



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.

Food politics: Rolling Back School Junk Lunches (Jamie Oliver). **Hints & Tips:** Try Raw Beets. **Briefings:** Thyroid-depressing Plants. **Recipe:** Lemon & Coriander Chicken. **Q&A:** Desirability of Digestibility; Fructose is not Preservative; Fish Contaminants Not all Bad. **Lifestyle-Disease Links:** How to Avoid Enlarged prostate; Mouth Flora in Evolutionary Perspective. **News Shorts:** Carbs Waken Esophageal Cancer; Omega-3 Deficiency Allows Prostate Cancer to Emerge; Parkinson's and Alzheimer's more Likely with Sunshine Deficiency; Flavonoids as Vaccines. **Letters:** Grains Wreck Cats & Dogs. **Misbeliefs:** Denial about Cancer Causes. **Upcoming events.**

Food Politics

Rolling Back School Junk Lunches

UK's Jamie Oliver is an Essex boy made-good and is now a TV celebrity chef [1].



For some years Jamie has led a campaign to improve the quality of food served in schools. Under this pressure, the UK government ordained that school meals should include a choice of healthy food.

Rotherham (UK) is a down-on-its-luck rust-belt town. One in six children is already obese, and, as a distraught local health visitor puts it, "If they get any fatter we'll be taking school photographs from the air."

Nothing daunted, Jamie has taken his principles into the local schools.

See this YouTube video (Part I). <http://www.youtube.com/watch?v=kFkAszCA9dI>.

He finds mothers who cannot recognize avocado or basil – and not one child in a class of 20 who can identify asparagus!

Jamie got one school to focus on salads and vegetables – and to eliminate junk, processed food.



The reaction of the local mothers? Feed Big Macs through the school railings to their salad-dodging offspring!

In Part II, Oliver shows children how chicken nuggets are made: <http://www.youtube.com/watch?v=pkht3noIK0E&NR=1>

The sight of fat, skin and ground up gristle going into the nuggets disgusted the children who, moreover, had no idea that a chicken was a real animal!

Jamie talks to hospital nutritionists. They are treating children who've not had a bowel movement in six weeks!

He shows a family how to eat right for a week – and how there is an immediate benefit in well-being – and behavior.

I could pick holes in Jamie's dietary nostrums – but let's face it. When dealing with this vast reservoir of ignorance – of mothers and children who simply cannot recognize naturally occurring vegetables or chicken – any move in the right direction is welcome.

Hints & Tips

Try Raw Beets

Most of us buy our beets (beetroot) ready cooked. But you can also buy, peel and eat them raw.

Raw beets have the consistency of raw carrot and you can eat them whole – or slice, chop and grate them.

Moreover, raw beets have the tremendous advantage of having a "good" glycemic index (G.I.) of 30, whereas cooked beets have a "bad" G.I. of 65. [Endnote 2]

Briefings

Thyroid-depressing Plants

Last month ([September 2008](#)) I explained how inadequate iodine intake will undermine thyroid function.

However there is another dimension: some of the foods we eat contain antinutrients that depress our thyroids.

Over 50 years ago Prof. Monte Greer of Portland University, Oregon, summarized the thyroid depressing substances, (known as "goitrogens"). [Endnote 3].

He identified raw rutabaga (swede) as having the most marked goitrogenic effect. Raw turnip, peach, pear, strawberry, spinach and carrot had a moderate goitrogenic effect.

Subsequent research suggests that the entire cabbage family (see later) contains goitrogens to some extent.

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Recipe

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



Recently Bill Allon and his wife Marilyn stayed in our seaside bungalow in Cyprus. Bill shared his favorite Indian recipe with us.

Lemon & Coriander Chicken

3 large chicken breasts
2" ginger, fresh, peeled & coarsely chopped
4 - 6 Tablespoons olive oil
5 cloves garlic, peeled & chopped
2 bunches of fresh coriander
1 or 2 fresh green chillies, finely chopped
2 teaspoons cumin powder
1 - 1½ teaspoons coriander powder
½ teaspoon turmeric powder
Salt, pinch
2 Lemons, fresh

Place coriander, chillies and ginger into a food processor and squeeze in the juice of the lemons. Process until thoroughly chopped.

Cut the chicken into strips and brown in the olive oil. Remove with a slotted spoon and place in a bowl. Put the chopped garlic into the hot oil. When turned medium brown, lower heat to medium.

Add the chicken pieces and any liquid from the chicken back into the pan, adding ¼ pint of water and the lemon juice.

Cook gently, covered for 20 minutes or until the chicken is tender. If the sauce is too thin, uncover and boil until reduced.

Delicious! - Bill Allon,
www.camera-angles.co.uk

Comment:

Serve with a generous portion of vegetables: e.g. steamed green beans or grilled eggplant slices. With regard to the chillies, make sure to use modest condiment quantities such that the dish has only a mild "bite".

