



## 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 an intelligent general public and for all health professionals. Independent of commercial pressure, we say exactly what we think.

**Sunshine is Human Food:** Vitamin D supplementation cannot substitute for sunshine. **Dairy is Not Human Food:** Milk Hormone Mischief. **Letter of the Month:** Welcome Natural Eater Adele! **Food Safety:** Estrogen-like Food Additives. **Question of the Month:** Fruit and Fructose Overdose. **Reinventing the Wheel:** Diabetes Preventable – Duh! **Food Preparation:** Chia Seed Flour Update. **Q&A:** AB Blood Group Origin; Lactose Intolerance & Yogurt; Bras & Breast Cancer. **From the Blogs:** Best Paleo Book on the Market; Your Health Will Thank You. **Our Evolutionary Heritage:** Make of your Gut a Herb Garden – Part V: Antibiotics. **Hints:** Beware Strong Wine; Microwave, Griddle Cooking Best. **Silly Science:** Gut Bacteria in Twins. **Letters:** Raw Cabbage – Pros and Cons. **Viewpoint:** Tsunami of Health News. **Food Policy:** Health without Hectoring?

### Sunshine is Human Food

*Vitamin D supplementation cannot substitute for sunshine.*

The vitamin D consumed in food and supplements is a steroid, ("secosteroid") rather than a vitamin [Endnote 1]

Like steroids, vitamin D may calm autoimmune inflammation, but may make the disease worse over the long-term because muffled inflammation allows the disease bacteria to spread.

On the other hand, sunshine produces the *forerunner* to vitamin D. The body uses or ignores this forerunner to make vitamin D in the precise amounts and proportions it needs.

**Next Month:** The multiple tricking personalities of vitamin D

### Dairy is not Human Food

#### Milk Hormone Mischief

Got milk? We hope not! Cow's milk intake is linked to cancer in the prostate, breast and ovaries.

Think about it: a cow is a breast-feeding mother – and she is full of female hormones like estrogen and estradiol. Even tiny concentrations of estrogens in her milk fuel the growth of many tumors, even in the prostate.

Intensive farming makes things worse by milking cows into their seventh month of a nine pregnancy when hormone levels have rocketed.

This is a distortion of traditional practice when cows used to be milked just six months a year and only early in pregnancy.

**Continued: Page 4**

### Letter of the Month

#### Welcome Natural Eater Adele!



*Peter Harris of Melbourne, Australia, writes:*

"Sarah and I have a happy smiling three-month old baby (our first) Adele Nancy Harris. Sarah is a 80-90% 'natural eater'. Adele is a 100% breast feeder. She glows with health and attracts much attention.

"Sarah has a very high supply of breast milk when compared to other mums. Adele takes it well but is nice and petite - no fatty.

"Sarah eats mostly fruit, salads, vegetables, nuts, boiled eggs, chicken/seafood, with regular but small portions of treats such as pita-bread, cheese, hummus dip, dark chocolate.

"After the birth Sarah went back to her normal slim figure within a few weeks, and still remains nice and slim, and with great supply."

### Food Adulteration

#### Estrogen-like Food Additives

Italian scientists find that propyl gallate (E310) and 4-hexyl-resorcinol (used to make shrimp pink) have harmful estrogen effects [Endnote 2].

### Question of the Month

#### Fruit and Fructose Overdose

**Q.** *I am fructose intolerant and my doctor says I can eat apricots and green apples but not strawberries. Thoughts?*

**A.** He couldn't be more wrong! You need to choose from fruits that are both low in fructose and not too glycemic. Here are your options reproduced from the table in [August 2007](#):

#### 1. Low fructose, good

**glycemic:** bilberry, blackberry, gooseberry, grapefruit, lemon, lime, loganberry, nectarine, pomelo, raspberry, redcurrant, whitecurrant, wild strawberry.

#### 2. Low fructose, borderline glycemic:

banana (green), guava, tangerines (Satsuma, mandarin), orange, peach, plums (greengage, Victoria, damson), strawberry (cultivated).

For completeness I repeat the rest of the table on **page 4**.

