



## 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.

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### Question of Month

#### If Not Sunlight, Why Melanoma?

**Q.** *If doctors are questioning whether sunlight causes melanoma (Last month, August 2008), what does cause it?*

**A.** This innocent question highlights a vital point. Cancer is not "caused" by any external agency! Cells, quite naturally, are going cancerous all the time, all over the body, and without any external trigger.

That is why non-smokers can get lung cancer and melanoma occurs on the soles of the feet.

The essential idea to hold in your head is this: cancers can only arise if the immune system is not functioning properly, whatever the provocation.

(Page 229, Chapter 9, Deadly Harvest).

Cancer is the result of a defective Immune System.

Most people in the industrialized world, living the modern way, have chronically depressed immune systems.

There are high odds, therefore, that a cell somewhere in the body will escape the controls of the immune system and flourish into a tumor. Just by chance, some of them will be melanomas – even in parts never reached by the sun.

That is why I proclaim that cancer is an optional disease – we can choose not to have it!

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### Evolutionary Biology

#### Mouth Flora Not All Bad



The healthy human mouth is home to a tremendous variety of microbes including viruses, fungi, amoeba and bacteria.

The bacteria are the most numerous: there are 500 million in every teaspoon of saliva, and more than 600 different species. Around half of these have yet to be named.

Now Professor William Wade from King's College London Dental Institute is working on identifying and naming these species.

**Our View?** It is remarkable that we know more about microbes on the moon than we do in our own mouth. It is reminiscent of the ignorance we have about colon flora.

However, we now know that colon flora, under the conditions that nature intended, are supposed to work in harmony with our bodies, making a positive contribution to achieving optimum health.

It is almost certain that the same applies to the species in our mouth.

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### Hints & Tips

#### Reflecting On Values Dissolves State of Denial

Most people respond defensively when confronted with evidence that their behavior is irrational, irresponsible, or unhealthy.

But Dr Jennifer Crocker, University of Michigan finds that those who wrote about an important value felt more loving which in turn dissolved their state of denial [Endnote 1]

The researchers speculate that the love and connection people feel after writing about important values affects hormones such as oxytocin. Oxytocin increases trust and reduces defensiveness.

**Our View?** If you are having difficulty actually applying our precepts, try thinking hard about your important values for a few minutes every day.

See also "Apply the Knowledge – It Won't Happen By Itself" p.3

### Quote of Month

"A low-fat plant-based diet would not only lower the heart attack rate by 85% but it would lower the cancer rate by 60%"  
- William Castelli, director of the Framingham Health Study.

The well-known Framingham study began in 1948, when the U.S. government wondered what was killing scores of seemingly healthy men in their 50's and 60's.

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**Recipe**

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



**Poppy Seed and Apple Gateau**

**Yield:** 8 - 12 servings  
Totally Conforming

*My earliest memories are of my Czech grandmother's delicious poppy-seed patisserie (such as koláčky and buchty).*

*Central European cooking uses blue seeds (Asian poppy-seed is white) which have a pleasing, nutty taste. They do have some useful micronutrients but, since poppy seed is only used in condiment quantities, the contribution is modest. Fortunately this goes for the microscopic amounts of opium in them too!*

*Here Nicole has drawn on her German roots to perfect this most delicious of desserts.*

- 2 small-medium apples (about 12 oz)
- 1/4 cup lemon juice
- 2 tablespoons rum
- 2 1/2 tablespoons fructose
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 3 Tbs. diabetic orange marmalade
- 3 Tbs. poppy seeds (3 ounces)
- 5 eggs
- 1 tablespoon olive oil
- 7 Tbs. almond meal (about 1/2 cup)
- olive oil spray

1. Grate the apples with the skin in a medium-size mixing bowl.
2. Mix in the lemon juice, the rum, the fructose, the cinnamon, the vanilla extract, the orange marmalade and the poppy seeds. Set aside.
3. Take 2 medium-size mixing bowls. Break 2 eggs and carefully separate the yolks from the whites. Add the remaining 3 eggs to the yolks in the first bowl. Set aside the whites.








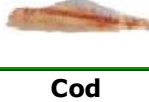

4. Beat the eggs yolks with an electric hand-mixer. Mix in the oil and the almond meal.
5. Add the apple gratings to the mixture. Set aside.
6. Beat the 2 egg whites with an electric hand-mixer, until very stiff.
7. Carefully fold the egg whites into the apple-egg mixture.
8. Spray a round and flat, table-ready baking dish (about 10-inches diameter) with the olive oil and fill with the mixture.
9. Bake in a preheated oven at 360°F (180°C) for 20-25 minutes. Check the center for doneness.
10. Allow to cool and serve in the baking dish.

