on Hillary Clinton's massive efforts to medicate third world populations by adding vitamin A to their sugar supplies. Official slogan? Perhaps "Eat more sugar for good health"!

### Meal Suggestion

#### Christmas Canapés

We started our Christmas Dinner with these canapés, all washed down with a fine sparkling wine.

- Boned sardines on palm heart halves (see [January 2004](#))
- Cherry tomatoes
- Asparagus spears (canned)
- Stick of marinated red & yellow bell peppers, pitted olive, goat's cheese. (Goat's cheese? Well, it *is* Christmas!)
- Green leaf garnish

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

### Questions

#### Vegetables: Cooked or Raw?

**Q.** *What are the pros and cons of cooking vegetables?*

**A.** Our bodies developed over the eons consuming a mainly raw plant food diet (in contrast, animal products were mainly cooked). I consider that we should try to do that today.

Cooking vegetables undoubtedly destroys many useful micro-nutrients. For example Dr Li Tang at Roswell Park Cancer Institute, Buffalo, NY, finds that cooking reduces important cancer-fighting compounds (known as ITC's) in broccoli and other cruciferous vegetables by 60 to 90 per cent. [Ref: [9](#)].

However, it is also the case that gentle cooking, notably steaming, can make some micronutrients more readily available [Ref: [10](#)]. Such was the finding of Prof. Nicoletta Pellegrini of Parma University, Italy. Although some nutrients are lost, steaming made glucosinolates (also cancer fighting compounds) and carotene more available in broccoli and carrots respectively.

My oft-stated view is that you can achieve a "good enough" raw plant consumption just by

eating your salad and fruit ration. With your vegetable ration, eat raw when you can, and cook when you must.

### Hints and Tips

#### Breastfed Babies Like What Mom Eats

Our Pleistocene forebears had no choice about what to eat – it was what was always there. Babies learned what to expect when they grew up by the taste of their mother's milk. When they were weaned they found the same flavors in the solid food around them.

Today's nursing mothers have a life-enhancing choice before them. Eat plant food aplenty and the babies will have a penchant for that. Eat junk food, and their babies will grow up to prefer salty, fatty and sugary rubbish [Ref: [11](#)]

**Moral?** For your child's lifelong gratitude, have healthy eating habits yourself when you breastfeed.

#### Don't Program your Breastfed Babies for Allergies

Cows' milk, egg and peanut allergies have become more persistent and harder for children to outgrow [Refs: [12](#), [13](#), [14](#)]. The researchers find that this is largely because mothers feed these products to their babies at an ever younger age – within a few months of birth. At this age, the baby's immune system and digestive system simply don't know how to handle this intake safely.

A Pleistocene child received no solids until he was at least one year old. He certainly ate no peanut butter or cow's milk either then, or at any time later in his life – they didn't exist!

After a year, he surely ate raw eggs, but by that age his immune and digestive systems would have known what to do. Cooked eggs, by the way, are less easily digested and can be more allergenic.

*There is a further point: babies are not usually sensitive to egg unless they are first made allergic to cow's milk or peanuts.*

Finally, what about the mother's milk? If the mother eats peanuts or cow's milk, then their allergens get into her breast milk. From there they get into the suckling child and so prime him for allergy to them in later life [Ref: [15](#)].

**Moral?** Like we teach, neither mother nor child should ever consume peanuts or milk (from any creature) anyway.

Eggs should be all right from about 12 months on. Today's raw eggs are potentially risky (but check "Raw Egg Safety", [June 2000](#)) – so you might prefer to opt for cooked.

#### Canola Oil Benefits Official

Our Pleistocene origins programmed our bodies to expect a significant intake of the hormone-like fatty acids omega-3 and omega-6 in a ratio of 1 to 1.

A study (admittedly funded by the Canola Oil association) finds that consumers who switch their oils and spreads to Canola- (rapeseed-) based ones, have their omega-3 intake increased by 73% and the ratio with omega-6 improved by 300% to 3 to 1. [Ref: [16](#)] (Not perfect – but "good enough".)

#### Elderly Tipples OK

Moderate drinking poses no additional risks to the over 65s, and may even bring health benefits, according to two recent studies [Refs: [17](#), [18](#)].

Those who drank 1 to 2 drinks per day did best. Teetotalers actually had worse cognitive function (intellectual activity).

**Our View?** Alcohol was naturally present in our ancestral feeding environment and our bodies handle it well. A little tipple each day is an agreeable compensation for the rigors of living like nature intended.

## Feedback

### Climate Changes and Humbug

We had a big response to this article. Without exception, everyone was supportive, saying they are pleased to see some common sense.

I have no quarrel with the idea that the climate is warming; it has been doing so for 12,000 years (see [November 2007](#)). I question that we can do anything about it.

And that is without questioning the humbug. The recent Bali conference based its debate on the "Intergovernmental Panel on Climate" report [Ref: [19](#)].

The four sectors most wasteful of energy in descending order are: Buildings (1), Agriculture (2), Industry (3), Energy Supply (4).

But what do governments do? They hit the easy targets: they want to ban plastic bags (USA) and patio heaters (EU)! They milk the milch cows: they slap taxes on motoring and air travel.

That is the humbug. The entire sector of transport (which also includes shipping, railways, buses, freight) comes a lowly fifth, just above Waste Management (6).

Another humbug: is the industrialized West the main culprit? Not a bit of it! In every sector, the third world wastes more energy than we do.