Questions

Desirability of Digestibility

Q. *You are asking me to dramatically increase my consumption of raw vegetables. But surely I would be better off consuming something more digestible?*

A. No! It is something of an urban myth that our food should be "readily digestible". That is just the problem of the modern diet - it is too digestible!

In particular those starchy, (and always cooked) carbohydrates hit the bloodstream so fast that they are responsible for all those metabolic diseases we now know so much about (see "Blood Sugar Control and Carbohydrates", *Deadly Harvest*, [Chapter 4](#), page 98).

Meanwhile, most people in industrialized societies are blithely consuming very indigestible foods, like milk and T-bone steak.

It is quite possible that your guts have got lazy and are surprised to find they have to gear up for raw vegetables. If so, just build up your intake gradually.

Fructose not Preservative

Q. *We made your Chocolate Brownies [[Healthy Harvest](#)]. However, they went moldy after a week. I guess this is due to the fructose not being a preservative like sugar?*

A. Yes. Fructose does not have the preservative properties of sugar. But we admire your self control - fancy keeping your stock for a week!

Try freezing the Brownies if you wish to keep them for any length of time.

Fish Contaminants Not all Bad

Q. *What is your take on fish contaminants? It seems to me that many of the studies are based on test-tube examinations and not on what actually happens in real life.*

A. You have put your finger on it - test-tube studies do not always reproduce the environment of the human body.

More recent studies soften the message about fish and their contaminants. For example, the Danes now mildly observe that the benefits of eating fish, even for pregnant women, outweigh any possible problems from mercury contamination [Endnote 4].

I also wrote about fish contaminants in [May 2003](#), [Dec 2003](#), [Feb 2004](#) and [March 2007](#).

Lifestyle/Disease Links

How to Avoid Enlarged Prostate

The basic precepts, as set out in *Deadly Harvest*, [Chapter 9](#), page 229, are what count. But here are some particular points to focus on:

Men who regularly consume the following are LESS likely to suffer enlarged prostate (BPH): alcohol in moderation; vegetables notably tomatoes, onion, garlic, brassicas (see *Briefing*, p. 1); fruits; and flaxseed which is rich in the plant fiber, "lignan".

Men who regularly consume the following are MORE likely to suffer BPH: butter, margarine, omega-6 vegetable oils (e.g. sunflower oil, corn oil etc.), milk, zinc (often prescribed for BPH!), salt, starches, cereals, bread. (Just so!)

Mouth Flora in Evolutionary Perspective

Last month ([September 2008](#)) I highlighted how mouth flora, when we live as nature intended, might be helpful to us. Here are some more thoughts.

Nature did not intend us to suffer gum disease and dental caries. All the evidence points to how the modern lifestyle, notably diet, fosters the overgrowth of mouth organisms that would be more at home in a septic tank!

In *Deadly Harvest* ([Chapter 1](#), page 18) I write about the San

Bushmen of the Kalahari Desert. Researchers studied them while they were still unspoiled by contact with the outside world.

In 1966, the South African ear, nose, and throat specialists John Jarvis and H.G. van Heerden made tests on old Kalahari Bushmen and found that they had mouths full of perfect teeth, free of cavities.

As far back as the 1930's, Dr. Weston Price, a Cleveland dentist, searched for the causes of dental decay by studying, as he said: "people with fine teeth – the isolated primitives".

Famously, Dr Price travelled the world to study Eskimos, American Indians, Polynesians, Australian Aborigines, Maori and many more. Wherever he went, Dr. Price found that they had beautiful straight teeth and freedom from decay.

Dr Price put their good dental health down to the absence of "impoverished foods of civilization" – sugar, white flour, pasteurized milk, and convenience foods filled with extenders and additives' [Endnote 5].

Today we know for sure that our evolutionary history never designed us to consume grain products, starches, dairy, most fats and sugar – let alone their highly processed confections and derivatives.

In contrast, the "primitive" diet consisted solely of vegetable matter and some animal matter. They didn't use antiseptic mouthwash and they didn't brush their teeth. Under these conditions, the mouth flora is harmless and might even contribute to keeping their bodies healthy.

It raises interesting questions. What harm would those "primitives" do to themselves if they used mouthwashes? Would they be killing friendly organisms that nature provided to contribute to optimum health?

What about us? If you eat and live like I say, could we too dispense with mouthwashes and even brushing our teeth? We need much more research to fully understand how.

In the meantime, it is prudent to continue with conventional mouth hygiene – and watch this space!

News Shorts

Carbs Waken Esophageal Cancer

Dr Claudia Thompson of the USA's National Institute of Environmental Health Sciences finds that high carbohydrate (starch) intake has a big role in the rise in cancer of the esophagus. [Endnote 6].

Just so: starches are not human food. They sicken us in many ways.

