



## 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.

**QUESTION OF THE MONTH:** Paleolithic Diet – clinical Trials? **LETTER:** Bond Protocol - Acne Solution. **CHRISTMAS IDEAS:** Deadly Harvest; Healthy Harvest. **UPCOMING EVENTS:** Public Lecture, Green Templeton College. **RECIPE:** Salmon Loaf. **Q&A:** OK to Mix Fruit; Seafood, Iodine and Thyroid; How Many Nuts?; Bain Marie to Thaw Berries; Mixing Salad Vegetables OK. **HEALTH PROFESSIONALS' CORNER:** Chia is a Seed – So is it OK? **THOUGHTS FROM THE SAVANNA:** The Stress of Jobs for the Boys. **INSIGHT:** What's in a Name? **HUMAN NATURE:** Story-telling in Evolution, Part II. **CORRECTION:** Hyper and Hypo. **FORTHCOMING EVENTS:** USA Tour February-March 2010. **FROM THE WEB:** Blogs and Websites.

### Question of the Month

#### Paleolithic Diet – Clinical Trials?

**Q.** I believe you said that there have been no clinical trials of a Paleolithic diet and that we have only gone as far as the Mediterranean diet. I'm guessing that if you had unlimited funds you would jump at the prospect?

I figure the Paleo-diet has powerful opponents: agro-industrialists, governments in the grip of vested interests, medical institutions with credibility at stake, and health pooh-bahs with face to lose...

**A.** The year 2000 was the closest we got to doing a clinical trial (see [November 2000](#)) when I was collaborating with the Sheridan Research Institute. The only way we could fund the trial was thanks to a local altruistic and wealthy benefactor. No industry or government grants forthcoming there! But then 9/11 happened, stocks crashed and that was that.

You have eloquently outlined the forces lined up against testing the Paleolithic way of life. There is no advantage for – but great threat to – the usual funding bodies.

Even so, we are seeing some progress. In [July 2007](#) I reported on Dr Staffan Lindeberg's work in Lund University, Sweden. He found that diabetics had far better cardiovascular health on the Paleolithic diet compared to, even, the Mediterranean diet. He published his study just a few months ago [Ref 1].

**Continued: page 4.**

### Letter

#### Bond Protocol – Acne Solution



Dr Kim Lloyd is the founder of the [Crendon Skin Clinic, UK](#), [Ref 2]. She specializes in state-of-the art treatments chosen specifically for their effectiveness in combating everything from acne to wrinkles. Kim attended my lectures at the [London Antiageing Conference 2009](#) [See [September 2009](#)]

"We are clearing some stubborn acne cases with a combination of the Bond Protocol and a variety of laser, light and radiofrequency heat treatments. Great when we can avoid drugs for this condition.

"I personally have been following your eating plan since the Anti-ageing Conference. I have found a very significant betterment in my mild acne and oily skin.

"The improvement in my skin is a definite incentive not to stray too far from the eating plan! Also my weight is 5lb lighter than usual (quite skinny for me but I prefer it). I am finding the changes quite easy to stay with.

"We are now recommending *Deadly Harvest* to our clients, especially those struggling with acne or weight gain."

**Continued: page 4.**

### Christmas Ideas

For that last-minute Christmas present!

#### Deadly Harvest

by **Geoff Bond**,  
ISBN: 978-0-7570-0142-0  
Check

[www.naturaleater.com](http://www.naturaleater.com)  
for details. Direct link:  
[Deadly Harvest](#)

Order from your local bookstore or click on this direct link to the book on [Amazon.com](#) and [Amazon.co.uk](#).

Or order from us directly at [www.naturaleater.com](http://www.naturaleater.com). Click on this link to our [Shopping Cart](#)

#### Healthy Harvest

by **Nicole Bond**,  
ISBN: 978-0-9712-8526-2

Order from our shopping cart on [www.naturaleater.com](http://www.naturaleater.com).

Click on this link: [Shopping Cart](#).  
USA only: order on [Amazon.com](#).

