



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.

Letter of the Month: "Thanks for Writing a Great and Much Needed Book". **Genetic Meddling:** Purple Tomatoes. **Well-Intentioned Meddling:** Overdosing on Folic Acid. **Sunlight is Human Food:** Diet Alone Cannot Manage Vitamin D Levels. **Recipe:** Tangy Quince and Chicken. **Q&A:** Balsamic Vinegar & Ketchup; Is Longevix Snake Oil? **Health Film Review:** Sicko by Michael Moore – part I. **Hints & Tips:** Save Money on Prepared Lettuce. **Our Food Supply:** Splenda Sweetener Woes. **Evolution & Human Behavior:** part III Stepfather Psychopaths. **Bond Briefing Update:** Why this Early edition? Events: American Tour 2009.

Letter of the Month

We are delighted to receive letters but might edit them for clarity and brevity. The following is a much condensed testimony. Find the [complete text](#) on our [website](#).

"Thanks for Writing a Great and Much Needed Book"

"I've read over 70 books in the last four years on diet, nutrition, food intolerance, gluten intolerance, autoimmune disease and diet, paleo diet, and related medical and nutritional issues. I've also read literally thousands of online medical abstracts and articles. Your "Deadly Harvest" book is the best and most comprehensive to date.

"I spent a week with gastroenterologist Kenneth Fine MD and his gluten-free camp in New Mexico. From a scientific standpoint he personally came to conclusions nearly identical to yours: www.enterolab.com.

"Thanks again for your excellent work. It has the potential of saving many lives and preventing or halting lots of misery.

"I value your evolutionary lifestyle material as well. I grew up in a small Rockies community which still practised subsistence hunting. Rites of passage were important in manhood relative to hunting and providing connections between generations of men.

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Genetic Meddling

Purple Tomatoes



"Most people do not eat 5 portions of fruits and vegetables a day" says Prof Cathie Martin from the John Innes Centre, UK.

But Prof Cathie has a fix – just genetically engineer an extra nutrient into the pitifully few servings they do eat!

This kind of reasoning makes my hackles rise. It's the same mentality that governments demonstrate when they ordain vitamin "fortification" of breakfast cereals, iodizing of salt, and the fluoridation of our water supplies. [See Overdosing on Folic Acid – next article.]

So what exactly has Prof. Cathie done? She inserted genes from the snapdragon flower into a tomato

[Endnote 1]. Not just any old gene, but the ones that give snapdragons their blue color.

Now for the kicker: that color comes from micronutrients called "anthocyanins". They are the ones that give blueberries and blackberries their color too.

Our View? It's the magic bullet mentality – and we are deluding ourselves... **Continued: P. 4**

Well Intentioned Meddling

Overdosing on Folic Acid

In 1996 the U.S. Food and Drug Administration required that folic acid be added to flour, breads and other grains "to prevent birth defects".

Although the government's target is only pregnant women, anyone who consumes these items (none of my readers presumably!) is forcibly medicated.

I bewail this mentality in my previous article. We can never fully understand the ramifications of such meddling.

Now we have the reckoning. Current research indicates that we can have TOO MUCH folic acid! An overdose during pregnancy primes the baby for asthma and allergies in later life [Endnote 2].

Our View? When it comes to folic acid, your body gets just what it needs, and in the right proportions from what you eat: *foliage!* That is, almost all green salads and vegetables.

Sunlight is Human Food

Sunshine not Diet Best for Vitamin D

Dr. Sue Penckofer of Loyola University, Chicago has studied the effects of vitamin D deficiency "common during cold winter months." [Endnote: 3]. She concludes that diet alone is not sufficient to manage vitamin D levels.

Our View? Let the sunshine in!

Recipe

Tangy Quince and Chicken

Yield: 4 servings

Quince is a good fruit, low glycemic and rich in the usual assortment of wondrous micro-nutrients. It is also rich in pectin – a gum-like plant fiber. This property helps thicken the sauce. Quince contributes a pleasant, distinctive aroma to the dish.

Ingredients

1 tablespoon olive oil
 2-3 boneless skinless chicken breasts (about 1¼ lb, 575 g), cut into cubes
 freshly ground black pepper, to taste
 ½ lb (225 g) sugar snaps
 1½ lb (775 g) quince
 2 tablespoons chopped fresh ginger (about 1 ½ ounce)
 3 medium gloves garlic, chopped
 3 tablespoons mild curry paste, or to taste
 ½ lb (225 g) carrots, cut into thick slices
 1¼ cup (300 ml) coconut milk
 ¾ cup (175 ml) vegetable broth
 2 tablespoons light soy sauce
 1 teaspoon sesame oil
 3 green onions cut in slices
 2 tablespoons fresh coriander leaves

Method

- In a large pan or wok heat the oil. Add the chicken and sauté for a few minutes until golden brown on both sides. Pepper to taste. Set aside on a hot plate and cover.
- Meanwhile blanch the sugar snaps in boiling water for 2 minutes. Drain and set aside. Peel the quince, quarter and core it (there will be some waste). Cut out any woody parts. Cut into thick slices.
- Add the ginger and garlic to the pan and stir-fry for 2 minutes. Mix in the curry paste and the carrot

slices and sauté all together for another 2 minutes.

