



## The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

# The Bond Briefing

Private Subscription Monthly Newsletter – Annually: Hard Copy \$59.00 - Electronic \$18.00

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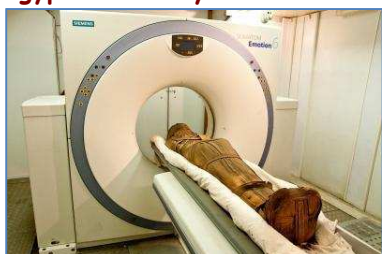
Rational, evidence-based comment for an intelligent general public and for all health professionals. Independent of commercial pressure, we say exactly what we think.

**WORTHY IDIOTS:** Egyptian Mummy Heart Disease. **HINTS:** Young Parent Guide to Baby Food. **THE LONG VIEW:** Climate Never Stops Changing. **IMMINENT EVENT:** Talk Speedwell Trust. **RECIPE:** Chunky Winter Veggie Soup. **QUESTIONS:** Quail's Eggs; Agave Syrup and Molasses; Hemp Seed. **THOUGHTS FROM THE SAVANNA:** Stress of Jobs for the Boys II. **LETTERS:** Deadly Harvest – Life Changing; Lisa's Waffles. **UNINTENDED CONSEQUENCES:** Risks of Folic Acid Supplements; Two-faced Oxytocin. **FORTHCOMING EVENTS:** USA Tour. **THE NATURAL EATER WEBSITE:** Google Local Site Search Engine. **FROM THE WEB:** Blogs; Websites.

### Worthy Idiots

*Well-meaning scientists do fine research but sometimes spoil it by drawing fatuous conclusions.*

#### Egyptian Mummy Heart Disease



The ancient Egyptians had already farmed wheat for 6,000 years when, 3,500 years ago, Lady Rai, nursemaid to Queen Amrose Nefertari, suffered from hardening of the arteries (atherosclerosis).

Piqued by this discovery, researchers at Saint Luke's Hospital, Kansas City, Missouri, CAT scanned 15 mummies from wealthy families [Ref: 1].

They found that 9 of the 16 mummies had calcification in the artery wall. Some had up to 6 different arteries affected.

So far so good. This is a useful study highlighting the fact that a civilization based on grain will suffer from it - especially those who live rich, grain-fed lives. But do the researchers draw that conclusion? Not a bit of it!

One of the researchers, cardiologist Randall Thompson, opined: "Even though their lifestyles were healthier -- no processed foods, no smoking and they got more exercise -- many still contracted atherosclerosis showing a certain genetic susceptibility."

**More fatuous conclusions p 4.**

### Hints & Tips

*We featured Natural Eating baby, Adele in [June 2009](#). Now dad Peter Harris of Melbourne, Australia, updates us on how he and wife Sarah introduce solids.*

#### Young Parent Guide to Baby Food



**Peter:** "After the last 4 months or so of Adele eating solids (along with breast-feeding), I have come to realize that feeding a baby is not as easy as I expected.

"To feed her 'well', we can't yet give her our food because she doesn't have teeth and our food is too packed with exotic herbs and spices.

"So far, no fruits. Our strategy is to introduce bland/non-sweet fruits at 11-12 months. We steam and blend up things like eggplant, zucchini, cauliflower, broccoli, squash, cucumber, tomato, avocado, sardines, tuna, salmon, chicken - cooked where applicable.

"Each ingredient is blended individually and frozen in ice-cube trays, then tucked away in the freezer in zip-lock bags clearly labeled.

"At the time of eating, we can mix and match combinations of each." **Continued page 4.**

### The Long View

#### Climate Never Stops Changing

In Copenhagen last month, a large group of apparatchiks and hacks got together to discuss a 'climate warming deal.' There Hillary Clinton pledged to support a plan to spend \$1 trillion to influence the earth's climate. Governments can do many things, but can they really improve the weather?

The planet is in a warming phase since the last ice-age 20,000 years ago. Back then, had you stood on the banks of London's river Thames and looked north, you would have seen a great, groaning cliff of ice stretching from horizon to horizon.

That advancing, mile-thick ice-sheet piled up the north London hills of Hampstead Heath, Mill Hill, Stanmore, Barnet and more.

The ancient Britons of the time hunted woolly mammoth and, with sea levels 400 feet (120 meters) lower, could walk on dry land to Europe. **Continued p. 3.**

### Imminent 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 is a quick fix recipe and can be combined differently with other vegetables. See suggestions below.