### Upcoming Events

#### Public Lecture

**Date:** Weds, February 3<sup>rd</sup> 2010

**Time:** 7:30 pm

**Title:** Fear not Cancer: Our evolutionary history gives us revolutionary insights for avoidance and recovery

**At:** Green Templeton College, Woodstock Road, Oxford, OX2 6HG, UK.

**For:** The Speedwell Trust

**Info:** [www.speedwellbeing.org.uk](http://www.speedwellbeing.org.uk)

**Tel:** +44 1865 554089

### Recipe

*This dish is good for buffets and cocktail snacks as well as normal meals. Photo [next month](#).*

#### Salmon Loaf Quick-fix

**Yield: 4-6 servings**

olive oil spray

2 medium cloves garlic, crushed (or  
2 teasp. ready-made garlic paste)

14-ounce can diced tomatoes,  
unsalted

salt. (The purist will omit)

ground black pepper, to taste  
7 - 8 oz (450 g) canned salmon

4 eggs

2 tablesp. chopped fresh parsley

1. Spray a large frying pan with the olive oil and sauté the garlic rapidly.

2. Add the tomatoes and pepper to taste. Cook uncovered over medium heat, until the tomatoes start to stick to the pan. Pepper to taste, salt sparingly (or not at all) since canned salmon is already salty. Set aside.

3. Meanwhile clean the salmon from its skin and backbone (if any) and break it up with a fork. Set aside.

4. Beat the eggs in a medium mixing bowl with an electric hand-mixer.

5. Mix in the tomatoes, the fish and the parsley and coat with the eggs.

6. Olive oil spray a loaf mold, 10" by 5" by 3" high. Fill with the mixture.

7. Bake in a hot oven at 360° F (180° C) for about 35 minutes. Check for doneness.

8. Serve directly in the mold, or allow to cool and then de-mold.

### Questions

#### OK to Mix Fruit

**Q.** *I eat a big fruit salad (600 gram, 20 oz) in the morning. It contains pear, apple, strawberry, raspberry blackberries. Sometimes I put a kiwi or a baby green banana. Maybe I shouldn't mix them?*

**A.** No – it is fine to make up a fruit salad like that, especially since it focuses on low glycemic fruit like

berries. I wrote about this, with a photo of a typical breakfast plate, in [March 2008](#).

Your fruit ration is copious so, to avoid blood sugar spikes, do avoid wolfing it down in one go – better to stretch out your intake over the whole morning.

Some people have a digestive difficulty when they mix melon with other fruit – but that is a very fine point – and we don't eat much melon anyway, do we!

#### Seaweed, Iodine and Thyroid

**Q.** *Can I have seaweed? I hear that people suffering from hypothyroid are bound to lack iodine.*

**A.** Yes, but don't bother eating seaweed for its iodine!

Paradoxically, seaweed contains iodine-blocking, thyroid-attacking substances called "goitrogens".

In [October 2008](#) I wrote:

"Ironically, nutritionists often recommend seaweed as a source of iodine – fondly imagining it to be therefore thyroid boosting."

Actually, iodine is pretty widespread in nature and it is only rare hotspots (like some Swiss Alp valleys) which are deficient.

Our Pleistocene ancestors had no contact with the sea and did not have any rich sources of iodine like saltwater fish and shellfish. Their bodies did just fine on the modest amounts spread throughout the food environment.

But seafood is indeed a rich source, and if you are consuming a modest amount of it like we say, you will be getting all the iodine you need.

For more on "Thyroid and Iodine Deficiency", see that topic in [September 2008](#).

This whole question points up how it is impossible to second-guess the workings of the body.

In another example of the Law of Unintended Consequences, who would have guessed that the more you eat starches, the more iodine you need? [Ref 3]. This is yet more mischief caused when humans abandoned their ancestral Paleo-diet for the agricultural one.

But you are back on the Bond Paleo-protocol! That reduces your body's requirement right down to Paleo-normality.

#### How Many Nuts?

**Q.** *Do you really suggest 4 oz (115 gram) of almonds or am I reading it wrongly, because it is an incredible amount of nuts. I have maybe 20 nuts all together and they make a difference on the scale the next morning.*

**A.** No one thinks it strange to eat a 4-ounce bag of peanuts, a 4-ounce bar of chocolate, a bucket of popcorn, or an 8 oz steak. So no need to worry about a handful (4 oz) of nuts! After all, you eat them *INSTEAD OF* these eatables.

Please don't obsess about your weight every morning. It will go up and down for all kinds of reasons, which have nothing to do with eating 20 almonds. They weigh only one ounce (30 g) and so the worst they can add is 30g (which of course they don't). I doubt your scales can even detect that!

#### Bain Marie to Thaw Berries

**Q.** *I often melt frozen strawberries and raspberries in a bain-marie would you say they are cooked?*

**A.** It all depends. If you stop the warming as soon as they are unfrozen but not heated, then they are uncooked. Otherwise they will suffer a degree of cooking and will be fully cooked at boiling point.

I usually keep a couple of portions of such fruits unfreezing in the refrigerator until needed.

