



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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10th Year of Publication

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

Bond Effect Resources: Newsletter 10th Anniversary. **Lifestyle and Longevity:** Limit Sitting Time. **Q of Month:** Argan Oil. **Recipe:** Red Berry Fairy Muffins. **Q&A:** Heat Resistant Canola Oil?; Glucose Fuels Brains; Crazy Kangen Water; Acid/Base and Stomach Acids; Arthritis and Nightshades; Are Vegetables Dog Food? **Testimony:** Dick Decker. **News Shorts:** Infants Do Better if Pregnant Mum Consumed Omega-3. **Letters:** Food Promotion Debauchery; Cycling Not All Bad. **Viewpoint:** Denial About Parents' Lifestyle. **Quick Fix:** Garlicky Beans With Pine Nuts. **Resources:** Newsletter Retrospective. **Events..**

Bond Effect Resources

Newsletter 10th Anniversary



I wrote edition n° 1 of my newsletter in [May 1998](#). This 120th edition completes 10 years of uninterrupted monthly publications.

My aim is to provide rational, intelligent, evidence-based comment for a knowledgeable general public – and for health professionals, including physicians and dieticians (the open-minded ones!).

10 years ago, the Natural Eating precepts seemed radical and some thought them eccentric. But, since then, I have seen many of my ideas gradually accepted into the mainstream.

Will I ever be able to fold up my tent? Possibly, but not just yet. As fast as we get one factor right, other myths and misconceptions spring into its place.

Secondly we must embark on the much wider topic of lifestyle generally. I touched on this in *Deadly Harvest*, chapter 8. In so many ways, the way we live our lives is not in harmony with the way our bodies and, above all, our *mentalities* expect. See Retrospective **p4**.

Lifestyle and Longevity

Limit Sitting Time

Like many people, I spend many hours a day at the computer with relatively idle muscles. But sitting throughout the day stimulates disease-promoting processes like shutting off the enzymes in muscle blood vessels. This happens within hours of not standing, even if you also exercise (as I do) for an hour a day. [Ref: 1]

However, working at a desk can be done just as well standing up. This cranks up the metabolism, quenches the disease-promoting processes and you burn double the number of calories.

The time might well come when health professionals will recommend that their patients limit sitting time and instead improve the quality of their normal physical activity.

You can follow in the footsteps of Ben Franklin and Thomas Jefferson, by working at a 'standing' desk.

They are available ready-made (see image). However you can also do as I do (while writing this): find a box of the right height and stand it on your regular desk.

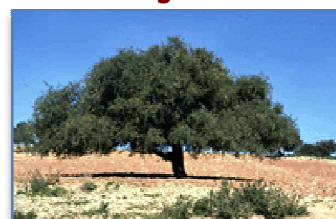
As a bonus, it improves posture, it is easier on a bad back, and most, (like Franklin, Jefferson and me) find they think and work better on their feet.

They also serve who only stand...



Question of the Month

Argan Oil



Q. "Argan Oil" is heavily promoted and expensive (\$45 for an 8.5 oz (250ml) bottle). It is claimed to be healthy and good in cosmetics. Your view?

A. I grew familiar with Argan oil three decades ago when stationed on the edge of the Moroccan Sahara.

The Berber women collected the Argan nuts from the tree (picture), laboriously cracked them open, milled them in a stone quern, added water and then hand-pressed the dough to extract the oil.

Today, the Moroccan authorities promote production as a way of giving these poor villagers some subsistence income.

Is it any good as an edible oil? The promotional literature tells it straight: it has a fatty acid profile "similar to peanut oil".

In other words, in Bond Effect language, it is a "bad" oil. It is loaded with omega-6 oil (37%) and has zero (0%) omega-3.

So we regret that we cannot recommend Argan oil for consumption. However, if you want to help a worthy third-world cause, by all means use cosmetics made with it.