#### Chunky Winter Veggie Soup

**Yield: 6-8 servings**

- 2 onions (about 12 ounces), roughly sliced  
 3 celery stalks, sliced  
 2 medium tomatoes (about 12-14 ounces), roughly chopped  
 1 yellow bell pepper (about 6 ounces), sliced  
 ½ white cabbage (about 1 pound), chopped  
 2 pounds mixed broccoli and cauliflower florets, fresh or frozen  
 1 ½ cups vegetable broth, more if needed  
 1 tablespoon thyme, fresh or dried  
 2-3 tablespoons mild curry paste, to taste  
 freshly ground black pepper, to taste  
 3 tablespoons chopped fresh parsley
- Put all the vegetables in a large saucepan.
  - Add the vegetable broth and bring all together to a boil.
  - Simmer for about 20 minutes, until the veggies are done, but still crunchy.
  - Add the thyme and mix in the curry paste to taste.
  - Prior to serving, season with pepper and add the parsley.

#### Serving suggestion:

Combine with chicken breast, cut into cubes.  
 Combine with white fish (cut into cubes).  
 Combine with canned or fresh shrimps.

### Questions

#### Quail's Eggs

**Q.** What do you think of quail's eggs re Omega-3 content, health properties and the best ways of eating them?

**A.** Quail eggs are fine, but modern farmed eggs do not have any omega-3 content to speak of. They

have a similar nutritional profile to battery hen's eggs, with similar amounts of minerals and vitamins.

I classify quail's eggs "Green" in Deadly Harvest ([Chapter 6](#), Food Group 6).

Quail's eggs are farmed and the quail feed does modify the nutritional status of the egg.

Feeding them with omega-3 oils reduces the cholesterol content [Ref: 2] and increases omega-3 content [Ref: 3]. Feeding with various leaves rich in the carotenoids lutein, zeaxanthin, lycopene and beta-carotene increases levels in the quail egg too [Ref: 4].

Just as with hen's eggs, it is worth finding producers who feed their quail with genuine quail food. This is becoming more feasible: quail egg production is still a cottage industry with individual farms having their own methods and it is worth prospecting such individual sources.

With regard to preparation I have no particular views. They are usually consumed hard boiled, but some people appreciate them raw.

#### Agave Syrup and Molasses

**Q.** I'm always on the lookout for an alternative to sugar. What about agave nectar and blackstrap molasses?

**A.** Agave syrup is basically liquid fructose – so it is OK as far as it goes, being low glycemic; but fructose has problems of its own when used in anything but modest amounts (see [April 2004](#)).

Don't be led astray by the hyping of molasses for its supposed nutrient content. It does have tiny amounts, but it is still just unrefined sugar and its glycemic reaction is just as bad – avoid!

See sugar alternatives in [Ref: 5]

#### Hemp Seed

**Q.** Is it OK to put hempseeds on top of my salad? It helps with the constipation problems I got since I entered menopause.

**A.** No problem. I categorize hempseed as "Green-Green" [Ref: 6]. It is normally prized for its omega-3 content, but it is quite rich in fiber too.

But your constipation problems should disappear anyway as you stay on the Bond protocol.

### Thoughts from the Savanna

#### Stress of Jobs for the Boys II

*Last month: "Jobs", "employees" and "employers" are very recent institutions – and our mentalities are not designed to cope with them. Nature designed men for physical bravery, self-reliance and independence.*

Neither did Nature design men for sophisticated relationship skills. But that is what is needed today. The modern workplace efficiently mobilizes men's competitive spirit to drive them into an angst-ridden race for status and recognition.



*"There's something wrong with this corporate ladder!"*

Those who do best do not need physical bravery, or spirited independence. On the contrary, they are the ones who know how to work the relationships in the hierarchy – office politics – and who work well in teams. It is not surprising that most career men feel like the manager in the cartoon above.

Of course, a high percentage of the male population have menial jobs and small prospect of advancement. They give up on the workplace and look elsewhere to find dignity and a sense of self-worth.

The closest one gets in the modern world to the savanna model is as a self-employed sole operator. But it is not easy to do.

Tax authorities hate sole operators. They put them under pressure to put on the employer-employee strait-jacket for efficient taxation.

And a sole operator is not embedded in the savanna environment.

He still has to live by his wits, but by using non-savanna skills.

Instead of pitting his wits against snakes and bull elephants he has to spar with the bureaucrats and jobsworths of an overweening State.

In ways which have no parallel on the savanna, he has to be salesman to promote and market his goods and services.

If hunting is bad, there is a myriad of fall-back options. The sole trader lives with the prospect of personal ruin.

Even so, the self-employed do have much greater control of the lives and have the dignity of knowing that their survival is down to their own efforts.

It is remarkable, that even if they do not always earn equivalent money, they tend to be more at ease with themselves.