- Add the quince slices, the coconut milk and vegetable broth. Bring slowly to a boil, cover and simmer for about 10 minutes, or until the vegetables are cooked.
- Season with soy sauce and sesame oil.
- Add the chicken, sugar snaps and green onions to the curry. Simmer all together for about 5 minutes. Check for doneness.
- Prior to serving mix in the coriander leaves.

Comment

Raw quince often has a strongly tart and astringent taste. However cooking and the tasty spices remove it.

The modest quantities of curry paste are within the limits of toleration for non-sensitive people. (See Feature Article [next month](#))

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



Questions

Balsamic Vinegar & Ketchup

Q. *What's wrong with balsamic vinegar as described in your recipe [last month](#) for tomato ketchup?*

A. Nothing is wrong, as such. It is just that with balsamic vinegar's powerful distinctive taste and color, it is not possible to make a tomato ketchup capable of deceiving the kids! By the way, balsamic vinegar contains no balsam – it just looks like balsam resin.

It also contains 15% sugars (unlike regular vinegars). The sugar content makes me hesitate but, in condiment quantities, it is acceptable. These observations go both for the authentic, 12-year-old "Balsamico Tradizionale" and also the cheap "Condimento" grade balsamic vinegar which is made from ordinary vinegar plus

caramel and other flavorings. (Read the labels!)

Is Longevinex Snake Oil?

Q. *What is your thinking on Bill Sardi's "overmineralization" theory to explain why we age? His product Longevinex® is supposed to combat ageing. www.longevinex.com*

A. "One can tell a crank when he promotes a magic potion for eternal youth." So opined (almost) Umberto Eco*.

Maybe this is a little unkind to Bill Sardi. But my suspicions are aroused for another reason too. Any product sold at a high price through multi-level marketing is almost certainly a device to separate the hopeful and gullible from their money. Sardi's prospectus has all the hallmarks of deceptive half truths.

When I look at his claims about retina health for example, his explanations don't bear up to close examination. If you want to have a healthy retina, all you need to do is live like nature intended! See Glaucoma and Macular Degeneration [last month](#).

In the matter of ageing there are no short cuts. Ageing involves highly complex processes interacting in unpredictable and unimaginable ways. There simply cannot be any magic potions. [see Page 1]

In the matter of ageing there are no magic potions.

On the other hand we DO know that the right lifestyle IS ALL. See "Life Expectancy and Health Expectancy" p. 86, *Deadly Harvest*, [Chapter 4](#).

Health Film Review

The controversial film director, Michael Moore, made a documentary called "Sicko". He intended it to be a fearless exposé of the ills of the American health

* author of the best-seller, *The Name of the Rose*, a murder mystery set in an Italian monastery in the year 1327. Made into the 1986 film starring Sean Connery.

care system, comparing it unfavorably with other countries. This is the first part of my review posted on Amazon.

Sicko - Part I

A missed opportunity to promote American health care reform.

The American health care system is, by common consent, dysfunctional. It presents an easy target for any campaigner to scandalize us with its sometimes corrupt, arbitrary and venal practices. However, to be persuasive, the arguments need to be accountable, honest and evidence-based.

Michael Moore's production is gimmicky and superficial. Moreover, it is shamelessly manipulative, treating us to heart-jerking scenes of tearful, hopeless cases bankrupted by medical bills or grieving over someone who died from treatment refused.

He then tours other countries health systems viewing them without exception through rose-tinted spectacles. As grateful, sobbing American patients scoop up cheap medicines in Cuba, he comes to the conclusion that "socialized medicine" not only can work, it is to be welcomed.

But the truth is that no country has a fully socialized system and those that are closest to it (like the UK) are also close to melt-down.

Every advanced country in the world is wrestling with the intractable problem of finite resources colliding with infinite demand.

Next Month: Part II

See my complete review on [Amazon](#). (Scroll down to my entry.)

See everything I've ever reviewed: [Geoff Bond Reviews](#).

If you found any of my reviews helpful, please click Amazon's "Yes" box. (Please don't EVER click "No"!)

Hints & Tips

Save Money on Prepared Lettuce



How many of you buy their lettuce ready washed and preserved in plastic bags? But it can be up to three times the price of a head of lettuce, straight out of the field.

Save money, buy a whole lettuce and prepare it like this. Separate it into its individual leaves. Rinse off each leaf and, still damp, wrap them into convenient portions using kitchen paper. Stored in a plastic zipper bag, the lettuce will keep for a week.

Thanks to Kathy Wade of Rancho Mirage, CA for this tip.

Our Food Supply

Splenda Sweetener Woes

(Continued from last month)

Last month I wrote: *Splenda halves the amount of good bacteria in the gut, boosts weight gain, and interferes with medications [Endnote 4].*

[Note that we are talking here about the newly invented sweetener whose pharmacological name is "sucralose". It has nothing to do with aspartame (Equal, Canderel).]