#### Mixing Salad Vegetables OK

**Q.** *At lunch time I have a big salad about 28 oz (800g) with different lettuces, endive, tomatoes, celery, cucumber, avocado, onion, garlic, radish. I stopped putting crucifers, e.g. broccoli (because of my thyroid). Am I upsetting my stomach with such different food?*

**A.** No – but you should be able to tell! You are downing a very good weight of plant food - that will do wonders for your gut movements.

For more on crucifers and thyroid function see "Thyroid-depressing Plants", [October 2008](#).

### Health Professionals' Corner

#### Chia is a Seed - So is it OK?

**Q.** *Will you be reporting more on chia seed flour? I'm telling my patients that seeds are for the birds. So is chia seed flour the*

*least unhealthy of the seed flours, or an "optimal human food"?*

*I am very interested in all the research coming out on insulin resistance, so another question is: how does chia flour affect insulin release from the pancreas?*

**A.** I am careful to call grains (and not seeds in general) as being "birdseed". This is true. However the reverse is not the whole story. Most seeds are not grains. (See "What's In a Name?" this page.)

Grains, by definition, are specifically the seeds of cereal grasses (e.g. wheat, corn [maize], rice, rye, oats etc...).

Grass seeds (the monocot class of plant) are the ones our bodies have never evolved to use – and they cause all the problems we know about.

Just because a plant is not a grass, does not necessarily mean it is off the hook. For example, quinoa and amaranth are not grass seeds either, but they are still pretty starchy, glycemic and have pesky plant poisons.

In contrast, chia (botanical name [Salvia hispanica](#)) has the advantage of being very low glycemic [Ref 4] and does not therefore provoke insulin spikes. It is also gluten-free.

Chia also has a number of nutritional advantages. It is particularly rich in omega-3 oils, and in soluble fiber. As far as we know, chia does not have any drawbacks and so, for us, it is "conforming"

See "Chia Seed Flour Update", [June 2009](#); also [August 2009](#)

### Thoughts from the Savanna

*Our evolutionary history designed human nature for life on the savanna. The way we live today often goes against the grain of our human natures, setting us up for deeply stressed lives.*

### The Stress of Jobs for the Boys [Girls next month]

For the entire period of human evolution, there were no employers. You wanted employment? It was waiting for you right outside the circle of the camp fire!

As a man you went out, wrestled with nature, and came back either triumphant or empty-handed. You were in total control of what you did or didn't do, and you answered to no one except your wife, children and yourself.

In your "work" you were in tune with what nature intended. It was where you found your identity: your sense of status, dignity, self-worth, self-ease, and self-respect.

Today, it is extremely difficult to live that way. Another human being has control of work – you have to struggle for it. You do not find it by wandering into the street – you have to "search" for a job.

To be successful you have to have skills and qualities that another human being wants – and you have to "sell" your desirability to this other human being.

Today, employers want workers who will "fit in" with other human beings whom they have never seen before in their lives – a quite unnatural expectation.

Employers do not want sturdily independent mavericks marching to their own drumbeat. They want "team players" – a concept quite against the grain of masculine human nature.

The modern workplace is a machine of iron which triggers – to the employer's gain - masculine responses for ends that nature never intended.

It efficiently sets up rivalries between employees who feel the competitive pressure to "get ahead". It has power hierarchies where status consists in climbing the ladder. The higher up the ladder, the more you take back control of your life...

**Next Month:** Office politics; self-employment; Jobs for the Girls.

### Insight

### What's in a Name? A rose by any other name would smell as sweet...

Is an almond a fruit or a seed? Is a tomato a vegetable or a fruit? Is a peanut a pea (legume) or a nut?

The naming of things has a big effect on how we understand them. And if the name is misleading then it fools us into making bad choices.

In fact almonds (like all tree nuts) are both fruit and seed; a peanut is both legume and seed; a tomato is a fruit which contains seed.

The word "seed" simply means the reproductive germ of a plant and it can take many forms.

We call the reproductive germ of chia a "seed". In fact we would do better to call it a "nut" – because that would give us the idea that it is as good to eat as an almond or a filbert. Flaxseed is a similar case.

Both flaxseed and chia seed have none of the drawbacks of grass seeds and many advantages – which is why they are all right for us humans.

### Human Nature

### Story-telling in Evolution, Part II

*If group story-telling is universal, does it have any evolutionary advantage? Part I [last month](#) describes how Victorian novels are powerful shapers of social attitudes. We continue the story...*

...A few characters were judged to be both good and bad, such as Heathcliff in Emily Brontë's *Wuthering Heights*. This ambiguity actually stimulates a deeper reflection in the reader and heightens the effect of the morality tale.

