



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

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Rational, intelligent, evidence-based comment for a knowledgeable general public and for health professionals. Independent of commercial pressure, we say exactly what we think.

Our Human Story: Should Different Races Have Different Lifestyles? **Food Supply Insights:** Taming Giant Cattle. **Food Supply Aberrations:** Human Breast Milk Cheese. **Food Savvy:** Bad Sweeteners. **Q&A:** Acid-Forming Diet & Cancer; Youngster Protein Intake; Omega-3 Eggs – how Made?; Salt Intake & Sweat; Protein & Metabolic Diet; Flavorless Fruit Good? **Hints:** Measuring Acid-Alkali Status; Loss of Taste with Age. **News Shorts:** Plants Preserve Muscle Mass; Obesity & Bad Carbohydrate Predict Esophageal Cancer. **Worthy Idiots:** Paleolithic Diet "Lacks" Dairy! **Quote:** Our Complex Biology. **Events.**

Our Human Story

Should Different Races have Different Lifestyles?

When I first studied physical anthropology back in the 1960's we had a quite erroneous view of human origins. We knew about the Neanderthals, who had lived in Europe for over a million years and seemed to have disappeared about 35,000 years ago.

Somehow, the theory went, they had "evolved" unbelievably rapidly into Europeans at that time. Similar arguments were applied to million-year-old Peking Man and Java Man. They too were supposed to have evolved into Chinese and Indonesians respectively – all suspiciously coincidentally at the same time.

It was only in the 1990's that this notion was conclusively disproved. The evidence came from a most unexpected quarter – our genes. DNA analysis showed that everyone on this planet is descended from a small group of humans who lived just 60,000 years ago in the savannas of East Africa.

It was our ancestors who poured out of Africa at that time to drive into extinction the Neanderthals, Peking man, Java Man, and all other similar human-like creatures.

At the time of this Diaspora, our ancestors were copper skinned and had black curly hair.

Continued page 4.

Food Supply Insights

Taming Giant Cattle



This is a nine-year old bull called Chillii. Immediately you can see why he is remarkable – he is a giant, standing 6ft 6in high at the shoulder.

Chillii weighs a ton, dwarfs most horses, and casts a shadow over his 5ft high companions.

I highlight this is to give you an idea of the feat performed by the earliest farmers some 8,000 years ago.

They had to deal with the ancestor of the cow, the wild aurochs. And the aurochs was a giant the size of Chillii. In fact, Chillii must be a throwback to some ancient ancestor.

Those redoubtable farmers tamed the aurochs and bred it into the smaller and amenable cow of today. The original aurochs was low-fat and would have been a conforming meat food. In the last few thousand years, farmers bred the cow's meat to be much fattier and, unknowingly, with the wrong kinds of fat. That is why we disapprove of today's beef.

Food Supply Aberrations

Human Breast Milk Cheese



I tirelessly proclaim that milk and its products do us much harm [Ref: [1](#)]. Looked at plainly, a new-born mammal is fundamentally an unfinished fetus. Nature designed milk to nourish the new-born's transition into a biologically finished being – a 4 year process in humans.

Even human milk is not good for humans after weaning [Ref: [2](#)].

Nevertheless an enterprising French (what else!) master cheesemaker, Patrice Cosma, produces cheese (web: [Le Petit Singly](http://LePetitSingly.com)) from human breast milk. He has a number of mothers who give their milk against a suitable remuneration.

Cosma carefully tests the milk before turning it into a cheese similar to Camembert. Gourmet style, Cosma advises how to eat it at various stages of maturity. "Young" - in a salad; "mature" - after a meal with a good red wine; "runny" - grilled on toast or as a fondue.

This may or may not tempt you: but the message remains the same: **AVOID!**

Food Savvy

We don't have space for a recipe this month. But you can savor nearly 100 recipes in Nicole's new cookbook *Healthy Harvest*. [Info](#). Order from [shopping cart](#).

Many of our readers are confused by the many different forms of "bad" sweeteners and sugar aliases found in processed foods. Here is a check list which you can cut out and keep in your purse. It is abstracted from *Deadly Harvest*, [page 155](#).



**BAD SWEETENERS
HIGH GLYCEMIC SWEETENERS**

- apple juice concentrate
- barley malt
- blackstrap molasses
- date sugar
- golden syrup
- grape juice concentrate
- high fructose corn syrup
- honey, all
- invert sugar
- malt
- maple syrup
- molasses
- sugar, white, brown, icing
- treacle

SUGAR ALIASES & VARIANTS

- dextrose
- galactose
- glucose
- lactose
- levulose
- maltodextrin
- maltose
- saccharose
- sucrose

Next Month: "Good" Sugars

Questions

Acid-forming Diet and Cancer

Q. I hear that cancers only grow in an acid environment. That is why cancer is so prevalent today – the general population is eating an acid-forming diet. Is it true then, that doing as you say, and eating an alkalizing diet, we can avoid cancer?