### Reinventing the Wheel

#### Diabetes Preventable - Duh!

Researchers find that five lifestyle factors account for 90% of new cases of type 2 diabetes in the over 65s: physical activity, diet, smoking habits, alcohol use, and amount of body fat [Endnote 3].

Once again researchers rediscover old news. They didn't even have to read *Deadly Harvest* (p. 264) to find that information, it is in all the scientific literature.

## Food Preparation

### Chia Seed Flour Update

In [March 2009](#) we reported on our discovery of Chia flour. Unusually, it contains 25% soluble gum fiber and 34% oil, two-thirds of which is omega-3 fatty acid.

Chia seed contains no gluten and we are interested to discover how its flour can replace wheat flour.

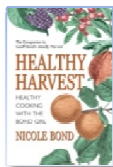
Homer Hartage, CEO of Nuchia Corporation, Florida, USA, [www.nuchiafoods.com](http://www.nuchiafoods.com), has generously shipped a consignment of his chia flour to us in Cyprus.

Nicole has already carried out some experiments with interesting results. In particular, the high content of gum fiber means that Nicole must develop new techniques to make the most of the unusual properties it confers.

She is already working to perfect some promising pancakes. She is also interested to see if she can use the gummy property to thicken sauces, much as one might use guar gum and agar-agar. (See "Gelatine: Good or Bad?", [April 2009](#); "Marine Foods" [December 2001](#).)

Nicole hopes to have a recipe to propose to you next month.

You can savor nearly 100 recipes in Nicole's cookbook *Healthy Harvest*.



[Info.](#)

## Questions

### AB Blood Group Origin

**Q.** When did the AB blood group arise? Do only humans have it?

**A.** No, the ABO blood type system (A, AB, B and O) is

present not only in humans but in our cousins the apes and monkeys [Endnote 4].

As long ago as 1964, researchers found the AB group in gibbons, orangutans, baboons and macaques [Endnote 5, 6].

According to Dr John Martinko of Southern Illinois University, Carbondale, USA, the A and B genes arose in the common ancestor to humans, chimpanzees, gorillas, and orangutans. They are therefore at least 13 million years old [Endnote 4].

The ABO blood group system has even been identified in extinct species such as the Neanderthal [Endnote 7].

We get this question quite often – ever since Peter D'Adamo wrote his book *Eat Right 4 Your Type*. D'Adamo spins a good yarn, but that's all it is, a story without any basis in fact.

I first wrote about this in "Blood Groups and Evolution", [January 2000](#)).

### Lactose Intolerance & Yogurt

**Q.** I am lactose intolerant but find that I can still eat cheeses and also sheep and goat yoghurt. Is that all right then?

**A.** No. Lactose intolerance is only the visible tip of the dairy-mischief iceberg.

For all the various reasons cited in *Deadly Harvest*, [Chapter 5](#), page 127, cheeses and especially yogurts create havoc with our health for other reasons in addition to lactose poisoning.

Yogurts (it matters not if they come from cows, sheep or goats) do have less lactose than milk itself. Cheese has almost none.

It is possible that your system can "tolerate" these lower levels. But why put it under that stress? It is no reason to bait the crocodile either!

### Bras & Breast Cancer

**Q.** What do you make of the story that, by wearing bras, women increase their chance of getting breast cancer?

**A.** The medical anthropologists Sydney Singer and Soma Grismaijer first floated this idea in 1995 [Endnote 8].

In a state of nature, women's breasts move with every step they take. This gently massages the lymphatic system – and we know that good lymphatic flow is a vital part of immune system (and so cancer fighting) function. Brassieres, it is speculated, restrict this flow.

So much for the reasoning: however, I know of no properly conducted study that has actually proved this.

So we don't know anything for certain. But, when one can, it is always a good idea to align one's lifestyle with the way nature expects.

## From The Blogs

Every month we discover people writing about us:

### "Best Paleo Book on Market"

"[Deadly Harvest](#) by Geoff Bond. Best paleo diet book on the market at the moment. Better written and far more in depth than either of Cordain's books" - Darryl Shaw, *Crossfit.com* <http://board.crossfit.com/showthread.php?p=575982>

### "Your Health Will Thank You"

"Once you read this book [[Natural Eating](#)], you will never look at food the same again. I highly recommend this book for better eating. Your health will thank you for it." - Jeanne St James, *www.goodreads.com* [www.goodreads.com/review/show/47600980](http://www.goodreads.com/review/show/47600980)

## Our Evolutionary Heritage

### Make of Your Gut a Herb Garden - Part V

[Last month](#) I described how bad gut bugs destroy bones and create pelvic pain. Here I look at what happens when we kill ALL the bugs, good and bad.

