



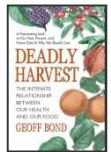
## The Bond Effect The Bond Effect The Bond Effect

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.

**Evolutionary Activity:** Active at 5, Healthy at 11. **Future Events:** CME Tour USA. **Event Now!** London Antiageing Conference. **Evolutionary Sociology:** Fathers Favor Lookalike Kids. **Humbug:** Organic vs. Intensive Foods. **Recipe:** Peach Upside-Down Tart. **Q&A:** Constipation; Fish Stock Sustainability; Instinctive Eating; Supplements; Mercury in Fish. **Sunshine is Human Food:** Vitamin D Deficiency Widespread; Vitamin D3 Curbs Colon Cancer; Vitamin D Curbs Alzheimer's. **Hints:** Heart – Fresh Garlic Beats Dried; Antioxidants – Processed Garlic OK. **News Shorts:** Celiac Disease Epidemic. **Viewpoints:** Lockerbie Death Sentence; Surveillance and Privacy. **Letters:** Mass Information and Hokum. **Web:** Blogs; Sites.

### Evolutionary Activity

#### Active at 5, Healthy at 11



Being active at age 5 helps kids stay lean even if they don't remain as active later in childhood, a new University of Iowa study shows [Ref 1].

The average 5-year-old in the study got 30 minutes of moderate to vigorous exercise per day. For every 10 minutes on top of that, kids had one-third of a pound less fat tissue at age 11. Boys were more active than girls.

So what can parents do? Study author Professor Kathleen Janz says: "Avoid more than 60 minutes of sedentary activity, insist that schools provide morning and afternoon recesses and get kids outside. Kids did best who spend much time outdoors in unstructured play.

**Our View?** Sounds like the physical activity pattern found in forager societies right up until recent times!

#### Future planning

#### USA Tour 2010

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

#### Imminent Event!

**London Antiageing Medical Conference.** Sept 11 to 13. See **p4**  
[www.antiageingconference.com](http://www.antiageingconference.com)

### Evolutionary Sociology

#### Fathers Favor Lookalike Kids



Darwin's theory of evolution predicts that fathers will take more care of children whom they are confident are theirs – and, quite subconsciously, they favor the ones who look like them.

A team at the Institut des sciences de l'évolution, Université de Montpellier, France verified this prediction [Ref 2].

The study was conducted in several villages in Senegal, where the researchers compared the level of the father's care with the degree of his resemblance to his children.

The study also clearly confirmed the positive impact of a father's care on the nutrition and growth of his lookalike child.

**Our View?** These are awkward findings for those naïve humanitarians who refuse to admit the role of hard wired instinct in human behavior.

But until these facts are accepted, we will never have a healthy approach to managing stresses in family relationships.

See also "Parenting", Deadly Harvest, [Chapter 8](#), page 214.

### Humbug

#### Organic vs. Intensive Foods



The national news splashed a recent study which claimed that organic foods are no better than conventionally produced ones [Ref 3].

What troubles me about this report is that, when digging deeper, we find that it only considered nutrients – and only 13 of them at that!

On the contrary, people buy organic products for many reasons. They are not drenched in pesticides; and they are favoring a system which has high animal welfare standards, avoids routine use of antibiotics and increases wildlife on farms.

As for the nutrients, what about the tens of thousands of other essential compounds – the phenols, bioflavonoids, carotenes and so on?

They don't tell us – but, quite dishonestly, the lurid headlines send the misleading message that organic is overrated.

See also "Sustainability", page 2 and "Hokum", page 4.