A. The bottom line is yes, but the reasons are rather more complex.

It is a well-known medical fact that tumors create an acidic environment for themselves and acidify nearby tissues (refs: 3, 4). The argument is, that if we can keep the fluids in the neighborhood of the tumor alkaline, then that will stop the tumor from spreading and might even cause it to shrivel up.

A relentlessly acid-forming diet (*Deadly Harvest* [page 108](#)) puts undue stress on a number of organs including the pancreas, liver, thyroid and lymphatic system, causing them to malfunction, leading to cancer in extreme cases.

But the clincher is this, and the evidence is undeniable: people who eat a diet rich in vegetation (fruits, salads and colored vegetables) are not likely to get any kind of cancer. And this kind of vegetation is strongly alkalizing!

Other reasons concern the rich cargo of micronutrients which feed the immune system; and the contribution of vegetation to colon health.

So the conclusion is that eating a diet rich in fruit, salads and vegetables provides the signals that the body recognizes to defeat cancer cells. How much is due to the alkalizing effect, or to the micronutrients, or to the colon bio-mass is not known – but we don't need to know for it to work!

See also Hints & Tips – Measuring Acid-Alkali Status.

Youngster Protein Intake

Q. I and my husband have converted whole-heartedly to eating the way you say. But my 20-year-old son (who still lives with us) complains that he won't be able to maintain his muscles like this. He considers that he should be eating more protein-rich foods.

A. On the contrary! There are a number of arguments you can use with your son. Paint a picture of the 400lb gorilla. It lives entirely on vegetation yet builds weightlifter muscles capable of lifting itself into the

branches with one arm. In other words, it is a fallacy to think that one has to eat protein-rich foods in order to have a sufficient protein intake. (See *Deadly Harvest* [Page 125](#))

The gorilla is an extreme: our evolutionary heritage designed humans to consume a moderate percentage of animal matter.

Alternatively, maybe your son will be more impressed by an argument he can identify with. For example, this picture of me holding a chin-up with jack-knife.



Finally tell him that a high protein (acidic) diet actually causes muscle wasting! Whereas plants BUILD muscle. See News Shorts – Plants Preserve Muscle Mass, page 3.

Finally, tell your son not to waste his money on protein powders and drinks.

Omega-3 Eggs - How Made?

Q. How do they get the omega-3 oil into the egg – do they inject it in?

A. No! They simply feed the chickens on omega-3 rich foods – just like nature intended. Commonly they include the right amounts of flaxseed into the chicken feed. Others use fish oil (Ref 5).

In the wild, chicken's eggs, just like the eggs our ancestors ate, would have naturally occurring omega-3. In *Deadly Harvest*, [page 129](#), and Newsletter [April 2007](#), I cite Artemis Simopoulos whose study found: "on the

Ampelestra farm in Greece, purslane (rich in omega-3 oils) is plentiful and grows wild; the chickens make a feast of it, along with insects and lots of fresh green grass, supplemented with fresh and dried figs, barley flour, and small amounts of corn. . . . As we expected, the eggs contained substantial amounts of omega-3 fatty acids." (Ref: 6)

Salt Intake and Sweat

Q. *We live in a hot country and sweat a lot. Should we be taking additional salt?*

A. No! We know that our ancestral environment, albeit hot, tropical and sweaty, was low sodium. No salt cellars hanging from the trees there! Moreover, we know that that is the way we need to be today. When I first went to live in the tropics the common wisdom was to take salt tablets, particularly when going up-country. They were horrid – the size of horse pills – and made me retch. But just a few months later (and luckily for my health) the scientific advice reversed this "wisdom". Studies had shown that in acclimatization to the heat, the body reduced the salt content of the perspiration. So there was no excessive salt loss. On the other hand the terrible things that an excessive intake of sodium does to the health are legion.

Protein and Metabolic Diet

Q. *Seemingly you and other experts such as William Wolcott (Metabolic Typing) and Dr. Cordain can reach different conclusions after examining the same anthropologic dietary history of humans. For example, I am a protein type and should eat much differently than you suggest according to others.*

A. I don't hold much with the metabolic diet. I don't see our ancient ancestors figuring out their metabolism before deciding to eat a caterpillar rather than a baobab fruit.

We are all still the same basic engine under the hood. (See

"Should Different Races Have Different Lifestyles", page 1).

Moreover, every one of us has the same requirement: to maintain a neutral acid/alkali balance (see Acid-Forming Diet, page 2).

Metabolic diet is at best fiddling with the deckchairs on the Titanic. Get the basics right first – such as steering a disaster-free course like we say!

As for Loren Cordain, both he and I are on the same page for this topic at least. See "Plant to Meat Ratio", [March 2008](#).

Flavorless Fruit Good?