**Next Month:** Employers; Jobs for the Girls.

### Letters

#### Deadly Harvest: Life-changing

"There are only about three books which I have regarded as life changing and your *Deadly Harvest* is one of them.

"I came across it at absolutely the right time for me. I thought I knew a little about nutrition but your book has made me re-evaluate and further refine the food I eat.

"I am pretty much on the Bond diet now. The biggest surprise was the quantities; in particular of salads.

"I have just finished reading the book for about the fourth time, principally, to ensure that I am not deviating.

"Thank you for writing your book. Thank you for sharing your life-time's research with me."  
- Derek Carter, UK

#### Lisa's Waffles

"I made these waffles at a brunch I had at my house for 20 people. They were a big hit. They do great in an All-Clad waffle iron and it makes a huge difference on how they cook.

1½ cups almond meal  
½ cup gluten free flour

1 TBSP baking powder  
¼ tsp salt  
2 eggs  
1 ¼ cups almond milk  
½ cup canola oil  
1 tsp vanilla

Combine almond meal, flour, baking powder and salt in a bowl.

In a separate bowl beat eggs and add almond milk and oil.

Add dry ingredients to wet ones. The batter should be slightly thick and slightly lumpy. – Lisa Brown, Florida.

**Geoff says:** *It is always difficult to find the right balance between total conformity and excessive compromise, but yours looks reasonable given the special occasion.*

*The use of wheat is always problematic (think of Lady Rai, page 1!) but you have eliminated part of the objection by using the gluten-free version. The other main objection, the blood sugar spike, is mitigated by the low proportion of flour.*

See also Lisa Brown in [July 2009](#)

### Unintended Consequences

*Well-meaning meddling often makes things worse.*

#### Risks of Folic Acid Supplements

Back in [February 2008](#) I wrote about how governments are mandating folic acid additives in bread and flour – and the unexpected consequences.

One study finds a link between folic acid supplementation and lung cancer [Ref: 7].

A second study finds that pregnant women who supplemented with folic acid gave birth to children with a higher risk of asthma [Ref: 8]

**My View?** All you have to do to get folic acid is to eat *foliage*! Instead American and British worthy meddlers medicate their entire populations, with all sorts of harmful consequences.

#### Two-faced Oxytocin

Oxytocin is known as the "tend and befriend" hormone. (See *Deadly Harvest*, [Chapter 8](#), page 198).

This "love hormone" affects behaviors such as trust, empathy and generosity. As such it has

become a fashionable treatment to improve attachment between lovers. It also makes women more orgasmic.

Now Dr Simone Shamay-Tsoory, Haifa University, Israel throws a cold shower on the party. She finds that, depending on the social context, oxytocin treatment can also increase feelings of envy and gloating. [Ref: 9]

### The Long View (from Page 1)

#### Climate Never Stops Changing

... Meanwhile, the Sahara was a prairie swarming with wildlife.



This 20,000 year-old piece of rock art, found in the center of the Sahara, depicts women gathering roots and low-growing plants.

Yes, the climate never stands still! In my view it is futile resisting this incredible force of nature. Instead we have to work fast to adapt to what it might do to us. Food supplies and water supplies could be dislocated; vast populations could be on the move.

Does that mean we should not try to lower carbon emissions? No. It is still a good thing to do: reduce pollution, save money, reduce dependence on foreign powers...

Cosmologist Paul Davies finds that the fight against global warming is already lost. His "dangerous idea" is that the world will be a better place for it! [Ref 10]

Oliver Morton, editor of the prestigious scientific journal, *Nature*, points out that the Earth managed perfectly well without icecaps for most of its life.

Moreover carbon dioxide levels are still only one fifth of those 250 million years ago. Indeed, carbon dioxide is a vital plant food and a richer supply will nourish an explosion of plant life.

See: "Climate Cycles: Winners & Losers", [September 2009](#)

**Worthy Idiots (from Page 1)****Egyptian Mummy Heart Disease**

"The calcification lights up like a Christmas tree in the CAT scans. I use these facts to help people get past the questions about "why me?" and the denial. Clearly it is part of the human condition."

So there we have it. Left to the cardiologist, we would treat heart disease as "genetic" and as "part of the human condition".

But we know better, don't we!

**Hints & Tips (From Page 1)****Young Parent Guide to Baby Food**

"Adele can be a little funny with some textures and some tastes, and they change over time, so it takes some patience. But all-in-all she wolfs it down.

"We would like to introduce more egg but she had a little trip to the hospital in an ambulance the last time we did that, so it might have to wait a bit more.

"Other than that she tries bits of the food we eat because she is so fascinated. She especially loves sucking on my carrot and celery, and my breakfast of steamed green garlic beans."

