



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.

In a State of Nature: Menstruation Mysteries. **Quote:** Meat – Laugh with Palin. **Unintended Consequences:** Running – Why the Special Shoes? **Health Politics:** What to do about Obesity? **Questions:** Alternative Sweetener – Xylitol; Yeast – Good or Bad?; Cancer Protein Intake. **Evolutionary Biology:** Gut Bacteria Help Immune Cells. **Thoughts from the Savanna:** Stress of Jobs for the Boys III - Employers. **Letters:** No Humbug in Deadly Harvest. **Hints:** Muscle Building: Eat Proteins Moderately but Regularly; Eat Quickly – Overeat; Dark Chocolate – Stress Relief. **Disease Connections:** Wheat & Osteoporosis. **Worthy Idiots:** Sun Deficiency/Breast Cancer. **Further Resources:** Author Page. **Events:** USA Tour. **Event Report:** Oxford University.

In a State of Nature

Menstruation Mysteries

An article on Indian peasant women caught my eye the other day. The writer laments that these women are unproductive for 10 days every month while they have their periods.

The article went on: If only sanitary pads were readily available! Peasant women could get then back to work, their productivity would increase by 50%, and poverty banished!

What, I wondered, happened in forager societies? No sanitary pads there!

There is a school of thought that says forager women did not menstruate very much: they were either pregnant or on 24 hour nursing (which suppresses ovulation and menstruation).

On the other hand, forager bands have elaborate customs about menstruating women. This suggests it was quite common. San maidens would retreat to a little grass shelter at this time.

More bizarrely, the men of some tribes like the Aborigines go in for blood-letting from the penis in imitation of menstruation.

In a state of nature, with the moon visible most nights, women's periods tended to synchronize with the lunar phases. They would ovulate at full moon, a time of feasting and sexual receptiveness. **Cont p.4.**

Quote

Meat: Laugh with Palin

"If God had not intended for us to eat animals, how come He made them out of meat?"—Sarah Palin.

Unintended Consequences

Running: Why the special shoes?



It has puzzled me for a long time. In our evolutionary past humans ran, sometimes for hours, over rough terrain with bare feet.

Why, all of a sudden, do we suffer knee troubles? Why are running shoes becoming ever more, padded, molded, complex (and expensive)?

When I was a kid, we wore simple tennis shoes with a canvas upper and a thin rubber sole, called (in England) plimsolls. I still use the same kind of shoe for jogging and playing various racquet sports.

Sometimes we have a runner like Zola Budd (above) who, barefoot, broke the women's 5,000 m world record. So do modern running shoes prevent injury?

A recent study has attempted to answer that question [Ref:1]. The researchers compared the effects on knee, hip and ankle joints of running barefoot versus running in modern running shoes.

They found that running shoes, with their excess padding and moldings, exerted more stress on these joints compared to running barefoot – or even walking in high-heeled shoes! **Cont p.4.**

Health Politics

What to Do About Obesity?

The USA's surgeon general estimates that obesity causes 112,000 deaths in the U.S. every year. If Americans could go back to the obesity rates of 1980, economists say, they could save Medicare \$1 trillion.

How to handle overeating? Already some states have introduced a soda tax. But Lincoln University, Pennsylvania has taken more radical action.

Students who have an "obese" body mass index (BMI) must take a "Fitness for Life," course with a regime of physical fitness and lectures on the costs of obesity. If not, they don't graduate.

Major airlines, like Air France, are making obese passengers pay for two seats.

Will measures like this work? Perhaps the steady tightening of the noose on the neck of obesity will have a similar effect as that on smoking: gradually changing behavior in a favorable direction.

It was impossible to overeat into obesity in our ancestral past. So maybe we should aim to impose limits to replace the ones that nature used to impose: a rationed food supply, availability of only the right sort of food, a built environment to privilege physical activity, etc.

One thing that won't do any good is the new Health Plan. It doesn't tackle the problem of the medico-pharmaceutical complex which can only continue to make money if people are sick.

Cont. p 4

Recipe

No Recipe this month but check out Nicole's cookbook

Healthy Harvest

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

Order from our shopping cart on www.naturaleater.com.



Questions

Alternative Sweetener: Xylitol

Q. Artificial sweeteners play havoc with me. What do you make of Xylitol – too good to be true?

A. Xylitol is a "sugar alcohol" like maltitol and sorbitol (see Table 10, p.155, Deadly Harvest [Ref:2]).

Sugar alcohols are frequently used in diabetic chocolates and the like. So from the glycemic point of view they are quite safe.