## Recipe



### Peach Upside-Down Tart

**Yield: 12 servings**

*Ideal for afternoon tea. This classic dessert would be popular in any traditional English teashop. The fruit, being cooked, should not be a digestive difficulty even at the end of a meal.*

- 1 lb peaches, quartered and sliced.
  - Olive oil spray
  - 4 eggs
  - 1 teaspoon mixed spices
  - 2 teaspoons vanilla extract
  - 5-6 tablespoons of diabetic jam juice from 1 orange (about 2/3 cup)
  - 1 2/3 cup almond meal (about 6 oz)
1. Layer the peaches in concentric circles in a round, oiled 10" diameter baking dish.
  2. Separate 2 egg yolks from the egg whites and beat them with an electric hand-mixer in a mixing bowl to a stiff consistency. Set aside
  3. In a medium-size mixing bowl beat the remaining 2 eggs with the 2 egg yolks. Mix in the mixed spices, the vanilla extract, the strawberry jam and the orange juice. Blend in the almond meal.
  4. Carefully fold the beaten egg whites into the mixture.
  5. Cover the peaches in the baking dish with this 'dough'-mixture.
  6. Bake at 360°F (180°C) for approx. 25 minutes or until the 'dough' is golden brown.
  7. Allow the tart to cool down. Demold so that the peach slices appear on the top.

**Chia Seed Variant:** Replace the almond meal by 1/3 cup Chia seed flour ([July 2009](#)) and about 2/3

cup almond meal (to make a dough-like consistency).

Chia seed flour bulks up and binds the 'dough', thus economizing on almond meal. Chia is rich in omega-3 and soluble fiber. Always go for the 100% chia flour (not blended with wheat flour). [www.nuchiafoods.com](http://www.nuchiafoods.com)

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



## Questions

### Constipation

**Q.** *I have been following the Bond Protocol for some months but I find that constipation is a problem. I would have thought that with all that vegetation I would have plenty of roughage?*

**A.** Anyone who has spent time with tribal societies will be aware that they defecate frequently and copiously. As early as 1939 the explorer-doctor Weston Price, MD, observed how such societies enjoyed many health benefits as a result.

In the 1970's Dr Denis Burkitt reinforced Price's work with his own observations on African villagers. They concluded that it was the high intake of fiber-rich vegetation. Audrey Eyton popularized this view in her book *The F-Plan diet*.

However, we now know that fiber or "roughage" is a red herring. The biomass in a healthy colon is composed of friendly bacteria, their dead bodies and intestinal cells sloughed off from the gut wall.

A healthy colon defecates easily and copiously because it provides the environment where good bacteria can multiply rapidly.

Secondly, the gut's evacuation mechanism has to SENSE THE NEED to defecate and provide the appropriate gut contractions.

In both these matters, it takes time to adapt. Over a period of many months, the nature of the bacteria in your gut will change

and gradually provide the bulk that you need.

Secondly, if roughage over many years has whipped the gut into action, it will take some time for it to learn to react to the much more subtle influence of the new biomass.

If the constipation is a real problem, then do try tapering off over several weeks.

### Fish Stock Sustainability

**Q.** *It is claimed that some fish should be avoided because their harvest is not environmentally responsible. Why do you not address this issue?*

**A.** My basic approach is to simply set out the specification of the ideal human diet. My readers can then adapt it in accordance with their own ethical and religious precepts.

But in the absolute, if everyone on the planet adopted the Bond Protocol, two Earths would not provide enough fish, fruit and plant food, to feed them. The American Journal of Clinical Nutrition had a feature on this matter as long ago as 1995. [Ref: 4]

By all means, in your choice of fish, use your conscience. I would not eat whale meat for example. But many fisheries have already collapsed, notably cod. Worse, many big fish like tuna never grow to full size any more. Fish farming in its present form is no answer: it uses more ocean-trawled fish to feed to the farmed fish than the farmed fish produce. (See *Farmed Fish Deplete Wild Stocks* [Feb 2006](#)).

Until the problem of over-population is seriously dealt with, we have to strike a balance between private benefit and public good. It is a dilemma well described since the 18<sup>th</sup> Century as "The Tragedy of the Commons" [Ref 5].

If previous experience is anything to go by, self-restraint at the individual level is doomed to failure.

**Instinctive Eating**

**Q.** Sometimes my body tells me I need to eat a particular food (not WANT, but NEED); and it feels more like a signal from my body than my brain as though there is a deficiency of particular nutrients. Is this a feeling one can trust? Or could dietary habits laid down years ago produce this kind of feeling?