Recipe

This recipe is abstracted from Nicole's newly-published cookbook "Healthy Harvest"

Red Berry Fairy Muffins

Yield: 6 servings



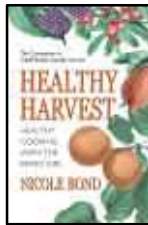
Missing your continental breakfast? These conforming muffins are delicious with a cup of coffee in the morning – or indeed at any time of day.

1 small basket fresh raspberries or strawberries (about 5½ ounces)
 3 tablespoons fructose
 1 teaspoon orange extract
 2 egg whites
 ½ cup well packed almond meal (about 2 ounces)
 olive oil spray

1. Check the raspberries for cleanliness, wiping as necessary - don't wash. Set aside six raspberries for decoration. If you use strawberries, wash them carefully and wipe dry. Set aside 3 strawberries -cut in half- for decoration. Cut the remaining strawberries into small pieces.
2. Sprinkle the berries with 1 tablespoon of fructose and the orange extract. Set aside.
3. With an electric hand-mixer beat the egg whites in a medium-size mixing bowl to a stiff consistency. Slowly add the remaining fructose, beating all the while. Slowly mix in the almond meal. Fold in the berries.
4. Spray a 6-mold muffin tray with the olive oil. Divide the mixture equally into each mold.
5. Cook in a preheated oven at 350° F (175° C) for 20 minutes, or until golden brown.
6. Check for doneness. Remove the tray from the oven and set aside to cool.

7. De-mold the Fairy Muffins. Decorate each muffin with one raspberry, or 1 strawberry half, and serve either warm or cold.

You can savor nearly 100 more recipes in Nicole's new cookbook **Healthy Harvest**. [Info](#). Order from our [shopping cart](#).



Questions

Heat Resistant Canola Oil?

Q. I have started to see brands of "heat resistant" Canola (rapeseed) oil on the market. Can they be any good?

A. No. The whole point about "good" oils is that they are rich in omega-3 – and omega-3 does not withstand heating. So by definition a heat resistant oil cannot be conforming.

Canola oil producers, looking for markets in fast food outlets, have made a version with the omega-3 stripped out. It not only resists deep frying, but can be reused over and over again. We first reported on one of these, "Canaplus" in [June 1999](#). Always choose a Canola (rape-seed) oil that is cold pressed, unrefined and preferably organic. If it says on the bottle that it should be kept refrigerated and in the dark, so much the better. You will probably need to go to a health food store for it.

Brain Fuel Glucose

Q. If you do not eat any carbohydrates like starches or sugars, where do brains get the glucose (blood sugar) they need?

A. From "very complex carbohydrates": fruits, salads and vegetables! In *Deadly Harvest* [page 98](#) I describe how these are also carbohydrates and the body reduces them to glucose too, but really slowly like it expects.

Protein is a second source. The liver converts protein into glucose all the time. Carnivores,

like cats, get their entire blood sugar requirement from the meat they eat.

Under starvation conditions, the body even converts its own muscle into glucose to maintain essential blood sugar levels.

Crazy Kangen Water

Q. A number of specialized waters are hitting the market. One of them uses a machine attached to the faucet to produce "Kangen Water". They claim it revitalizes and alkalizes tissues, rids the body of organic waste and has antioxidant powers. What do you think?

A. Don't waste your money.

Kangen water operates by bubbling hydrogen through the water. This procedure increases its antioxidant properties and alkalizes it somewhat [ref: 2].

However, this is no better than getting your antioxidants and alkalizers from the usual sources: fruit, salads and vegetables! [e.g. ref: 3]

Our ancient ancestors drank normal water and ate plant food. That was right for them and it is the ideal for us too.

Acid/Base and Stomach Acids

Q. In *Deadly Harvest* you talk about the need to eat a diet which is neither too acid nor too alkaline. But surely, whatever we eat is overwhelmed by the gallons of acid in the stomach?

A. Two separate issues!

In the first issue, think of the digestive system as a tube which passes through the body from one end to the other. What happens in the tube is separate from what goes on in the flesh of the body.