They do have minor drawbacks. They are still empty calories and, in larger doses, can upset the digestive system.

I have written about these sweeteners on several occasions, see "Sugar and Dark Chocolate" August 2008 [Ref:3]. That article will lead you back to earlier articles such as "Sweet Tipple - What is Sugar Alcohol?" (January 2000 [Ref:4]).

You might like to try stevia which is a "natural", intense sweetener extracted from the stevia plant. See "Stevia: .Natural. Sweetener" June 2006 [Ref:5]

The European Union (with the exception of France) has not allowed stevia to be sold over the counter. However, it is readily available online.

Yeast: Good or Bad?

Q. As a vegetarian I take yeast supplement for its B vitamins. Will it give me candida problems?

A. There are hundreds of species of yeast. Many of them live on the skin of fruits – that, partly, is what their 'bloom' is. The yeast bloom on grapes will naturally ferment the grape juice into wine. So, since the dawn of time, humans have eaten yeast on fruit fresh from the plant.

Today, processors wash and wax-coat most fruits like apples and pears and they have no naturally occurring yeast.

Some berries like raspberries, and blackberries are usually sold in their natural state and might still retain some natural yeast.

Candida is a noxious yeast and is a natural gut parasite. It takes a fully-functioning immune system to keep it at bay (see next article). Candida overgrowth has nothing to do with other yeast you eat.

For nutritional yeast, the makers kill it in such a way that it keeps its nutritional qualities but it cannot grow in you.

As a non-vegetarian, I would not normally seek out to consume yeast. Just let it enter your diet naturally – if it comes at all.

But for vegetarians, and especially vegans, yeast can be an important source of B vitamins. See also "Vegetarians and Vitamin B1", July 2009 [Ref:6]

Cancer & Protein Intake

Q. Carolyn Lammersfeld, of the Cancer Treatment Centers of Philadelphia says that cancer patients need twice as much protein to stave off muscle loss. What do you make of this?

A. Food, when you have a cancer, or having aggressive treatment for it, is a special case. Nausea, vomiting, bizarre cravings and irrational loathings all contribute to a poor intake of nourishment.

That is the main problem that dieticians in cancer centers have to overcome. So the chief concern is to ensure that the patient actually consumes and holds down the foodstuffs that a healthy body would consume.

I am doubtful that cancers induce muscle wasting – and even more doubtful that animal muscle in the patient's stomach will become muscle in the patient's body.

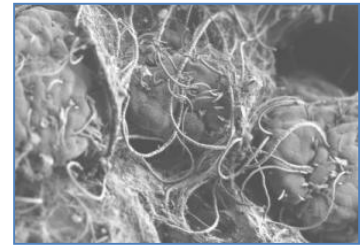
To optimize muscle building, see "Muscle Building", page 3.

Evolutionary Biology

Gut Bacteria Help Immune Cells

Some "friendly" bacteria perform a vital role in tuning our immune system. See "Underrated Colon", *Deadly Harvest*, p. 115 [Ref:7].

Two new studies point to a remarkably big role for a class of microbes known as segmented filamentous bacteria (SFB), below.



Notably, those SFBs stimulate particular types of helper T cells, known as Th17 cells.

Dr Dan Littman of Howard Hughes Medical Institute, New York, says: "It's the first example of a bacterium that can induce accumulation in the gut of a highly specific branch of the immune system." [Ref:8]

Valérie Gaboriau-Routhiau of INSERM in France says: "SFB can simultaneously stimulate a large spectrum of intestinal immune responses – innate and adaptive, pro-inflammatory and regulatory – which complete and balance each other" [Ref:9].

My View: This comes to reinforce my much stated view: that our bodies have evolved in symbiosis with friendly gut bacteria. Without them our immune systems and other aspects of our biochemistry malfunction, making us sick in a myriad of ways.

We are still unraveling the detail, but the tragedy is that most people, by eating a western diet, are starving friendly bacteria and promoting harmful ones.

Thoughts from the Savanna

Stress of Jobs for the Boys III *Last month* [Ref:10] "Jobs", "employees" and "employers" are very recent institutions – and our mentalities are not designed to cope with them.

Uneasy Lies the Head that Wears the Crown.

... It is no escape to be an employer either. First, most employers are employees themselves. Even heads of firms and corporations have to answer to boards of directors – and they are still employees of the corporate entity.

The penny dropped when I was bureau chief in Algiers. I used to receive quarterly visits from the head office chairman/CEO.