The climate change debate has taken on the characteristics of a holy war. Self-righteous zealots scream down anyone questioning the dogma.

How did this happen? By harnessing our "herd mentality" (next article), and by mobilizing our taboo programming. (I promised to talk about taboo – and will do so soon.)

## Human Nature

### Herd Mentality

"Men, it has been well said, think in herds; it will be seen that they go mad in herds, while

they only recover their senses slowly, and one by one."

So observes Charles McKay in his famous 1872 classic book: "Extraordinary Popular Delusions and the Madness of Crowds" ([Amazon](#)).

In *Deadly Harvest* p. 194, I wrote of Edward Bernays, the founder of modern psychological marketing techniques. Bernays wrote in his book *Propaganda* ([Amazon](#)):

"The conscious and intelligent manipulation of the ... habits and opinions of the masses is an important element in democratic society ... We are governed, our minds molded, our tastes formed, our ideas suggested, largely by men we have never heard of ...

"It is they who pull the wires which control the public mind, who harness old social forces and contrive new ways to bind and guide the world."

Where does this herd mentality come from? In evolutionary terms it had great survival value. Many studies describe how "doing what everyone else does" is very efficient from several points of view. It saves "reinventing the wheel" and, when stalked by a lion, you don't want to be the one who dashes off on his own.

The trouble is that the "herd instinct", as Bernays called it, is dysfunctional in our non-Pleistocene society. Ecologists call this an "evolutionary trap" when a creature does something it has evolved to do but at the wrong time and wrong place. (More on this fascinating topic next month.)

Just as slaughtermen today use a Judas-goat to lead the sheep to slaughter, so we are led by "men we have never heard of" to "go mad in herds".

In so many ways, we now have to fight against our herd instinct because it is no longer "fit for purpose" in our psycho-manipulative environment.

We see our mission as to help people "recover their senses", albeit "slowly, and one by one".

### Aggression Works

In *Deadly Harvest*, p. 206 I talk about Suckers, Cheats and Grudgers and I quote Ogden Nash's verse:

"Pale Ebenezer thought it wrong to fight,  
But Roaring Bill – who killed him – thought it right!"

This point is graphically made in a real-life situation by anthropologist and Pulitzer-prize-winner Jared Diamond in his best-selling "Guns, Germs and Steel" ([Amazon](#)).

"On the Chatham Islands, 500 miles east of New Zealand, centuries of independence came to a brutal end for the Moriori people [a Polynesian tribe] in December 1835. On November 19 of that year, a ship carrying 500 Maori [also a Polynesian tribe] armed with guns, clubs, and axes arrived, followed on December 5 by a shipload of 400 more Maori.

Groups of Maori began to walk through Moriori settlements, announcing that the Moriori were now their slaves, and killing those who objected.

An organized resistance by the Moriori could still then have defeated the Maori, who were outnumbered two to one.

However, the Moriori had a tradition of resolving disputes peacefully. They decided in a council meeting not to fight back but to offer peace, friendship, and a division of resources.

... the Maori attacked en masse. Over the course of the next few days, they killed hundreds of Moriori, cooked and ate many of the bodies, and enslaved all the others, killing most of them too over the next few years as it suited their whim. [The Maori, like most primal tribes, were cannibals]

A Moriori survivor recalled, "The Maori commenced to kill us like sheep. . . . We were terrified, fled to the bush, concealed ourselves in holes underground, and in any place to escape our enemies. It

was of no avail; we were discovered and killed - men, women, and children indiscriminately."

A Maori conqueror explained, "We took possession...in accordance with our customs and we caught all the people. Not one escaped. Some ran away from us, these we killed and others we killed - but what of that? It was in accordance with our custom."

That chilling phrase, "In accordance with our custom". Yet that is the bottom line: appeasement and diplomacy are futile in the face of someone who is convinced that he is right to kill you.

Human societies were always an unstable equilibrium of opposing forces. We are all descended from ancestors who successfully defended their position by force.

Today we enjoy the comfort and security that our forebears won for us. We are in danger of forgetting this lesson in our

complacent, bon-pensant, and feminized societies.

### Events

#### American Speaking Tour

Geoff Bond, accompanied by Nicole, arrives in California on February 25<sup>th</sup> for a series of talks. They are mainly lectures to the medical staff of hospitals as part of their Continuing Professional Education programs.

#### Book-signings

Geoff will sign copies of *Deadly Harvest*:

- March 15, at the Square One booth, Expo West, Anaheim.
- May 8, Kyriakou Bookshop, Paphos.

Click here for: [Full Details](#).

### Our Website News

#### Geoff Bond TV Interviews

You can now see Geoff in interviews with Dr Rita Stec and with KMIR Channel 6 TV News at: [www.speakerbond.com](http://www.speakerbond.com).

### Website Updates

We update various pages of our websites regularly.

This month, we have harmonized the newsletter login tabs as: "Newsletter Login"; we have updated the newsletter archive ; we have posted the global warming article. In addition we have made numerous other minor improvements.

### From Page 1

### Question of the Month

#### Eggs Can REDUCE Cholesterol

In contrast, obesity blocks the benefit of lutein intake from eggs [Ref:[20](#)].

Just because you consume cholesterol doesn't mean that it will end up in your arteries.

So, to answer your question, I think it perfectly reasonable to consume 2 eggs a day. It is possible to consume even more, but in my view, that will then unbalance other aspects of the diet if done on a regular basis.

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