



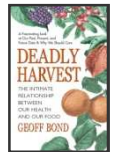
The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing

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

Question of Month: Degenerative Disease in Prehistory. **Our Food Supply:** USA vs. Mexican Meal Habits. **Like Nature Intended:** Docs – Sunshine is Not the Cause of Melanoma. **Recipe:** Hoki Hot-Pot. **Q&A:** Sugar and Dark Chocolate; Ancient Human Lifespan. PET Scan/Glucose Injection. **Name & Shame - TV14:** Kefir Good for Bones [Really?]; Soy Fights Cancer [Really?]. **Briefing:** BPH – Prostate Enlargement. **News Shorts:** Soy Kills Sperm; Calcium Does Not Prevent Hip Fractures. **Acknowledgements:** Readers and Edith Morrey. **Web Links:** Kids Colon Cancer – TV Commercial. **Listen to Geoff:** Radio Interview. **Events.**

Question of Month

Disease in Prehistory

Q. I was surprised to read in *Deadly Harvest* that in prehistory humans did not suffer from diseases such as cancer, arthritis and high blood pressure. It must be hard to prove that such diseases did not exist 40,000 years ago.

A. *Deadly Harvest* is one long argument demonstrating that all the evidence points to this conclusion. (Especially see [Chapters 3, 4 and 5](#))

Some of the evidence is direct: we can inspect ancient human bones and the preserved flesh of Egyptian mummies for example.

But the simple fact is that the diseases you mention (plus many more like diabetes, dementia and osteoporosis) are caused by us throwing a spanner into the works of the body's function.

They are "diseases of civilization", and I explain at length that peoples who do live in the way nature intended simply do not suffer these diseases.

([Chapter 9, page 236](#)). In other words, their metabolism is allowed to function the way it was designed.

Even in historical times (when we have written records) these diseases were virtually unknown in the ancient civilizations of Greece, Egypt, China and Babylon.

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Our Food Supply

USA vs. Mexican Meal Habits



These images, widely seen on the web, originate from a book written by Peter Menzel and Faith D'Aluisio [Endnote: 1]. In over 300 cultures they recorded a family's weekly food intake.

Above we see the Revis family of North Carolina. They spent \$341.98 on a collection of "food" which is remarkable for being entirely constituted of prepackaged and processed food – plus bottled and canned processed drinks.



In contrast the Casales family of Mexico spent just \$189.09 on a wide range of fresh fruits and vegetables – plus, nevertheless, cereals, dairy, colas and bread. (What happened to the tamales and burritos we wonder?)

Even so, guess who is less likely to get "Diseases of Civilization"? (See "Disease in Prehistory", this page.)

Like Nature Intended

Docs: Sunshine is Not the Cause of Melanoma

We have written much on the humbug surrounding the claimed dangers of sunshine. If you thought that I was being controversial, think again.

Even the doctors are questioning the received wisdom. A lively debate is taking place in the pages of the *British Medical Journal* (BMJ), the UK doctors' technical magazine [Endnote: 2].

Dr Sam Schuster argues that staying out of the sun is doing us more harm than good. Fear of melanoma freaks people out although it is the rarest (albeit most dangerous) form of skin cancer. But, extraordinarily, 75% of melanomas occur on places like the armpits and soles of the feet – places that never receive sun exposure!

The predictable knee-jerk sun-deniers aside, there are many good, thinking, contributions. Dr David Tucker points out that melanoma has *increased* with increasing use of sunscreens! Furthermore people are now eating diets that favor cancer. (See my [Chapter 9 page 229](#))

Dr. Peter Mahaffey says, "We need hard evidence, and our profession isn't always the best at offering advice on this basis."

Dr. Eddie Vos says: "The sun fearers ... miss the fact that humans cannot live healthily without ample vitamin D3.

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Recipe

You can savor nearly 100 recipes in Nicole's new cookbook *Healthy Harvest*. [Info](#).



Hoki is a cheapish white fish with delicate flaky flesh but not much flavor. This recipe uses flavorful ingredients like white wine and fresh herbs to bring the fish's taste alive. Instead of Hoki, you can use other cheap white fish such as pollock or catfish. The Canola oil imparts a pleasant nutty flavor and good mouth-feel to the hot-pot – plus it adds your daily quota of omega-3 oils.

Hoki Hot-Pot

Totally Conforming

Serves: 2

- 2 tablespoons olive oil
 - 1 large white onion, finely chopped
 - 2 large cloves garlic, crushed
 - 3 cups roughly sliced mushrooms (about 5 ounces)
 - 2 x 14-ounce cans chopped tomatoes
 - $\frac{1}{2}$ cup dry white wine
 - Approved sweetener ([July 2008](#)) - up to 3 teaspoon sugar equivalent
 - 1 teaspoon dried oregano
 - 1 teaspoon dried thyme
 - 4 sprigs fresh rosemary
 - 1 tablespoon chopped fresh basil
 - Black pepper, to taste
 - 1 lb. Hoki fillets, cut into 1" cubes
 - 2 tablespoons Canola oil (rapeseed oil), cold-pressed, organic
1. Heat the oil in a large saucepan, add the onion and garlic, cover and sweat for 5 minutes, or until soft.
 2. Add the mushrooms and cook covered for a further 5 minutes.
 3. Stir in the tomatoes, wine, sweetener, herbs and pepper. Simmer uncovered for 5 minutes.
 4. Add the Hoki cubes and gently simmer covered for a further 5 minutes, or until the fish is just done.
 5. Ladle into warm serving bowls and add the Canola oil in the center of each.