## Antibiotics

But what happens when we kill our bio-mass with antibiotics? Dr Leslie Dethlefsen (Part I, [February 2009](#)) finds that, even with a mild antibiotic (ciprofloxin), some species failed to recover even after six months [Endnote 9].

This wanton destruction kills good guys and bad guys alike. But, by so doing, we lay the very center of our bodies open to a takeover by hostile invaders.

In any event, it could well take years before the delicate ecology of our guts is reestablished.

When penicillin saved my life from tropical blood poisoning back in the 1960's it was rightly regarded as a precious life-saving medication. Its benefits clearly outweighed any possible drawbacks. Furthermore the penicillin was *injected*. But what is happening today?

Doctors now rarely inject antibiotics. Instead they routinely prescribe antibiotic pills – and even for trivial conditions. Many of them are ones that antibiotics cannot touch, like most kinds of tonsillitis.

Result? In a great many cases, the treatment does nothing to help a cure, but we are undermining our health in many subtle ways – such as the ones I'm writing about here.

Worse, by using these wonder drugs like wastrels, we squander their potency. Today we are confronted by bugs that are resistant to every antibiotic that we can throw at them.

My view is that we should never use antibiotics for trivial ailments. We should just let nature take its course. I write at length about this in [March 2003](#).

**Next Month:** *Probiotics & Conclusion: How to do it right!*

## Hints & Tips

### Beware Strong Wine

*We frequently report studies which demonstrate that wine in moderation has health benefits. However, over the years, we have to review the definition of "moderation".*

*Wines have been getting stronger and stronger. From 10% alcohol in the 1960's they can reach 15% today. That's an increase of 50%. We have to adjust our ideas downwards by one third of what is a healthy volume of wine to drink. Even, heaven forbid, add water to it!*

*This trend is continuing. Here is reader and winemaker Greg Harrington, Walla Walla, Washington State, USA:*

*"Believe it or not, there are now commercial yeasts that will ferment up to 18 degrees alcohol. Genetically engineered of course.*

*They were developed when California Zinfandel was the rage. Most winery yeasts these days easily hit 15.5."*

*Greg says "too many wines have excessive alcohol and new oak [from the storage barrels], are overly fruity and taste like they could be from anywhere." His winemaking combats this trend.*

[www.gramercycellars.com](http://www.gramercycellars.com)

### Microwave, Griddle Cooking Best

Contrary to urban legend, microwave is a healthy way to cook vegetables ( [Dec 2004](#).)

Now, Dr Jiménez-Monreal, Murcia University, Spain finds that griddling and microwaving vegetables produces the lowest antioxidant losses, while pressure-cooking and boiling lead to the greatest losses; frying is middling [Endnote 10].

"In short, water is not the cook's best friend when it comes to preparing vegetables", he says.

Microwaving and griddling actually *improved* the antioxidant power of green beans, carrots and celery.

## Silly Science

*Oftentimes scientists are so close to their subject that they miss the obvious.*

### Gut bacteria in Twins

Identical twins brought up together but separated since adulthood still had very similar gut bacteria profiles [Endnote 11].

Researcher Jeffrey Gordon MD, Washington University in St. Louis, USA concludes that "it is the exposure in childhood that decides which microbes colonize our colons."

**My View?** It is just as likely that the twins, in adulthood, carried on eating exactly the same way as when they were children!

Moreover, we know that Gordon's musings are wrong. As my series on "Make of Your Gut a Herb Garden" shows, having good gut bacteria is all to do with what we eat NOW.

[Next month](#) I will report on the latest discoveries about the food/gut-bug connection.

## Letters

*My article last month on cabbage and its anti-thyroid compounds worried Peter Harris (page 1)*

### Raw Cabbage: Pros & Cons

"Sarah and I eat it [cabbage] in a massive salad (with a portion of home-made 'cajun' salmon) once or twice a week.