Q. *There are beautiful looking strawberries on the market, yet they have no flavor. Does this mean they have no nutrients?*

A. Not necessarily. The high color indicates the presence of wondrous micronutrients such as bioflavonoids.

The strawberries perhaps do not taste sweet, which is no bad thing. See also "Loss of Taste with Age" on this page.

Hints & Tips

Measuring Acid-Alkali Status

Our evolutionary history designed us to consume a diet which is neither too acid nor too alkaline (see Acid-forming Diet and Cancer p. 2). If you eat like we say, then this will work out just right. However, you might like to check it out with a simple urine test.

Go to a pharmacy and ask for "Urine pH test strips". pH is a measure of acidity or alkalinity. The strips are just a version of the litmus paper that you will have used in elementary science lessons. They change color according to the degree of acidity or alkalinity.

Follow the instructions on the box and test yourself on several occasions per day for several days.

The first test after waking up will probably show acid. This is normal. Then throughout the day the urine will go into neutral and then into alkalinity. This is good.

This is what is happening. Overnight, many nighttime processes are producing an excess of acid which the kidneys get rid of as soon as you wake up. During the day, your intake of alkalizing food will reverse this process and when there is an excess, the kidneys excrete that too.

If the test results show continuously acid or alkaline, then this suggests that you might have a health problem and you should check with your physician.

Loss of Taste with Age

It is a commonplace, yet we should not lose sight of it: as we get older our sense of taste and smell deteriorate. We then run the danger of boosting the flavor with bad condiments like salt and sugar.

There are two strategies. First, just get used to your food tasting blander than it used to be.

Second, increase the use of good spices and herbs. For example, both garlic and lemon juice give a salt-like taste without the drawbacks of salt itself.

News Shorts

Plants Preserve Muscle Mass



Physician and nutrition specialist Bess Dawson-Hughes at the USDA Human Nutrition Research Center in Boston, Massachusetts finds that plant foods preserve muscle mass (Ref: 7).

"The typical American diet is rich in protein, cereal grains, dairy and other acid-producing foods. An over-acid diet triggers a muscle-wasting response," says Hughes.

Volunteers whose diets were high in alkaline fruits and vegetables could expect to have 3.6 more pounds of lean tissue

mass than volunteers with half that intake.

Our View? This counter-intuitive result demonstrates the futility of second-guessing the immensely complex workings of the body.

Obesity and Carbohydrate Predict Esophageal Cancer

Dr. Thompson of the Comprehensive Cancer Center, Cleveland, finds that people who are obese and people who consume high quantities of "bad" carbohydrate, are more likely to develop cancer of the esophagus. The same applied to those who had a high intake of corn syrup (Ref: 8).

Our View? We rest our case!

Worthy Idiots

Well-meaning scientists do fine research but often spoil it by drawing fatuous conclusions.

Paleolithic Diet "Lacks" Dairy!

Dr Per Wandell and his team at the Karolinska Institute in Huddinge, Sweden studied volunteers on a Paleolithic diet of berries, nuts, lean meat, fish and vegetables while cutting out cereals, dairy products and refined sugar (Ref: 9).

After three weeks the volunteers had lost an average of 2.3kg (6lb) and their blood pressure was lower. They also had dramatically reduced levels of a blood-clotting agent linked to heart attacks and strokes.

In spite of these fantastic results, Dr Wandell doesn't see any future in this diet, "because the decreased intake of calcium from dairy products, which could be a risk factor for osteoporosis later in life."

Of course, Dr Wandell is Swedish, and Sweden is big on dairy. This demonstrates how scientists can be captive to their culture and show a lamentable lack of imagination.

As Winston Churchill trenchantly observed, "Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing ever happened." Dr Wandell seems to be one of them.

See also Human Breast Milk Cheese, page 1.

Quote

Our Complex Biology

People frequently want to take short cuts by taking supplements rather than eating right. This quote by Harvard nutritionist. Walter Willett, neatly sums up the fallacy.

"Nutrition is like an orchestra, where you have to have all the elements present and in balance."

From Page One

Should Different Races have Different Lifestyles?

Since that time humans have split up into many varieties who look different on the outside. For

example Scandinavian, Mongol, West African, Aborigine, Native American and so on.

People frequently ask me: "Surely we have evolved and adapted to changed lifestyles since humans left their ancestral homeland?"

The short answer is: "no". Although we have changed on the outside since then we are still the same basic model underneath.

An analogy can be drawn with dogs. Breeders, just in a couple of hundred years, have created a remarkable range of varieties – from Great Danes to Pekinese – yet they are all still genetically dogs – and their dietary needs are identical.

In fact humans have a remarkably similar DNA, no matter where they come from on the planet. And 60,000 years represents only about 2,000 generations. This is an eye-blink in evolutionary terms, so we would not expect much to have changed anyway.

Continued next month.

Upcoming Events

June: Closed talks in UK. (Medical teach-ins)

Long Range Planning

October: University of Nicosia (closed).

November: US Tour. Medical teach-ins

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