Questions

Sugar and Dark Chocolate

Q. *You say that cancers feed on sugar. The darkest chocolate I can find (87% cocoa mass) still contains sugar. Is that all right?*

A. Yes. There is an important distinction: cancers feed on the abnormal spikes in blood sugar. Your chocolate does not produce abnormal spikes. I class 87% chocolate as a "very complex carbohydrate". See "Blood Sugar Control and Carbohydrates", *Deadly Harvest*, [Chapter 4](#), page 98.

Chocolate is made from plants and just like all the other plant food that you are eating (such as lettuce and broccoli), it slowly releases sugar into the blood stream at the rate that the body keeps under control. After all, the body, and notably the brain, actually needs blood sugar to function properly. Without it you fall into a coma and die!

As an alternative, you can also try chocolate made for diabetics. This uses a non-sugar sweetener, usually maltitol or sorbitol. See "Maltitol Chocolate", [March 2001](#), [March 2003](#) and "What is Sugar Alcohol?" [January 2000](#).)

Ancient Human Lifespan

Q. *What was the human lifespan 300,000 to 500,000 years ago?*

A. The short answer is that there were no humans at the time-scales you mention. Anatomically modern humans only arose some 200,000 to 250,000 years ago – see "Human Pedigree" [October 2006](#), and Endnote 3.

The fact that we are genetically the same today leads us to the answer: they had a genetic potential to live to something like 100 years or more – just like us.

But to actually do that, they had to avoid being killed before their time. In those days some 30% of young males were killed in battle (See *Deadly Harvest* [Chapter 8, Page 200](#)).

Others were murdered or killed by predators. But everything we can construct about life back then suggests that people, if they could avoid violent death, then died of old-age.

That is unlike us, who mostly die earlier than our genetic potential from avoidable diseases like cancer, heart disease, obesity and diabetes (see *Disease in Prehistory*, p 1).

As for *Homo Erectus*, the ancestor of humans who lived beyond 300,000 years ago, we can be much less certain. It is likely that they had the genetic potential to live as long as their cousins the chimpanzee and gorilla – some 60 to 70 years.

But they too lived in dangerous times. For example we will never know how many were killed by sabre-tooth cats and other predators (see "Human Cat Food", [June 2002](#)).

PET Scan/Glucose Injection

Q. *My oncologist wants me to have a PET scan. Part of the procedure involves injection with glucose. You say that cancers feed on glucose. Won't this procedure only encourage the cancers?*

A. Yes – but the balance of advantage is nevertheless in doing it.

This procedure demonstrates neatly what we know about cancers – they gorge on blood sugar and then light up like a Christmas tree on the PET scan. They will receive a temporary boost from this bonanza.

Nevertheless, the sacrifice will be in a good cause. Assuming the oncologist doesn't waste this opportunity, he will be able to pinpoint hitherto unsuspected nodes and judge their virulence and make the best diagnoses.

Name & Shame: TV14

The popular press is full of gratuitous advice about how we should be living. Mostly they repeat the tired old platitudes – and many of them are plain wrong. Here we pick on TV14, a German magazine.

Kefir for Good Bones [Really?]

TV14: "We all know that milk is good for bones. But kefir is even better – it has 80% more calcium." [Kefir is a fermented goat's and sheep's milk drink.]

In *Deadly Harvest*, [Chapter 9, page 266](#), I describe the 14 conditions for good bone health, none of which has to do with calcium. The vital thing to know is this:

It is the body's *hormones* that determine bone building, NOT calcium!

There are three fallacies here:

1. Milk is NOT good for bones – it destroys bones – and it does so by upsetting bone-building hormones.
2. Just because a laboratory can find calcium in milk does not mean that the body absorbs it. In fact the calcium in milk is largely destroyed in the stools.
3. Kefir is not better than regular milk – it is worse – because the duped consumers are misled into believing they have done all they need to do for bone health. (See also "Calcium Doesn't Reduce Hip Fractures", page 4.)

The true answer is to apply what we say on [page 266](#), and get your body constructing bone as nature intended.

Soy Fights Cancer [Really?]

TV14: "Soy is the best food to fight cancer. Consume 150g of tofu per day or two glasses of soy milk."

In *Deadly Harvest*, [Chapter 5, page 131](#), I give a damning litany of the diseases that soy antinutrients (plant poisons) are responsible for. This includes INCREASED RISK of cancers, including breast, pancreas, thyroid and womb.

Beans in general are not human food, our bodies cannot handle their plant poisons, and they make us sick.