Forager band members are constantly juggling self-interest, gift-giving, obligation, jealous watchfulness and anger with a fear of hostility and rejection [Ref 5]. Cheating and bullying was swiftly recognized and punished [Ref 6].

Shared morality tales reinforce group cohesion. And, by Darwinian processes, the group that most successful does this is most likely to survive. As George Washington said to his quarrelsome armies when rebelling against British rule, "Either we hang together or we will hang apart."

Yet, by definition, those who are not of the same community are fair game for dominant, selfish behavior. See In-Group, Out-Group, Deadly Harvest, [Chapter 8](#), page 197.

Novels have the same effect as the cautionary tales told in older societies. According to the researchers, "The emotional impulses aroused by the novel



carry over when the novel is put down, actually encouraging people to suppress dominance and cooperate with others in real life."

This begs some questions in modern societies. With the fostering of multiculturalism and diversity, people of one nation do not read the same novels or watch the same stories in film and TV.

Relentlessly and grimly our nations become more fractured, fractious and stressful.

### Question of Month (from p. 1)

#### Paleolithic Diet - Clinical Trials?

... The only other study is even more recent - in August 2009. Anthony Sebastian MD, of San Francisco School of Medicine, finds that "even short-term consumption of a Paleolithic type diet improves blood pressure, and glucose tolerance, decreases insulin secretion, increases insulin sensitivity and improves lipid profiles in healthy sedentary humans [Ref 7].

And that's about it! These studies were done on a shoe-string, were of short duration (maximum three months) and had only a dozen or so subjects. This contrasts with the Lyon Diet Heart Study (*Deadly Harvest* [Ref 8]), which examined the Mediterranean diet on some 800 subjects over many years.

You would imagine that, with the remarkable Paleolithic results, that there would be a flood of funding to study it in depth. But not so...

### Letter (from Page 1)

#### Bond Protocol - Acne Solution

"It is more difficult to get my three teenage sons to change their eating habits but we have cut back dramatically on the amount of

milk, cheese and pasta. I do have wholemeal bread but make it myself and it's a bit heavy so they eat less of it!

"I realise we had got into a habit of cooking a lot of meals for them based on pasta ,cheese and bread mainly because it's quick and easy and they like those foods. "I am buying much more fruit and vegetables even though we were eating 5 a day before."

**Geoff says:** It is wonderful that you are already seeing the results for yourself and your clients. They will rejoice in living in harmony with the way nature intended.

You are doing well in shifting the emphasis as best you can with the rest of the family - one can't expect them to go cold turkey all at once. But it makes us realize just how far down the slippery slope we have gone over the years (when I was a kid, we hadn't even heard of pizza or pasta!), and what an arduous climb it is to get back to the top.

### Correction

#### Hyper and Hypo

Last month, in "Colas Cause Potassium Deficiency", I wrote that potassium deficiency is called "hyperkalemia". That is incorrect and means the opposite: an EXCESS of potassium. The correct term for potassium deficiency is "hypokalemia". Thanks to Dr Rita Stec for spotting this error.

I reviewed Dr Stec's book: "A Woman's Home Health Companion" in March 2009 and Amazon



It would make a great present for Christmas!  
[Click this link.](#)

### Forthcoming Events

#### USA TOUR Feb 10 to March 15

##### Private Events

- CME Lectures for physicians, southern California

- Educational talks for junior schools, southern California

##### Public Lecture

**Date:** Sat. March 6, 2010

**For:** The Walter T. Stec Memorial Education Foundation

**Title:** To be announced

**Venue:** Greater Palm Springs, California

**Info:** Dr Rita Stec,  
[ritajstecmd@dc.rr.com](mailto:ritajstecmd@dc.rr.com)

### From the Web

*Every month we discover people writing about us:*

#### BLOGS

<http://openmindrequired.com/blog/2009/03/801010-diet-wont-work-for-me/>

"I am not taking any attention away from the raw vegan lifestyle. However a website that may interest you is natural eater by a nutritional anthropologist called Geoff Bond."

[goodreads.com](http://goodreads.com). Jeanne St. James rated it: ★★★★★

"Once you read this book [my first 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"

#### WEBSITES

On migraine:

<http://migraines.n54.wiki.mrbasic.com/hamptonmigraine/>

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Tel: +357 99 45 24 68; Skype: gvlbond; fax: +1-801-659-735

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- 7 Eur J Clin Nutr. 2009 Aug;63(8):947-55. Epub 2009 Feb 11. Metabolic and physiologic improvements from consuming a Paleolithic, hunter-gatherer type diet. Sebastian A et al.
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