Omega-3 Deficiency Allows Prostate Cancer to Emerge

Dr Iris Edwards of the Department of Pathology, Wake Forest University, North Carolina, finds that omega-3 deficiency leaves men more likely to contract prostate cancer [Endnote 7].

Just so: Our bodies rely on adequate intake of omega-3, otherwise they sicken and die.

Parkinson's and Alzheimer's more Likely with Sunshine Deficiency

I have on many occasions promoted the idea that the supposed dangers of sunshine so freak us out that we are now making ourselves sick from not getting enough of it.

Dr Marion Evatt and colleagues at the Department of Neurology, Emory University School of Medicine, Atlanta, Georgia finds that sunshine deficiency can lead to Parkinson's and Alzheimer's disease [Endnote 8]

Just so: Sunshine is human food and without it we sicken in many ways.

Flavonoids as Vaccines

We often talk about the wondrous micronutrients called "flavonoids". Conventionally we thought of them as nutrients

that nourish essential processes in the body.

Now, work by Dr. Balz Frei of the Linus Pauling Institute, Oregon State University, casts a new light on the way flavonoids perform their magical effects.

Frei finds that the body sees flavonoids as foreign molecules. It therefore mobilizes the production of chemical agents to deal with them. [Endnote 9]

It is these mobilized agents that have all the beneficial effects in terms of fighting degenerative disease.

Dr Frei says that this is similar to vaccination: injection by a foreign body so as to trigger the body's own defense mechanisms.

This phenomenon also casts light on how substances like goitrogens can be both helpful and harmful. See "Thyroid-depressing Plants", page 1.

Letters

Grains Wreck Cats & Dogs

"My sister researched pets and found that they should be on your diet as well. They say not to feed them bread because it leaves a sugar residue on their teeth and can cause decay.

As a matter of fact cats and dogs do better on a diet of raw protein. Anyhow, long term use of foods that cause blood-sugar spikes would encourage cancers to flourish. And problems in the mouth would be caused by the residues from wrong foods." – Lisa Brown.

Geoff Bond: Quite right. Cats and dogs are "obligate carnivores" which means that, by their genetic makeup, they **must** eat the tissue of other animals in order to thrive.

It is a gross offence to their nature to inflict grain food on them. They are no more adapted to grains than humans are. Their digestive systems and biochemistry simply cannot handle them.

Cats and dogs get diabetes, cancers, heart disease, dental cavities and arthritis even faster than we do on such a diet.

See "Natural Eating for Felines", [January 2000](#); "Omega-3: Plant vs. Fish", [June 2006](#); and Natural Eating Book, [Chapter 4](#), page 58.

However in contrast to cats and dogs, humans DO need to consume large volumes of non-starchy plant food so, in this respect, the Bond Diet diverges from a carnivore diet.

Misbeliefs

Denial about Cancer Causes

Many people hold mistaken beliefs about what causes cancer.

The International Union Against Cancer based in Geneva, Switzerland, carried out a survey of attitudes in 29 countries to identify what cancer misconceptions should be addressed.

It finds that people in all countries believe that cancers are due to factors outside their control (such as air pollution) rather than factors in their control, such as diet and lifestyle.

Our View? This is only human! It takes courage to recognize that we are the only ones responsible for our health.

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Briefing

Thyroid: Plant Antagonists

The cabbage family (Brassicas) includes: bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kohlrabi, mustard greens, radish, rutabaga, and turnip.

Their goitrogens have names like "glucosinolates" and "isothiocyanates".

However cooking (with the exception of radish) neutralizes their harmful goitrogenic properties [Endnotes 10, 11].

But the story is not finished. These "glucosinolates" and "isothiocyanates" are the very same substances that, in modest concentrations, boost the immune system and root out cancer cells! (See How to Avoid Enlarged Prostate, p. 2)

A quite different class of plant – seaweed – also contains thyroid-depressing goitrogens. Ironically, nutritionists often recommend seaweed as a source of iodine – fondly imagining it to be therefore thyroid boosting.

However, Dr. Miyai of The College of Nutrition, Koshien University, Japan, finds that the seaweed goitrogens block and inactivate the iodine [Endnote 12].

He recommends that Japanese should restrict the consumption of the seaweed called "Kombu".

Our View? This whole issue neatly highlights the impossibility of second-guessing the workings of our biochemistry. In modest quantities some goitrogens are good for us – in larger quantities they depress thyroid. If your doctor diagnoses you with poor thyroid function, then think about consuming your brassicas cooked. In addition, boost iodine intake as discussed last month ([Sept 2008](#))

"Raw foodists" need to think carefully about their raw brassica intake: in excess, they run a risk of poisoning their thyroid.

Either way seek further advice from a naturopath – they are trained to correct thyroid malfunction by natural means and without recourse to medication.

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

Upcoming Events

LONG RANGE PLANNING

Feb/March 2009: US Tour.

Medical teach-ins (participation by invitation).

Public Talks: (to be announced)

March/April 2009: Public Talks, UK (to be announced)

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