



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.

Like Nature Intended: Golf Prolongs Life; **Like Nature Intended:** In Praise of Sunshine. **Evolution & Human Behavior:** Part I: Evolutionary Origins of Stepfather Violence. **Recipe:** Rich Christmas Cake. **Questions:** Baby Formula. **Lifestyle/Disease Links:** Greenery Reduces Obesity. **Sunshine is Human Food:** Parkinson's Disease; Crohn's Disease, Colitis; Chronic Liver Disease; Deficiency Affects 36 organs. **Briefing:** Unraveling Breast Milk. **Biological Curiosities:** Hardship & Long Life. **Listen to Geoff:** Rosie Charalambous. **Events.**

Like Nature Intended

Golf Prolongs Life



The death rate for golfers is 40 per cent lower (equivalent to an extra 5 years of life). So finds Professor Anders Ahlbom, of Karolinska Institutet, Sweden [Endnote 1].

"A round of golf means being outside for four or five hours, walking at a fast pace for six to seven kilometres, something which is known to be good for the health," he says. "People play golf into old age, and there are also positive social and psychological aspects to the game that can be of help."

Golf players have a lower death rate regardless of sex, age and social group. The effect is greater for blue-collar workers than white-collar professions. He found the lowest rates in the lowest handicappers.

"Maintaining a low handicap involves playing a lot, so this supports the idea that it is largely the game itself that is good for the health," says Professor Ahlbom.

Our View? Page 4

Like Nature Intended

In Praise of Sunshine

I regard sunshine as a vital part of a healthy lifestyle (Deadly Harvest, [Chapter 8](#), p 195). A rising swell of studies indicates that sunshine starvation is a factor, often a major factor, in many diseases from cancers (including skin cancer!), diabetes, and multiple sclerosis to heart disease and osteoporosis. (See Sunshine is Human Food, p. 3)

Much of this is to do with vitamin D, but it is a poor substitute to eat it. Vitamin D is really a cocktail of compounds. The body makes these from sunlight in just the right amounts, and in the right combinations. The body cannot handle raw dietary vitamin D in the same harmonious way. Overeating of vitamin D can have paradoxical effects, like CAUSING osteoporosis! In excess it is poisonous.

But vitamin D is not the whole story. Other sunshine factors control mood for example, without which we are more susceptible to depression and other mental illnesses.

If sunlight didn't matter (or was dangerous), Europeans would still be dark skinned. Of course, people with fair skins have evolved to soak up the feeble sunlight in northern latitudes.

The promotion of sunscreens is a cruel deception.

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Evolution & Human Behavior

Part I: Evolutionary origins of stepfather violence

Those who follow the British news will have been gutted by the recent story of "Baby P", the 14 month-old baby who, under the noses of social workers, died horribly at the hands of a stepfather and complicit mother.

When a lion takes over a lioness and her cubs, the first thing he does is kill the cubs. Some other lion fathered them and they do not contain his genes. Wolves do the same thing.

Humans, of course, are civilized. Males do not routinely kill the offspring of the woman they move in with.

Nevertheless, humans are programmed with similar reflexes. A male who altruistically brings up some other male's genes is not multiplying his altruism genes in the gene-pool! It is an unfortunate logical paradox.

We can predict that step-fathers or live-in partners, rather than biological fathers, are more likely to kill their partner's children. Indeed this is so.

Professors Martin Daly and Margo Wilson specialize in the evolutionary psychology of conflict. They find that so-called "intimate partners" or stepfathers kill small children in their care at a much greater rate than biological fathers.

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Recipe

This recipe is extracted from *Healthy Harvest*. It is an updated and improved version of the recipe we published in [November 2007](#).



Rich Christmas Cake

Yield: 12 – 14 slices

Yes, your Christmas can still have its cake – and you can eat it too! This recipe contains all the special Christmassy ingredients, but avoids the pitfalls of bad fats, starches and sugars. Your guests won't know the difference.

- 1 medium orange, preferably organic
- 5 tablespoons raisins (2 ounces)
- ½ cup chopped dried figs (about 5 figs)
- 3 tablespoons rum, dark and flavorful
- 5 eggs
- 2 tablespoons olive oil
- 2 teaspoons vanilla extract
- 2 teaspoons orange extract
- ½ cup almond milk
- 2 1/3 cups almond meal (about 8.5 ounces) – more if needed for the thickness of the cake
- 5 tablespoons diabetic orange marmalade
- 2 cups mixed raw nuts (chopped almonds, walnuts and pecan nuts in pieces – about 9 ounces)
- ½ cup stoned and chopped dates (about 8 small dates)
- 1 tablespoon allspice (or mixed spices), or more to taste
- 2 teaspoons fructose, or to taste
- olive oil spray

1. Grate the orange skin and set aside the gratings. Squeeze the orange to obtain about ¼ cup of juice. Set aside.

2. In a small bowl soak the raisins in hot water for about 10 minutes. Drain the raisins. Put back in the bowl and add the chopped figs. Add the rum and mix well. Set aside.