So although the stomach produces gallons of acid, it stays inside the tube. Further down the tube, the small intestine secretes an alkali, sodium bicarbonate, which neutralizes the acid. So all this goes on in the tube, not in the body itself.

The second issue is when digested food passes through the tube's wall into the blood and

lymphatic fluid. Here the nature of the absorbed food affects the acidity or alkalinity of these body fluids. This is the condition I refer to when talking about an acid or alkaline diet.

Arthritis and Nightshades

Q. I've been reading a book by Norman Childers, PhD, which suggests that nightshades in the diet (such as potato, eggplant, bell pepper, and tomato) provoke arthritis. Your view?

A. Nightshades include the well-known poisonous varieties like deadly nightshade and henbane. So nightshades in general are suspect. They all contain to a greater or lesser degree the plant poisons called "glyco-alkaloids".

In *Deadly Harvest*, [page 55](#), I highlight how potato poisons create mischief and sickness.

On [page 56](#), I allude to tomato poisons like tomatine and their suspected role in arthritis. (This is the main reason why they only make the "green-amber" category.)

Eggplant too has "form". Dr Friedman of the USDA's Food Safety and Health Research Unit, Albany, California fingers eggplant as well as potato and tomato [Ref: 4].

Norman Childers bases his assertions about the nightshade-arthritis connection on his own personal experience and on his own rudimentary study [Ref: 5].

Our View? "Poison is in the dose": potato is definitely a health threat, partly due to the potent concentrations of poisons, and partly the large quantities habitually consumed. Tomatoes definitely affect some people and it is probable that eggplant and bell peppers do too. Chilies are doubly problematic. Their glyco-alkaloid, "capsaicin", which gives their fiery taste, also disrupts gut function ([page 56](#)).

Certainly, if you have arthritis, try cutting out all nightshades. For the rest of us, our intake of tomatoes, bell pepper and eggplant is probably low enough to

fall within the body's ability to cope. We need more good research to have a clear view on this question.

Are Vegetables Dog Food?

Q. Some dog-food suppliers boast that their products include vegetables. Can this be good?

A. Yes, but with safeguards. Dogs are descended from wolves which are full carnivores (see [December 2002](#)). Only 15,000 years ago, the first wolf-dog ancestors lived by scavenging around the camp-sites of our forager ancestors.

According to a recent study by biologists Ray and Lorna Coppinger, their diet included, "bones, pieces of carcass, rotten greens and fruit, fish guts, discarded seeds, animal guts and heads, discarded food and wastes." [Ref: 6].

So in that short period (15,000 years), under strong evolutionary pressure, dogs adapted to some kinds of plant food. Green leafy vegetables, yellow-orange vegetables, and cruciferous vegetables are beneficial [Ref: 7].

Some common human foods are toxic to dogs: chocolate, onions, grapes and raisins [Ref:8], macadamia nuts and xylitol. (Xylitol is a natural low-calorie sweetener used greatly in confectionary.)

Testimony

Deadly Harvest: Lost Weight

"My wife, Carmen, and I were privileged to attend Geoff's presentation at the Mizell Senior Center in Palm Springs a month ago, at which time I bought, and subsequently devoured, his book, *Deadly Harvest*. I've lost about 5 lbs.

Since then we "pretty much" follow the advice in his book, but look forward to your [Nicole's] expertise [in [Healthy Harvest](#)] to help avoid monotony in our diet."

- Dick Decker, New Jersey

News Shorts

Infants Do Better if Pregnant Mum Consumed Omega-3

Drs Gina Muckle and Éric Dewailly of Université Laval, Quebec, Canada, tested new born Eskimo babies and their progress after 6 and 11 months [Ref 9].

They find that Mum's good omega-3 intake while pregnant boosts their future infant's visual acuity, intelligence (Fagan score), and mind-muscle coordination (Bayley score).

Our View? This reinforces the view that nature designed our bodies on the assumption that omega-3 pervades our feeding environment.