**A.** It is the brain that generates feelings – and it does so using a logic of its own. It is not always the logic that we reason out (using another part of our brain!)

For example, our primitive brain will be telling us to gorge on salty, fatty and sweet food, and to continue eating it until it is all gone – while our reason is urging us to resist.

Two hundred years ago, well-meaning missionaries fed flour, fat and sugar to Australian Aborigines. They loved it! But, in so doing, they exchanged a magnificent health status for diabetes, obesity, and heart disease. The aborigines’ “feelings” about flour, sugar and fat betrayed them.

And so it goes for many other consumables which provoke desire or aversion, from alcohol and tobacco to broccoli and boiled cabbage.

The aborigines used to have a good diet because that was all that was available. Today, because anything is available, we have to deploy the rationality of our left brain to resist the “wants” of our instinctive right brain.

Your comment about dietary habits laid down years ago has some foundation. The great arctic explorer Amundsen lived on frozen raw seal - the skin, the blood, the guts - everything - just like his Eskimo mentors. He was asked “how could you do that?” Amundsen replied “People get to like what they are used to eating”.

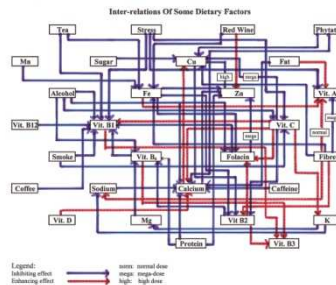
So to answer your question: follow your instincts when they

coincide with the Bond Protocol – ignore them when they don't!

**Supplements**

**Q.** Do you feel a multi vitamin is a waste of money?

**A.** Yes. This is a highly simplified diagram of how some vitamins and minerals impact on the others in quite unpredictable ways ([click to enlarge](#))



We should get our nutrients (of which there are tens of thousands) from FOOD. That is the only way to ensure that you consume them in the right amounts and in the right combinations.

**Mercury in Fish**

**Q.** I can't find any mention of seafood's mercury content in *Deadly Harvest*. Some of the fish you recommend (e.g. swordfish) are high in mercury.

**A.** I last wrote about mercury in [October 2008](#) and earlier in [May 2003](#), [Dec 2003](#), [Feb 2004](#) and [March 2007](#).

My judgement is that the dangers of mercury are over-blown. Our bodies eliminate it relatively easily. However, you might wish to avoid swordfish from the sustainability point of view (see Sustainability, earlier)

**Sunshine is Human Food**

*Sunshine's vitamin D is an essential nutrient. Without it we sicken and die:*

**Vitamin D Deficiency Is Widespread and on the Increase**

Populations across the globe are suffering from the impact of low levels of vitamin D according to a new report [Ref 6]. The problem is widespread and on the increase, with potentially severe repercussions for overall health and fracture rates."

The main risk factors for low vitamin D levels include older age, female sex, higher latitudes, winter season, dark skin, less sunlight exposure and dietary habits. Further factors include people now living and working indoors, and traditional clothing that envelopes the whole body.

**Vitamin D3 Curbs Colon Cancer**

Vitamin D in its D3 form activates a tumor suppressor gene known as CST5 found in colon cells [Ref 7]. Result – colon cancer is repressed.

**Vitamin D curbs Alzheimer's**

Vitamin D3, as provided by sunshine, helps clear the “amyloid plaques” that are a hallmark of Alzheimer’s disease. [Ref 8].

**Hints & Tips**

**Heart: Fresh Garlic beats Dried**



A new study reports that freshly crushed garlic has more potent heart-healthy effects than dried garlic [Ref 9]. They come mainly from hydrogen sulfide that forms after garlic is cut or crushed and relaxes blood vessels.

Both crushed and processed garlic reduced heart attack damage from lack of oxygen, but fresh garlic was significantly better at restoring good blood flow in the aorta and left ventricle.