3. Meanwhile take a medium-size mixing bowl, and with an electric hand-mixer, beat the eggs with the olive oil, the vanilla extract and the orange extract.
4. Mix in the almond milk and orange juice. Fold in the almond meal. Add the orange marmalade, the orange peel gratings, the mixed nuts, dates, raisins and figs with the rum.
5. Add the allspice (or mixed spices) to taste. Add the fructose to taste.
6. Spray a loaf mold (10-inches long, 5-inches wide, 3-inches high) with the olive oil and fill with the mixture. Bake in a hot oven at 360°F (180°C) for 40 – 45 minutes.
7. Check for doneness (the center of the cake should be cooked).
8. Allow the cake to cool down. De-mold or serve in the loaf mold.

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



Questions

Baby Formula

Q. My wife is 5 months pregnant and in preparation for the worst (baby not being able to breast feed), I'm trying to find a non-dairy/non-soy/non-'home remedy' formula. Some, such as "[Alimentum](#)" seem close, but still have "hydrolysed cow's milk protein". Any ideas?

A. In olden days, raw cows' milk killed many babies when desperate non-lactating mothers fed it to their babies.

So first let me say that, for a couple of generations now, millions of babies have been bottle-fed from birth and have grown into perfectly healthy babies, children and adults.

In my first book *Natural Eating*, [Chapter 6](#), page 106, I wrote: "Fortunately, the companies that make formula milk are getting a lot more cute about making a product that imitates

human milk as closely as possible. They have come a long way in 50 years."

You are right to finger cows' milk protein. It is highly allergenic. That is the point of hydrolyzation: it does reduce the allergenicity [Endnote 2]. But it is not foolproof, particularly against eczema [Endnotes 3, 4].

It is devilishly difficult to find out precisely what formula manufacturers put into their products. One vital ingredient to watch out for is "long chain fatty acids", usually "DHA" (docosahexaenoic acid) and "AHA" (arachidonic acid). Your Alimentum Similac Advance seems to fit the bill.

One of our readers says that she researched the question and plumped for [Aptamil](#) (by Milupa) as "research shows that it is closest to breast milk". It too has the essential fatty acids.

See *Unraveling Breast Milk*, page 3.

Lifestyle/Disease Links

Greenery Reduces Kids Obesity



For children in densely populated cities, the greener the neighborhood, the lower the risk of obesity, said Gilbert C. Liu, M.D., at the Indiana University School of Medicine [Endnote 5].

Higher neighborhood greenness was associated with slower increases in body mass index over time, regardless of age, race or sex.

Greenness was not simply defined as parks. They measured total vegetation and how healthy the vegetation is.

Trees and other urban vegetation improve esthetics, reduce pollution and keep things cooler, making the outside a more attractive place to run and play.

Our View? Inner cities are inhuman places to be. The tracts of concrete and tarmac are alien to our human natures. Humans are at their most at ease in environments which reproduce our ancestral homeland – something like a deer park.

See also [Golf Prolongs Life](#), p 1; [Green Settings Reduce Attention Deficit Disorder](#), [July 2005](#); [Landscape for Mood](#), [October 2006](#).

Sunshine is Human Food

Deficiency of the sunshine vitamin, vitamin D, is a factor in many medical conditions. Some recent findings:

Parkinson's Disease

Marian Evatt, MD, at Emory University School of Medicine, Atlanta GA finds that Parkinson's disease patients are twice as likely to have vitamin D deficiency compared to healthy patients [Endnote 6].

Crohn's Disease, Colitis

Dr. Alex Ulitsky at the Medical College of Wisconsin finds that Crohn's Disease and Ulcerative Colitis patients are much more likely to be vitamin D deficient [Endnote 7]. Ulitsky says that such patients should have their vitamin D deficiency "corrected aggressively".

Chronic Liver Disease

Dr Satheesh Nair of the University of Tennessee finds that 92% of chronic liver disease patients had vitamin D deficiency. One third were "severely deficient" [Endnote 7].

Deficiency affects 36 Organs

University of California Riverside's Dr. Anthony Norman, an international expert on vitamin D, identifies 36 organs affected by vitamin D deficiency. The list includes bone marrow, breast, colon, intestine, kidney, lung, prostate, retina, skin, stomach and the uterus [Endnote 8].

Vitamin D's "sphere of influence is much broader than

we originally thought", says Norman.