TV14's recommendations are quite irresponsible.

Anyone consuming the huge quantities of soy that TV14

recommends is setting himself up for cancers, Alzheimer's, allergies, irritable bowel, thyroid disorders, pancreatic disorders and many more.

See "Soy Kills Sperm" this page.

Briefing

BPH - Prostate Enlargement

Benign Prostatic Hyperplasia (BPH) often starts to appear around the age of 50 years old. It has nothing to do with cancer and it is not a precursor to cancer.

BPH has two aspects to it, "static" where the prostate increases in mass and "dynamic" where the prostate swells and shrinks in accordance with various hormonal instructions.

It is interesting that BPH is unknown in primitive tribesmen but is common in prosperous societies. For example, the incidence of BPH has doubled in China in the last 40 years. [Endnote:4]

Studies on BPH are sparser than those on cancer but even so, the evidence points in the direction of lifestyle changes which will stop it getting worse, and potentially regress it [Endnotes: 5].

The chief measures are:

- To consume voluminous amounts of plants rich in micronutrients. The following plants are particularly associated with BPH prevention: Cruciferous vegetables (e.g. broccoli, cabbage, Brussels sprouts, kale, cauliflower); tomatoes, onion, garlic.
- To consume fruits regularly
- To have a good intake of the plant fiber "lignans". Lignans are found in most of the vegetables cited above. Linseed (flaxseed) is a particularly potent source – see *Deadly Harvest*, [Chapter 9, p. 236](#)
- If it's a consolation scientists find that moderate alcohol (e.g. a glass of wine a day) is also helpful to BPH.

In other words, just live like we say and any man will give

himself the best chance to avoid BPH.

Next Month: Night-time Urination (Nocturia)

News Shorts

Soy Kills Sperm

Men who eat an average of only half a serving a day of soy food have only half the number of sperm compared to those that do not eat soy [Endnote 6].

The foods included tofu, tempeh, tofu, soy sausages, soy bacon, soy burgers, soy mince, soy milk, soy cheese, soy yoghurt, soy ice cream, soy nuts, drinks, powders and energy bars.

Researcher Dr Jorge Chavarro, Harvard School of Public Health, Boston Massachusetts considers that a soy plant poison called isoflavone is the problem.

Our View? Soy is often sold to women for its isoflavone's estrogen-like properties. No surprise, then, that it badly affects men!

See: "Soy Fights Cancer [Really?]" on this page.

Calcium Doesn't Reduce Hip Fractures

Dr Bess Dawson-Hughes of the Bone Metabolism Laboratory, Tufts University, Massachusetts, finds no reduction in hip fracture with calcium supplementation [Endnote 7]

Our View? We rest our case. See "Kefir for Good Bones [Really?]", page 3.

Continued From Page 1

Disease in Prehistory (Continued)

Just in the lifetime of our grandparents, cancer, cardiovascular disease, osteoporosis and Alzheimer's have moved from a rarity to being the leading causes of disability and death. Just in my children's lifetime, diabetes has moved from being a rarity to a widespread plague. They are all diseases of deranged metabolism. For this reason we call them "degenerative diseases"

In prehistoric times it was impossible for people to mistreat their bodies like we do today.

Milk, grains, bad fats and junk food did not exist; they got plenty of fresh air, sunshine and physical activity.

Under these conditions the metabolism functions normally and the body cannot degenerate into "degenerative diseases" like cancers, heart disease, osteoporosis, diabetes etc...

Docs: Sunshine is not the cause of Melanoma (Continued)

... [The Vitamin D3] is only obtained from marine liver fat or from the sun...."

Our View? Just so! As we have often pointed out in these pages, our bodies are designed to *feed* on plentiful sunshine. Sunshine deficiency actually increases many diseases – including melanoma!

See the debate at this link:

http://www.bmj.com/cgi/eletters/337/jul22_2/a764.

Acknowledgements

We thank all our readers who send us updates from their own localities.

A special mention for elegant and glamorous Edith Morrey, our ninety-six year-old health warrior (see [March 2008](#)), who sends us regular newspaper cuttings from her home in Rancho Mirage, California.

Web Links

Kids Colon Cancer TV Commercial

Watch this hard-hitting TV commercial, sponsored by the USA's Physicians Committee for Responsible Medicine (PCRM). It does the job that a feckless government has abandoned. It links kids' colon cancer to the processed meats in hot dogs, pizzas and other fast foods.

<http://www.youtube.com/watch?v=oPaxW3BrgIY>

Our view? It is rare to see anyone, however modestly, confronting head-on the massive propaganda of the fast food industrialists.

Listen to Geoff

Radio Interview

Geoff was interviewed by Rosie Charalambous on CYBC on 28 May 2008. Listen here:

http://www.cybc.com.cy/index.php?option=com_content&task=view&id=675&Itemid=197

Upcoming Events

September: Talks in UK & France (private participants)

October: University of Nicosia (private participants).

Long Range Planning

Feb/March 2009: US Tour. Medical teach-ins (private participants).

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