**Questions**

**Thyroid and Iodine Deficiency**

**Q.** *My doctor diagnoses low thyroid function. He has put me on thyroid replacement therapy. Is there anything else I can do? I am a vegetarian.*

**A.** Vegetarians are vulnerable to inadequate intake of iodine which, in turn, deprives the thyroid of this element which is essential to its proper function. Iodine is common in seafood (fish and shellfish), seaweed [see "Marine Foods", [Dec 2001](#)] and eggs. It is also in most vegetation: watercress is a particularly rich source [Endnote 2].

		
<b>Mackerel</b>	<b>Shrimp</b>	<b>Watercress</b>
		
<b>Seaweed</b>	<b>Mussels</b>	<b>Salmon</b>
		
<b>oysters</b>	<b>Cod</b>	<b>Eggs</b>

Cheese and milk (which we do not recommend anyway) do have a modest iodine content,

but it also depends on how well the dairymen fed the cows.

The Government also medicates its population by requiring by law that iodine be added to table salt (of all things!) However, since we recommend cutting out salt for other, better, reasons, then this defeats the Government's good intentions. Salt in processed foods is not iodized anyway.

So to find out if you are iodine deficient, ask your doctor for an iodine test (which is done with a urine sample). The best protocol is where you take an iodine dose and then the urine is collected over 24 hours. You are deficient if the body has retained most of the iodine and not released excess into the urine.

If you are iodine deficient you, as a vegetarian, will have to go to work on an egg – and learn to enjoy volumes of watercress!

**Monavie Açai Juice**

**Q.** *What is your take on Monavie products? It's an antioxidant berry juice mix.*

**A.** The chief ingredient of Monavie is açai berry. I wrote an article in the [July 2008](#) issue entitled "Goji Juice". Towards the end of my article I mention açai as follows: "...it is overhyped and sold at fancy prices through multi-level marketing. Buy this juice and you are doing more good for the vendor's bottom line than you are for yours!"

Read my article in [July 2008](#) for the full story.

**Black Tea Nausea side Effect**

**Q.** *You recommend ordinary (black) tea. However, it sometimes gives me nausea, particularly on an empty stomach. I don't have this problem after coffee. Is there any explanation?*

**A.** A number of people have made similar observations to me, but there is nothing in the

scientific literature about it. I can offer a couple of ideas though.

Tea is rich in fluoride (just like most toothpastes)– and one of the side-effects of high fluoride intake is nausea.

Tea is rich in all those wondrous micronutrients and antioxidants which is why it has a proven track record of benefit to human health. However, many of them (e.g. the tannins) are bitter and can also have the effect of stimulating a nauseous reaction. See my article "Bitterness is not all Bad" [2005 08](#) reporting the views of the authority on wild plant-foods, Dr Günter Noll.

#### Quince

**Q.** *What do you think of quince?*

**A.** Quince is good. It is low sugar – 2.3% glucose and 3.7% fructose [Endnote 3]. According to unconfirmed sources it has a low glycemic index of 35 (which seems about right for its sugar content) [Endnote 4].

But quince has a huge drawback: it is so astringent that it is only good for jam and other highly sweetened products.

Like medlar fruit ([April 2006](#)), quince is said to be more palatable after it has frozen and half rotted on the tree.

Quince is a challenge for us and Nicole is working out ways of using it in our food supply.

**After-note:** Quince brandy is reported to be quite drinkable!

#### Purslane Availability

**Q.** *In Deadly Harvest you mention the healthful salad leaf purslane. Where can I find it in California?*

**A.** In 1849 purslane, under the nickname of miners' lettuce, was a mainstay of the '49ers (See Newsletter [August 2001](#)). It grows freely in the Californian climate but, seemingly, it is only farmed by market gardeners. Look out for purslane in farmer's markets, especially those frequented by Mexicans who prize its culinary qualities.

#### Editorial

##### Apply the Knowledge - It Won't Happen By Itself

Most of my followers endeavor as best they can to apply my precepts in their daily lives.

However, occasionally, I have a client who seems to do everything right: he comes to my talks and lectures; he buys the books, cookbooks, quick guide, newsletter; he even takes consultations.

Only later do I realize that he stops right there. He doesn't change his habits at all!

Imagine my sorrow and chagrin to learn that this client succumbs to a totally preventable heart attack or cancer.

It is a hard lesson to learn: you actually have to do what I say. You won't get the benefit effortlessly by some magical influence emanating from the books lying unread on the bookshelf!

#### Briefing

##### Night-time Urination (Nocturia)

As both men and women get older they are likely to suffer nocturia. It has four main causes:

- Reduced secretion of the hormone ADH (anti-diuretic hormone) which tells the kidneys to stop producing urine while asleep.
- The older kidney is not so efficient at concentrating urine – so it needs more water to excrete a given amount of waste.
- The older kidney takes longer to extract excess water out of the blood. So water from evening drinks only reaches the bladder in the middle of the night. Avoiding late-night drinks may reduce nocturia.
- reduced volume and elasticity of the bladder

And, in addition, for men only:

- Swollen prostate (BPH).