He goes on, "the tendencies of people to:

- live in cities where tall buildings prevent sunlight from reaching the ground,
 - spend most of their time indoors,
 - use synthetic sunscreens that block ultraviolet rays,
 - live in sunlight-poor regions,
- all contribute to the inability of the skin to make sufficient amounts of vitamin D."

Our View? We rest our case! See [In Praise of Sunshine](#), Page 1.

Briefing

Unraveling Breast Milk

Breast-fed babies have less diarrhea and lower incidence of diabetes or asthma compared to formula-fed babies.

But precisely how breast milk confers those advantages is unclear. Scientists know the basic ingredients of breast milk but don't fully understand how they work. Now researchers are coming to some startling conclusions [Endnote 9].

Dr Bruce German of University of California at Davis, finds that mother's milk fat globules smuggle in the components for baby to make membrane material such as intestinal cells. Homogenization destroys this faculty.

Dr Carlito Lebrilla, also at UC Davis, wondered why breast milk contains hundreds of seemingly useless compounds called "oligosaccharides". Their extraordinary finding is that they are there to feed "good" bacteria in the colon. It's an especially important task to ensure that "bad" species of illness-causing bacteria do not hijack a new-born's colon.

This explains why formula-fed babies tend to have "adult-like" species of bacteria and why they are then more susceptible to diarrhea and other intestinal troubles.

This gut "seeding" protects against viruses – even the dreaded HIV. Human milk oligosaccharides block the virus in the gut, helping to explain why a majority of infants breast-fed by HIV-positive mothers do not develop the disease [Endnote 10]

"[Breast milk] is a remarkable fluid," remarked one researcher. "It's extremely embarrassing how little we still know about it." A better understanding of the chemistry and function of breast milk will lead to the design of more nutritious infant formulas."

Our View? We have long contended that the contents of the colon are vital to the health of the body. See [Deadly Harvest](#), [Chapter 5](#), [The Underrated Colon](#), Page 114; and [December 2005](#). See [Baby Formula](#), page 2.

Biological Curiosities



Hardship and Long Life

Phyllis Thom died recently at the age of 100. What is more remarkable is that she was the survivor of over 3 years in a Japanese concentration camp in the jungles of Sumatra. She only weighed 6 stone (84 lb) when liberated [[Link](#)].

I am often struck how people who have suffered incredible dietary privation for extended periods of their lives, nevertheless survive to a great age, seemingly with all their organs still working properly.

It is a great testimony to the body's powers of self repair. It helps to confirm too, the finding that calorie restriction is an effective method of pronging life.

Let's have some research to find out what is going on!

Continued From Page 1**Like Nature Intended****Golf Prolongs Life**

Our View? Mark Twain opined that: "Golf is a good walk spoiled". But it is still a good walk of four to five miles nonetheless. Even using a golf cart is not to be disdained. Four hours of hopping in and out, walking around, swinging your arms (often with full force) is still surprisingly tiring. There are other factors too:

- Golf is played in surroundings which are in tune with human nature: green parkland (see [Greenery Reduces Obesity, p 2](#); [Green Settings Reduce Attention Deficit Disorder, July 2005](#); [Landscape for Mood, October 2006](#)),
- the mental focus takes one's mind away from dwelling on day-to-day anxieties,
- the format encourages social interaction with one's playing partners.

All these help release stress and enhance well being.

Finally, even on overcast days, sunlight's UV-B rays are generating life-giving quantities of vitamin D [Endnote 11].

See: Sunlight is Human Food, page 3 and In Praise of Sunshine, page 1.

Continued From Page 1**Like Nature Intended****In Praise of Sunshine**

They reduce sun burning by blocking the beneficial UV-B rays which produce vitamin D. Meanwhile sunscreens do nothing for the UV-A rays which are the ones that damage the skin. Indeed some contrarians claim that the rising skin cancer rates are due to the rising use of sunscreens: they turn off the alarm (burning) while allowing the skin damage to continue!

My view is that we should receive our sunshine "au naturel" and dosed in such a way that, whatever our skin color, we deepen our tan but without burning.

Continued From Page 1**Evolution & Human Behavior****Part I: Stepfather Violence**

Children in the 0 to 2 year age-group are 70 to 100 times more likely to die at the hands of a stepfather rather than a biological father [Endnote 12].

Put this way, the situation sounds dire. However, we must put the figures in perspective. Most step-fathers do NOT harm their step-children. In figures for Canada, just 67 children were killed by stepfathers in a 17 year period.

Death of course is final, but there will be many step-children who, if not murdered, will receive less parental care than a biological child. We now have an immense body of studies indicating that step-children receive less parental investment in general and from step-fathers in particular.

Continued next month:

Part II: Proof from foragers; how psychopaths manipulate social workers.

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)

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