Prof. Mohammed Abou-Donia of Duke University, North Carolina finds that Splenda REDUCED the amount of GOOD bacteria in the intestines by 50%. In a double whammy, Splenda INCREASED the acidity of the colon, which encourages the overgrowth of BAD bacteria. These effects REMAINED even after Splenda had been discontinued for 12 weeks!

Splenda also interfered with gut's ability to absorb certain nutrients and drugs properly. Notably, it would affect chemotherapy and treatments for AIDs and heart conditions.

Pat on cue, McNeil Nutritionals, (makers of Splenda) vigorously defend their product. They sourly point out that Prof. Mohammed only carried out his tests on rats – to which the Professor riposted that McNeil's original tests, on which the FDA granted approval, were also only done on rats.

McNeil's latest barb notes that Prof Mohammed is in the pay of the Sugar Association...

Our View?

If this is confirmed, then Splenda contributes grievously to poor colon health. (See *Feature Article next month*).

It is also disquieting that our bodies might not absorb nutrients properly.

For the time being, and in the light of this evidence, we advise using one of the other sugar replacements (such as aspartame or saccharine) that I feature in Food Group 10, *Deadly Harvest*, [Chapter 6](#).

Evolution & Human Behavior

Part III: Stepfather Psychopaths

Last month I wrote about what happens in tribal forager societies in the wake of the "Baby P" murder. I finished on Steven Pinker's comment that wise stepparents nevertheless extend kindness and generosity to their stepchildren [Endnote 5].

Why am I laboring this point? "Baby P", the 14 month-old baby died in the most grisly circumstances at the hands of a stepfather and complicit mother. Naïve social workers, who visited the child over 60 times, were too trusting. They wanted to believe in the ultimate goodness of human beings.

Moreover, the social workers were taken in by the lies and deception. They could not admit to themselves that a small percentage of ANY human

population is genetically programmed to be glib, plausible, charming, clever – yet heartless, cruel, unemotional, ruthless, cunning, manipulative and deceitful.

Researchers estimate that some 3% of the male population has this personality, commonly called "psychopathic".

That the social workers could be duped is not surprising. Their education is based on the social science philosophy known as "cultural Marxism".

This outlandish doctrine claims that there is no such thing as human nature! So the poor social workers are, by definition, not competent to deal with questions of human nature...

Evolutionary psychologists are, with evidence based science, rolling back this politically-correct nonsense [Endnote 5]. Meanwhile the social sciences remain stupefied and addled.

Evolutionary psychologists are also answering the question why psychopathic genes persist in the human population. But that's a story for a later article!

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Letter of the Month

Thanks for Writing a Great and Much Needed Book

"...I'd like to see your message disseminated as widely as possible. I believe it is of absolutely critical importance."

– Andrew Haut, California

Recognition like yours is very much my reward for what is often a stony road to follow!

In the matter of gut health, Dr Fine and I agree. I never lose an opportunity to ram home the message that poor colon health is a much neglected key to understanding so many modern diseases. (See Feature Article next month).

Continued From Page 1

Genetic Meddling

Purple Tomatoes

Our View? Such simplistic measures cannot have anything useful to contribute to the functioning of the infinitely complex operations swirling around inside our bodies.

On the contrary: *"nutrition is like an orchestra, where you have to have all the elements present and in balance."* [May 2008]

Nature built our bodies on the assumption that anthocyanins will be available to take their part in this complex orchestra. Anthocyanin deficiency makes us more susceptible to cancers, cardiovascular disease, obesity, diabetes and visual acuity. (See also: Is Longevinex Snake Oil?, page 3).

Anthocyanins are present in a huge variety of colored salads, vegetables and fruit.

Just continue to eat like we say and your body's orchestra will be playing in perfect harmony.

Bond Briefing Update

Why this Early Edition?

We leave for the USA tour shortly (See "Events" later) and so I am getting ahead of myself. I will also post the February edition early.

Listen to Geoff

Radio Interview with Rosie

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

Upcoming Events

USA TOUR 2009
Feb 14 to March 11 2009

PUBLIC EVENTS

TALK

Fear not Cancer, Diabetes and Degenerative Diseases. How our ancestral nature provides revolutionary insights for Avoidance and Recovery.

Date: Wednesday, March 4th **Time:** 3:00p.m.

Place: Mizell S.C. Palm Springs, California.

BOOK SIGNING

Date: Saturday, March 7th.

Time: 12:00 midday

Place: Natural Products Exhibition, Expo West, Anaheim, CA.

PRIVATE EVENTS

C.M.E. LECTURES FOR PHYSICIANS

In some dozen hospitals, southern California.

TALK

How to Sustain the Gains From *The Oaks* Program in Everyday Life: Insights from our Genetic Heritage.

Date: Wednesday, Feb 18th

Time: 19:30

Place: The Oaks Spa, Ojai, CA

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