



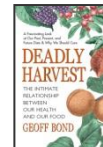
The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing

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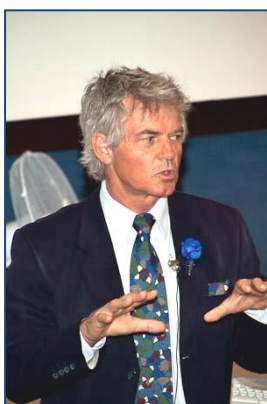
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SPREADING THE WORD: London Antiageing Conference 2009. **LETTERS:** Toddler's Great Start in life. **HUMAN NATURE:** Health Shows in Skin Tone. **FACTS & FALLACIES:** Kefir Ineffective as Probiotic. **SUNSHINE IS HUMAN FOOD:** Daylight Controls Fat; Millions of U.S. Kids Low on Vitamin D; Low Vitamin D Hardens Arteries. **QUESTIONS:** Nuts – Raw or Roasted?; Sprouted Bread; Artery Elasticity. **BLOOD SUGAR CONTROL:** Glycemia Hikes Blood Pressure; No-Carb Diet Best for Diabetes; Glycemia Hikes Dementia; High Insulin Hikes Breast Cancer. **HUMAN SUGGESTIBILITY:** Faked Acupuncture Works. **LIFESTYLE MISMATCH:** Overpopulation. **HEALTH HERITAGE:** Arterial Stiffness. **QUOTE:** Confused Science Reporting. **HINTS:** Gender Affects Food Choices; Slimming – Choose Your Companions.

Spreading the Word



London Antiageing Medical Conference Sept 11-13, 2009

www.antiageingconference.com

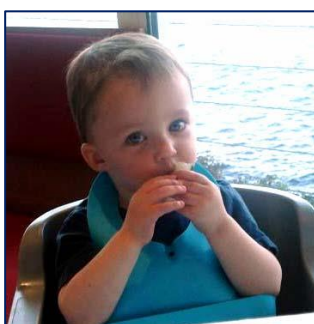
This high-powered conference, held at the [Royal Marsden Hospital](#), was aimed at health professionals and was accredited for Continuing Professional Development (CPD).

Some 27 specialists from around the world gave half-hour presentations on subjects as varied as "Cancer therapy using light and ultrasound" to "Myths and realities: the science of toxins" (re Botox).

Exceptionally, I had a two-hour slot for a workshop plus a further one-hour lecture slot. The performances went well and provoked considerable interest from the delegates.

These conferences, superbly organized by director Maria Somers, are promoted by Heather Bird, founder and president of [HB Health Clinics](#) of Knightsbridge, London, England. Heather's clinics are centers for advanced wellness and skin rejuvenation. **Cont: Page 3**

Letters



Toddler's Great Start in Life

"We want to let you know of our great 'Natural Eating' success whilst on holiday on the Mediterranean island of Mallorca, Spain.

Our 15 month old son, Ethan, thoroughly enjoyed all the fresh fish, grilled vegetables and fresh fruit"

"It proved much easier to follow your healthy philosophy whilst in the Mediterranean. Children are not given separate menus of chicken nuggets, but are encouraged to enjoy the same meals as the parents."

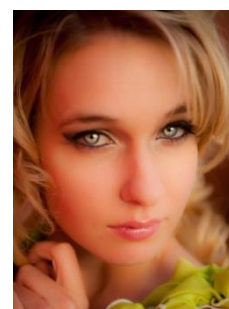
"Our son astonished us when, as a treat, we offered him a chip [French fry] and he flatly refused to eat it - we were strangely proud!"

– Emma, London, UK

Our view? Get them young and you set them up for life! But you make a vital point too: the local lifestyle was helpful to your efforts. Back home, our manic, dysfunctional MacWorld makes healthy living a constant battle.

See Alienation of Modern Life, [July 2009](#)

Human Nature



Credit: Chris Willis
Palo Alto, California,
USA [1]

Health Shows in Skin Tone

Several monkey species use redness in their faces or sexual signaling zones to advertise their health status and to attract mates.

Now researchers find that humans also judge health (and thus attractiveness) by skin hue. A rosy complexion indeed denotes healthiness, whilst a "green" or pale color indicates illness [ref:2].

Our skin contains many tiny blood vessels that carry blood laden with oxygen to the skin cells. People who are unhealthy, unfit, elderly or smokers have fewer of these blood vessels and flush less easily than people who are physically fit or have higher levels of sex hormones. In the research, the evaluators judged the latter as being more attractive.

Our view? Another good reason to get on the program!

Facts and Fallacies

Kefir Ineffective as Probiotic

Antibiotics create havoc with our colon bacteria (see "Make of Your Gut a Herb Garden – Part VI", [July 2009](#)). **Continued: Page 4**

Sunshine is Human Food

Nature designed us humans to receive plentiful sunshine. Without it we get sick:



Daylight Controls Fat

A previously undiscovered mechanism links daylight to the activity of brown fat [ref:3]. Why is this important? Because brown fat takes calories from normal fat and burns it.