**Antioxidants: Processed Garlic OK**

In contrast, many studies show that garlic’s antioxidants (such as allicin) are just as active no matter how they are processed [Ref 10].

**News Shorts**

**Celiac Disease Epidemic**

Celiac disease, the reaction to gluten in the diet, is now more than four times as prevalent as 50 years ago [Ref 11]. It now affects more than one in a hundred people.

Gluten is an aggressively harmful protein found in all



cereal grains. It causes an autoimmune reaction, allergies, depression, osteoporosis, and gut disorders.

Moreover, for every positive diagnosis, it is estimated that there are thirty undiagnosed sufferers. That means that one person in three is gluten intolerant!

**Our View?** Grains are not human food and our bodies do not know how to handle gluten.

Instead, grain consumption has grown 40% in the last forty years. That coincides with the increase in celiac disease!

### Viewpoints

#### Lockerbie Death Sentence

There has been a lot of fuss about the release of the Lockerbie Bomber, Al Megrahi. But one issue is overlooked: that eight years in a Scottish prison was equivalent to a death sentence.

At the early age of 57, Megrahi contracted terminal prostate cancer while in the care of the prison service. It looks like the Scottish diet killed him!

#### Surveillance & Privacy

In forager society it was hard to keep a secret. Everyone knew each other's business.

Until recently we have been spoilt: we can have the anonymity of cities and we can live our lives mostly without anyone prying into our privacy.

Now we worry about Big Brother government. It is increasing its grip on its citizens with its CCTV cameras, its monitoring of our communications, and its huge databases on each of us.

Some of this is a return to the absence of privacy of Pleistocene times. But one factor is quite different. Unlike us, foragers had no overarching, all-powerful State in a position to tyrannize them.

### Letters

#### Mass Information and Hokum

"In a world of mass information, it seems to me that we are awash with ignorance on so many aspects of life; health/food, drugs, social interaction, religion..." – Peter Harris, Melbourne, Australia

**Geoff replies:** *You make a valid point about mass information. The ways in which it can be humbug are infinitely greater than the ways in which can be true - and the challenge is to know the difference. That is where we come in!*

See "Humbug", p1 and "Tsunami of Health News", [June 2009](#).

### Imminent Event

#### London Antiageing Medical Conference - Whole Weekend!

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

**Geoff Bond speaks on:**

**WORKSHOP:** Friday Sept 11, 15:30 to 17:45

#### Insights from our Evolutionary

**History:** Unlock the vital secrets programmed by our ancient past to

retain and restore health, vitality and longevity with age.

**PANEL DISCUSSION:** Friday, Sept 11. 18:00 to 18:30

**LECTURE:** Sunday Sept 13th, 10:00 to 11:00

#### The Latest Insights on Ageing from our Evolutionary Biology:

Our ancient past programmed our organisms for a long life lived in good shape to the end. How it went wrong, why we get degenerative disease, and what we can do about it.

**PANEL DISCUSSION:** Sunday Sept 13th, 13:00 to 13:30

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

### From The Web

Every month we discover people writing about us:

#### BLOGS

<http://www.cathletics.com/forum/showthread.php?t=3872>

#### WEBSITES

"*Deadly Harvest* by Geoff Bond. This book is excellent where he makes statements that are reinforced by research..."

<http://healingwaysdr.com/diet.htm>

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

"How To Beat Cancer Naturally ... Nutritional anthropologist Geoff Bond reveals breakthrough scientific discoveries that help your body become the formidable cancer fighter that it was designed to be ... <http://www.metroacupuncture.com/resources/alt-cancer-treatments.html>

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

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9 Dipak K. Das et al. Freshly crushed garlic is a superior cardio-protective agent than processed garlic. *Journal of Agricultural and Food Chemistry*, Aug. 12, 2009

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11 *Gastroenterology*. 2009 Jul;137(1):88-93. Epub 2009 Apr 10. Increased prevalence and mortality in undiagnosed celiac disease. Rubio-Tapia A et al.