"In 'moderation' the negative effects may not arise. But how much is too much?

"We don't get digestive problems with it [cabbage], but is the anti-thyroid impact unknowable until it is too late?"

**Geoff:** *Let's keep matters in proportion! In [October 2008](#) I said:*

*"If your thyroid is functioning normally then change nothing."*

*I also pointed out that, in smaller amounts, the same anti-thyroid compounds, are helpful nutrients nourishing the immune system.*



*This is another example of how it is often futile to second-guess the working of our bodies.*

### Viewpoint

#### Tsunami of Health News

The trouble with following the health news is that there is so much of it. Every day brings new information, new facts, new theories — dozens of them. The health news becomes like a dense Russian novel, with so many characters coming and going that we forget the plot.

Of course, if you're reading War & Peace this summer, you can always stop, flip back and figure out what is going on.

In the health profession you can never stop. The news just keeps coming...the absurd characters keep popping up...the intrigues and sub-plots get denser and more confused.

Is there any hope? Yes, we can cut through the humbug and farce to focus on our touchstone: **"Does it match up to what nature intended?"**

And that is where we come in!

### Food Policy

#### Health without Hectoring?

The UK's Food Standards Agency has led food manufacturers to make a series of small, imperceptible reductions in the salt content of mass-market products, without slapping "healthy" on the label after every change.

It is working. National salt consumption has fallen by over 10% already. The authorities

consider that if they continue this gradualist approach for a couple of decades no one will have noticed their diet has changed.

**Our View?** So far so good – but at this rate it will take a couple of centuries to restore the general population to a healthy diet!

In the meantime, we give those who want to see results in their own lifetimes, the tools to do the job.

### Continued From Page 1

### Question of the Month

#### Fruit & Fructose Overdose

The fructose/glycemia table continues...

**3. Low fructose, bad glycemic:** apricot, fig (raw), kiwi, melon (cantaloupe, galia), pineapple, watermelon.

**4. Medium fructose, good glycemic:** Blackcurrants, cherries.

**5. High fructose, borderline glycemic:** apples (all varieties), dates (raw), lychees, pear (all varieties).

**6. High fructose, high glycemic:** bananas (yellow, ripe), custard apple, grapes, mango, persimmon (a.k.a. sharon, kaki), prickly pear.

### Dairy is not Human Food

#### Milk Hormone Mischief

Dermatologist F. William Danby, who teaches at Dartmouth Medical School, also worries about other sex hormones in milk—the "male" androgens

which increase the estrogen receptor cells. Milk-derived hormones "are being poured into a system that didn't anticipate them", he says.

What's a milk drinker to do? Oncologist Michael Pollak of McGill University, Montreal says:

**"You have to decide: Is there anything good about milk?"**

We couldn't put it better ourselves!

### Future planning

#### London Anti-ageing Conference

[www.antiageingconference.com](http://www.antiageingconference.com)

*Ageing-reverse the ageing process by learning the vital secrets of longevity which lie in our genes*  
Workshop: p.m. Friday Sept 11<sup>th</sup>  
Lecture: Sunday Sept 13<sup>th</sup>.

**At:** The Royal Marsden Education and Conference Centre, Stewarts Grove, South Kensington, London.

#### USA Tour 2010

Continuing Medical Education (CME) lectures for hospital physicians in south California: Feb 10 – Mar 16

### Citations on the Web

*Websites regularly cite my work as an authority. The latest crop:*

<http://www.art.lightningspeedfitness.com/healthy.html>

[http://innerself.com/Health/food\\_com\\_bining.htm?phpMyAdmin=1IAC4WZXEVp9XvKqNokyjpr3el1](http://innerself.com/Health/food_com_bining.htm?phpMyAdmin=1IAC4WZXEVp9XvKqNokyjpr3el1)

<http://www.dietofnature.com/research.htm>

<http://www.dfwnetmall.com/veg/omega3fattyacids.htm>

<http://www.internetrecipeheadquarters.com/apple/>

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Epub 2009 Feb 12. Vitamin D: the alternative hypothesis. Albert PJ et al.

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