Most infants in our societies have not received enough omega-3 from their mothers while in the womb. That means that they have not developed as well as they should in the first months of life. We don't know if they ever make up the deficit.

Letters

Food Promotion Debauchery

From: Natalie, Hertfordshire, UK

Processed food in supermarkets is emblazoned with slogans like "95% fat-free", "no artificial colors", "no preservatives", "healthy-eating" all shouting for attention. The packaging is sparky, vibrant, ever-changing, 'NEW'.

No one highlights the fact that processed food is subject to VAT (sales tax). Meanwhile, the real health-giving fruit and veg sit quietly and tax-free in the aisles. The Government can produce snazzy ads for their tax-free savings plans. Just think what a government who really wanted to encourage healthy eating could do if it used assertive advertising like that above.

Cycling Not All Bad

From: George Stock, California

Whilst your response to the cycling question ([March 2008](#)) is technically correct, I believe we should be promoting cycling and getting people out of cars. It can

play a valuable role in overall health and physical fitness, and it is pollution-free, gasoline-free transportation.

My personal experience is that I have far fewer injuries in long distance cycling than when I used to run marathons.

Geoff Bond replies: *You are quite right, cycling is an excellent activity as part of a mix of different physical activities (see Limit Sitting, p 1). My point was strictly limited to maintaining fitness of the knee joint.*

Our Pleistocene ancestors only had walking and jogging as physical activity – and that is what our body expects for all parts (notably the knees) to function properly.

Viewpoint

Denial about Parents' lifestyle

Sick clients frequently say to me something like: "My father ate fries, ham and eggs three times a day and he lived to 96 – so I should be all right".

Even if it's true (and there is usually far more to the story than that) my first, flip response can be: "well, you can play Russian roulette – and one in six gets away with it!"

More seriously I point out that someone who lived to 96 was born in the 1900's. His lifestyle up to the 1960's had to be much healthier than my client's. Moreover, through inertia, he

probably kept the good habits for his remaining years.

In contrast, most people brought up in modern, dysfunctional times, will not live to their full genetic potential by many years.

Curiously, of the two arguments, the image of holding a revolver to the head, and pulling the trigger knowing that 5 out of 6 chambers are loaded, has proved the most persuasive!

Quick Fix

Thanks to Peter Harris of Melbourne, Australia who says they use this idea for their "last minute" rushed meal.

Garlicky Beans with Pine Nuts

1. Steam big bunch of green beans and or/ broccoli until just tender.
2. Toast pine nuts to bring out flavor (dry fry in pan).
3. Heat extra virgin oil in pan; add one or two cloves of finely chopped garlic to oil for short time until fragrant.
4. Add vegetables and pine nuts to garlic and oil.
5. Mix together & eat, maybe with a glass of white wine.

Resources

Newsletter Retrospective

By May 1998 I had been speaking and appearing on talk shows for some years. I had not yet written my first book, *Natural Eating*, but already there

was a strong demand for a more tangible source of information. Thus the Newsletter was born.

We launched it at a talk I gave at the Desert Regional hospital in Palm Springs, CA. We still have subscribers who signed up after that lecture.

Even though it has been difficult financially, we have steadfastly refused to take any advertising. That way we can freely expose the surreal worlds of nutritional dogma and debauched food promotion (Natalie's letter p.3).

Over the years we have striven to adapt the format, layout, content, tone and verbal style to best suit our readership. Nicole vets my text with Teutonic thoroughness for readability.

For some years we have progressively geared in the power of the Web, e.g. with hotlinks buried in the text.

This month, for the first time, we link *Deadly Harvest* references to the location in the book.

If you have any ideas for improvement, let us know!

Upcoming Events

Book-signing

Geoff will sign copies of [Deadly Harvest](#) on May 8, at Kyriakou Bookshop, Paphos. [Full Details](#).

In June Geoff will travel to UK to give closed talks there.

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 email: admin@NaturalEater.com; Cancer Support Site: www.BeatCancerNaturally.com
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