So whether or not the prostate is swollen, older people – of

both sexes – usually have to reconcile themselves to getting up to urinate once or twice a night.

**Our View?** The swollen prostate is susceptible to avoidance or even resorption. (See "BPH Prostate Enlargement [August 2008](#)"). No one has established whether the other aspects of nocturia are amenable to improvement.

##### Poisonous Green Potato

Potatoes are not human food. I explain why in *Deadly Harvest*, [Chapter 5](#), Page 125. One big problem is that our bodies do not know how to handle their plant poisons called "glycoalkaloids".

Potato poisoning includes such symptoms as vomiting, mental confusion and hallucinations. In extreme cases, death can ensue from paralysis of the central nervous system [Endnotes 5 and 6].

However, just in case you find yourself having to eat a potato, make sure you cut off any green parts. They contain the highest concentration of glycoalkaloids [Endnote 7].

#### News Shorts

##### Chili Poisoning

For a bet, Yorkshireman Andrew Lee made and ate the hottest curry possible using red chilies grown on his father's allotment. The next day he was dead of a heart attack after suffering a night of unbearable itching.

We don't have the formal post-mortem results, but we do know that chili slows heart beat. [Endnote 8].

As I explain in *Deadly Harvest*, [Chapter 3](#), page 56, chili is not human food and, in excess, does immense damage to the digestive tract and other body functions.

In contrast, in our recipes, we use safe amounts of chili.

Don't pay any attention to the so-called health benefits of chili. Just use it abstemiously as a



condiment for the fillip it can give to a dish.

### Letters

#### Impressed with Scholarship

"Just a quick note to say how impressed I am with your attention to detail, amazing knowledge and dedicated research obviously over many years... After reading your 'Deadly Harvest' it now makes complete sense to me.

Changing over to your Bond diet will not be that difficult as we are nearly there (we just have to drop dairy foods, grains, red meat and high GI plant food).

My problem is my husband. I can eat a bowl of salad and half a cabbage without a problem, but he just cannot grasp that when you eat right you must eat larger portions..." – *Zelma Wallace, Australia.*

**Geoff Bond:** I am impressed by your "can-do" approach, quote: "*your Bond diet will not be that difficult ... we just have to drop dairy foods, grains, red meat and high GI plant food!*"

But I admire your persistence. It is doubly difficult hewing to the line when spouses and other members of the family are not on board.

#### Word of Mouth Serendipity

"A friend attended a seminar at Desert Regional Medical Center, Palm Springs in March 2007. She felt that she gained so

much from the information that she followed the program with great results.

... She offered me your Natural Eating booklet and I read and reread every page many times and have adopted the concept.

This made me curious and very interested in learning more! So I found you on the Internet and ordered Deadly Harvest and newsletter" – *Geraldine Campbell, USA*

**Geoff Bond:** That seminar (at which I gave the keynote talk) was co-promoted by Dr Rita Stec, director of The Women's Wellness Center and Dr Elber Camacho, director of the Comprehensive Cancer Center. My theme was: cancer is a result of immune deficiency (see "If Not Sunshine, Why Melanoma?" page [1](#)).

It is great that the seminar's influence has spread so far. Pass on the good news!

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#### If not Sunlight, Why Melanoma?

Just live in a way our bodies recognize and your immune system should take care of the rest.

Oh yes, and by the way, doctors are beginning to think that many innocent moles are being misdiagnosed as melanoma...

#### Beneficial Mouth Flora

Nature surely could not have intended us to have species in our mouths that give us gum disease and dental caries (cavities).

Under the right conditions, the mouth flora is probably working to keep our bodies healthy – but we just don't know!

It makes us wonder, provided you live like we say, using anti-septic mouthwashes might be doing as much damage as taking antibiotics is for colon flora.

#### Quote of the Month

Now, more than 50 years, and 1,000 research papers we're all aware of the risk factors: low plant, high fat diet, leading to obesity, high blood pressure, and diabetes – to name a few.

### Listen to Geoff

#### Radio Interview

Geoff's interview with Rosie Charalambous is still online.

[http://www.cybc.com.cy/index.php?option=com\\_content&task=view&id=675&Itemid=197](http://www.cybc.com.cy/index.php?option=com_content&task=view&id=675&Itemid=197)

### Upcoming Events

As I write this I am in London giving seminars and consultations – the reason this newsletter is a little late!

**October 29:** University of Nicosia (private participants).

#### Long Range Planning

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

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email: [admin@NaturalEater.com](mailto:admin@NaturalEater.com); Cancer Support Site: [www.BeatCancerNaturally.com](http://www.BeatCancerNaturally.com)

Tel: +357 99 45 24 68; Skype: gvlbond; fax: +1-801-659-7358

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