But in winter, and without adequate light, brown fat will lie dormant. This helps explain how, in higher latitudes, people are more likely to lay down fat during the winter months. Moral? Get outside, especially in winter, and let the light retune your fat metabolism!

Millions of U.S. Kids Low in D

Seven out of ten U.S. children have low levels of vitamin D, raising their risk of bone and heart disease [Ref:4]. "Kids are not spending as much time out of doors. The widespread use of sunscreens has only compounded the problem. Parents should turn off the TV and send their kids outside. Just 15 to 20 minutes per day should be enough... and don't put the sunscreen on them..."

Our View? One day the sunscreen makers will be brought to book for the untold ill-health they cause with their false alarms about the so-called "dangers" of sunshine.

Low D Hardens Arteries

When people are deficient in vitamin D, immune system cells called macrophages gobble up more cholesterol and they can't get rid of it [ref:5].

Result: they stiffen blood vessels and block blood flow.

Questions

Nuts: Raw or Roasted?

Q. *I buy lightly roasted nuts or hickory smoked nuts. They are much tastier than plain raw nuts. Are the nutrients reduced?*

A. Yes. Roasting reduces a wide range of minerals, vitamins, antioxidants and micronutrients - and roasting oxidizes the oils and fats [Refs:6,7,8,9,10].

See "Oxidized fat promotes atherosclerosis", [July 1998](#), and "Kidney Cancer", [June 2002](#).

Now we have an admission to make: we do use nut meal in various baked recipes. However, a diet rich in antioxidants (as we have) can deal with the minor amounts of oxidized fats. So it is still a no-brainer to substitute nut meal for wheat flour in this special case.

Nevertheless when you have the choice, as with free nuts, then we strongly recommend that you focus on the raw, unsalted version. See also "Roasting Nuts: Good or Bad", [Dec 2005](#).

Sprouted Bread

Q. *Giving up all bread is difficult! Is sprouted bread OK?*

A. No. Sprouted bread is made from regular dough to which the baker adds a percentage of grains that have been sprouted for 48 hours.

The action of sprouting the grain has the effect of removing most of the gluten (wheat protein) in the bread. This is helpful for the many people who are allergic to wheat gluten.

However it converts the bread into an even worse "bad" carbohydrate - the glycemic index is 90 as against 70 for ordinary bread. See Sprouted Bread, [March 1999](#).

Is there anything to recommend it? Only that it will be somewhat reduced in antinutrients and gluten, and some enzymes will be enhanced.

But if you do go for sprouted bread, do it with your eyes wide open: think of it as only a small

step on the road to being grain-free.

Artery Elasticity

Q. *For my first 60 years of life I had a terrible Germanic diet: lots of butter, pork fat, cheese, bratwurst sausage, bread, pastries and so on. All that changed some 12 years ago when I started on the Bond Protocol.*

I recently had a bio-sensor ([Cenzitec](#)) check-up. It gave me a clean bill of health: I have no detectable degenerative disease, no blocked arteries, and I am of ideal weight.

However, I am puzzled that the biological age (elasticity) of my arteries is no better than my chronological age. Is there anything I can do to improve it?

A. Congratulations! Already you have escaped the fate awaiting most Germans at your age: heart disease, diabetes, obesity, kidney stones etc. Had you not changed your ways 12 years ago, your arteries would certainly be in a dreadful state.

Arterial stiffness is affected by a number of factors (see Arterial Stiffness Briefing, page 3), one of which is the omega-3 to omega-6 ratio. So there might be something more you can do.

It has been my view for quite a while that, with the modern food supply, and even with the best will in the world, it is hard to get this ratio straight [[May 2005](#)].

Moreover, with age, the body's biochemistry struggles harder to convert omega-3 of plant origin (e.g. Canola oil) into the 'good' hormones [[September 2002](#)].

The bodies of oily fish have already done the hardest part of the conversion for you. So focus on oily fish and get plenty of them: at least one portion per day. Continue to strip out gratuitous sources of omega-6. (See the table Fats & Oils, Deadly Harvest, [Chapter 6](#))

A word about the bio-sensor technique: it relies on complex computer algorithms to interpret results sent from the electrodes

planted around your body. It is great as an initial screening device but, for greater accuracy, you should undertake more specific tests.

Blood Sugar Control

Nature did not design humans for today's high glycemic diet. Here's more evidence that we have no business playing Russian roulette with sugars and carbohydrates.

Glycemia Hikes Blood Pressure

High blood sugar levels depress the powerful blood vessel relaxant nitric oxide [ref:11] Result: increased blood pressure.

No-Carb Diet Best for Diabetes

A no-glycemic ("ketogenic") diet was a three-fold improvement over a low glycemic diet in treating type 2 diabetes [ref:12].

Glycemia Hikes Dementia

As average blood sugar levels rise, so memory and cognitive function declines [ref:13]. Glucose rots the brain's "dentate gyrus", part of the hippocampus [ref:14]

High Insulin Hikes Breast Cancer

Women with high insulin levels are twice as likely to develop breast cancer as those with the lowest insulin levels [ref:15].