**Geoff:** You set a wonderful example! And you are giving Adele a great start in life. It does take a little extra time and effort to prepare the meals – but that is where our priorities must lie today.

Interesting that Adele had a problem with egg. Ethan, who we

featured in [September 2009](#), also had an allergic reaction.

In a state of nature, solids would not be introduced until around 6 months. Such solids would be either pre-chewed or something easily absorbed without teeth, such as brains or raw egg.

Babies' immune systems take time to get tuned up and it makes sense to wait a year or two before trying egg again.

More photos of the Harris family: <http://www.flickr.com/photos/harrisworld/>

**Forthcoming Events****USA TOUR Feb 10 to March 18****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 Seminar  
**Seminar Title:** "Invest Now for a Lifetime of Vibrant Health!"

**Venue:** The Commissary, Rancho Mirage, CA.

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

**The Natural Eater Website****Google Local Site Search**

We installed the Google Site search engine on our main site: [www.naturaleater.com](http://www.naturaleater.com) some months ago.

It took quite a long time to find everything, but now it does a

pretty good job of returning viable searches of our entire website.

Use it to find the information you want from the Bond Briefing archive, Press Articles, *Natural Eating* online, *Deadly Harvest* online and much more.

**From the Web**

*Every month we discover people writing about us:*

**BLOGS**

<http://www.krebs-kompass.org/forum/archive/index.php/t-784.html>

... meine ernährung hab ich nach natural eating von geoff bond umgestellt und finds einfach super. sehr empfehlenswert...

<http://www.fighterfitnessforum.com/viewtopic.php?p=139444>

Lese gerade "natural eating" von Geoff Bond, da geht es auch fast nur darum...

<http://cavemanforum.com/index.php?topic=1503.msg12035#msg12035>

An interesting site on paleoanthropology....

<http://www.3athlon.de/community/showthread.php?t=14255>

Allerdings würde ich "Natural Eating" von Geoff Bond als Ergänzung empfehlen. Ist sogar auf Deutsch.

<http://www.moviefix.de/rkf/thread.php?hreadid=458&page=2&sid=9b72f2e972db2802bc8764e7f3c4b686>

Sind die Menschen Granivoren (Körnerfresser)? Auszug aus dem Buch „Natural Eating“ von Geoff Bond...

**WEBSITES**

Geoff's contribution to the USDA for the 2010 dietary guidelines:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/Meeting4/CommentsReports/EatingPatternsApr24-Oct28-2009.pdf>

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

**NEWSLETTER REFERENCES****June 2009:**

<http://www.naturaleater.com/newsletter-archive/NEWS-2009/NEWS-2009-06.pdf>

**September 2009:**

<http://www.naturaleater.com/newsletter-archive/NEWS-2009/NEWS-2009-09.pdf>

**JOURNAL REFERENCES**

1 JAMA. 2009 Nov 18;302(19):2091-4. Computed tomographic assessment of atherosclerosis in ancient Egyptian mummies. Allam AH et al.

2 Food Chem Toxicol. 2009 Oct;47(10):2590-3. Epub 2009 Jul 24.

Omega-3 fatty acid application reduces yolk and plasma cholesterol levels in Japanese quails. Atakisi E et al

3 Poult Sci. 2001 Sep;80(9):1344-52. Maternal dietary lipids modify composition of bone lipids and ex vivo prostaglandin E2 production in early postnatal Japanese quail. Liu D et al.

4 Br Poult Sci. 2006 Oct;47(5):561-6. Effects of carotenoids from lucerne, marigold and tomato on egg yolk pigmentation and carotenoid composition. Karadas F et al.

5 <http://www.naturaleater.com/Deadly-Harvest/Web-Edition/60-Deadly-Harvest-chapter6.htm> (Table 10).

6 <http://www.naturaleater.com/Deadly-Harvest/Web-Edition/60-Deadly-Harvest-chapter6.htm> (Table 8).

7 JAMA. 2009 Nov 18;302(19):2119-26. Cancer incidence and mortality after treatment with folic acid and vitamin B12. Ebbing M et al.

8 Am J Epidemiol. 2009 Dec 15;170(12):1486-93. Epub 2009 Oct 30. Effect of supplemental folic acid in pregnancy on childhood asthma: a prospective birth cohort study. Whitrow MJ et al.

9 Biol Psychiatry. 2009 Nov 1;66(9):864-70. Epub 2009 Jul 29. Intranasal administration of oxytocin increases envy and schadenfreude (gloating). Shamay-Tsoory SG et al.

10 [http://www.edge.org/q2006/q06\\_10.html#davies](http://www.edge.org/q2006/q06_10.html#davies)