Viewpoint

Climate Cycles: Winners & Losers

In [November 2007](#), I argued that the earth's climate will cycle on its way in blithe ignorance of humans' puny efforts to modify it. Some estimates suggest that the climate will warm by 4 deg C (7 deg F) this century.

The Earth has been here before: 55 million years ago, temperatures rocketed by a similar amount to even higher levels. James Lovelock, former NASA scientist and inventor of the "Gaia Theory" (that the Earth is a self-regulating entity) opines that: "everything in higher latitudes will be growing like mad".

Now what do we find in 'higher latitudes'? Huge tracts of land: Canada, Russia, and USA's

largest state, Alaska! Just imagine: vast wheat-fields in the Yukon; orange groves in Anchorage; Siberia laid down to apple orchards; even vineyards in Greenland.

Now this is my thought: Why on earth would the leaders of these countries want to stop climate change? Imagine the delight of Vladimir Putin in seeing the frigid wilderness of Siberia ripening into an attractive and productive province growing apple, quince and plum and gourd!

Human Suggestibility

Faked Acupuncture Works

Nausea, migraine and tension headache sufferers can get relief even when sham acupuncture needles do not puncture the skin or when needles are inserted at random [ref:16].

The placebo effect seems to be the active ingredient, not the acupuncture!

Lifestyle Mismatch

For most of human history, the population density was about one person per square mile. Our ancestors lived in a landscape which easily absorbed the demands they made on it...

Overpopulation

It's the 500 lb gorilla in the room that no one wants to talk about. Its name is population control.

Robert Criss, Ph.D., professor of earth and planetary sciences at Washington University, St. Louis, says: "Population growth is driving all of our resource problems, including water and energy... We cannot expect to sustain exponential population growth ... but politicians and religious leaders totally ignore the topic."

Health Heritage

Arterial Stiffness Briefing

The younger you are the more elastic are your artery walls. That at least is the experience with western populations. However, the Eskimo was famous for supple arteries in spite of a high fat diet [ref:17],

and the San Bushmen have elastic arteries at all ages [ref:18]. Ideally we would have the same. So what is the Eskimo's and Bushman's secret?

We know that the following factors stiffen arteries: high salt diet, omega-3 imbalances; obesity; sunshine deficiency; high insulin levels; poor aerobic fitness; and deficiency of a huge range of vitamins, mineral and micronutrients.

Sounds daunting? Not so! Just live like we say and all these factors will sort themselves out just fine. And arteries should rediscover their elasticity of youth. See also "Arterial Elasticity", p 2.

Quote

I write regularly about the huge challenge to sort out fact from fiction in modern science reporting (See [Tsunami of Health News, July 2009](#); [Mass Information and Hokum, August 2009](#).)

Confused Science Reporting

"As a rule, journalists are always in search of the dramatic and the new. When it comes to science, however, this can lead inexperienced reporters or editors to pounce on each 'hot' new result, even if that finding contradicts the last hot result or is soon overturned by a subsequent study. The resulting staccato coverage can leave the public hopelessly exasperated and confused." – *Mooney & Kirshenbaum, The Nation* [an American journal], *August 17, 2009*

Spreading the Word (from p.1)

London Antiageing Conference



Conference chairperson [Heather Bird](#) with Geoff.



Conference organizer [Maria Somers](#) (right) with Nicole Bond and Geoff. Maria is Director of [HB Health Clinics](#).

Dr Patrick Kingsley and Prof Syed El Haq ably moderated the conference. Their photos and many others, both formal and social, are on our website: [photos](#)

Hints

It is hard enough taking control of our lifestyle. Here we have a couple of stories showing how outside factors subtly influence us. Choosing the people we associate with can make our task easier.

Gender Affects Food Choices

If you are a woman who dines with a man, chances are you choose food with fewer calories than if you dine with another woman [ref:19]. The researchers speculate that women see smaller, healthier portions as more feminine and enhance their attractiveness to the man.

And the men? A man's dining companion played no role whatsoever in his food choices!

Slimming: Choose Companions

Your risk of gaining weight increases with the obesity of the company you keep [Ref:20].

The risk of becoming obese increased by 57% if a friend did, 40% if a sibling did and 37% if a spouse did.

Facts & Fallacies (from page 1)

Kefir Ineffective as Probiotic

So far, attempts to reseed the colon with probiotics have

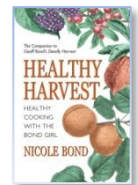
proved futile (and occasionally harmful). Such is the case with kefir – a milk drink rich in live bacteria.

In a randomized, double-blind trial (the best sort) on children, the consumption of kefir did not reduce cases of antibiotic-induced diarrhea [ref:21].

There is a heartening side to this story. The study was funded by the kefir-maker, Lifeway Foods. In spite of the negative result they honestly went ahead and published the results – Bravo!

Recipe

No recipe this month, but you can savor nearly 100 recipes in Nicole's new cookbook [Healthy Harvest](#).



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