He was a bundle of nerves: worrying about cash flows, employee relations, technical liability lawsuits, poor sales forecasts, political instability, exchange rate movements, and answerability to his co-directors.

Worse, every hour of his day was programmed in advance and in minute detail. For the first time, I questioned my ambition to become a main board director.

The same goes for an employer in the public sector. Even the Prime Minister or President of a democracy is an employee of the state. The political pressures are intense and answerability for every action is under close scrutiny.

But there is another dimension to employment: one human being has control over another's livelihood – and the reverse – a human being dependent on another for his livelihood.

This is quite unnatural. In our formative past, a man's livelihood came from his interaction with his natural environment. This had its own insecurities certainly, but of a totally different kind to today's "job" where another human being decides your reward, not your success in handling Nature.

That is a situation which triggers a man's search for dignity. Hence the manic, pathological attempt to climb the corporate ladder.

Next Month: Jobs for the Girls

Letters

No Humbug in Deadly Harvest

I found out about you on Amazon UK, which had this review:

"Forget the diet books. Not only have I lost a stone in 2 months, I have more energy and feel I have been given a new lease of life. A fascinating and unbiased account of the food we are unwittingly putting into our bodies. It's a must-read." – G. Lawless, Herts.

I immediately ordered a copy of *Deadly Harvest* and was just as impressed as the reviewer from Hertfordshire. I then ordered "[Natural Eating](#)" [Geoff's book published in 2000, Ref:11] and have just received it today.

I was delighted to find in the resources section of *Deadly*

Harvest that you had written a companion recipe book and I immediately ordered it from the Bond Effect website.

It was gratifying that *Deadly Harvest* was not encumbered by too many recipes, a fault too often committed by other authors in the health and diet field.

The Amazon.com has 8 five star reviews out of 8, and very much deservedly so. – *Dr Richard Scoular, Scotland.*

Hints & Tips

Muscle Building: Eat Proteins Moderately but Regularly

For thousands of years, people believed that eating large amounts of protein made it easier to build bigger, stronger muscles.

But a recent study shows that this doesn't work. On the other hand there is another way that does [Ref:12]. It works both for body-builders and also for the sick and elderly who need to reverse muscle loss.

The study's results show that only the first 4 oz (115 gram) serving of chicken, fish, or lean beef actually produces muscle. Eat more than this at a meal and the body converts the excess protein into sugar and fat.

For people who need to build muscle, the most efficient way is for each meal of the day to contain just 4 oz of a protein-rich food.

This means that the average American would eat more at breakfast and lunch but reduce the portion size at dinner.

Eat Quickly - Overeat

A new study confirms it: wolfing down your food encourages over-eating [Ref:13].

In a test using ice cream (human guinea pigs do have fun sometimes!), those who took 30 minutes to finish the portion, had higher levels of the gut hormones which calm appetite (and the subjects felt fuller), than those who gulped down their ice cream in a few minutes.

Dark Chocolate: Stress Relief

The "chocolate cure" for emotional stress is getting new support from a clinical trial.



It found that eating an ounce and a half (40 g) of dark chocolate a day for two weeks reduced levels of stress hormones and rectified stress-related biochemical imbalances in people feeling highly stressed. [Ref:14]

I have always recommended [Ref:15] very dark chocolate (better than 75% cocoa solids) as a safe treat in modest quantities. It is good to know that it does some good too!

Disease Connections

Wheat and Osteoporosis

We know that gluten allergy (celiac disease) undermines bone health. Now a team from the University of Edinburgh, Scotland finds that celiac patients produce antibodies that attack a bone helper called osteoprotegerin (OPG) [Ref:16].

Normally OPG slows down the rate at which bone is removed. However, gluten undermines OPG's activity with the result that bone is lost faster than it is replaced.

See "Cancer & Protein Intake", page 2. See also "Celiac Disease Epidemic", August 2009 [Ref:17]

Worthy Idiots

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

Sun Deficiency/Breast Cancer

In a study of 166 women undergoing treatment for breast cancer, nearly 70 percent had low levels of the sunshine vitamin, vitamin D in their blood [Ref:18].

So far so good. We know that sunshine deficiency undermines the immune system, allowing cancers to break out.

But is this the conclusion of the researchers? No. They are worried that their cancer patients will develop osteoporosis!

However by accident, they make the right recommendation: that breast cancer patients should boost their levels of vitamin D.

To their surprise they will find that their patients will experience improved recovery from cancer!

Further Resources

Geoff's Author Page on Amazon
www.Amazon.com has introduced a new feature – an Author Page. Here you can find out more about me but, more interestingly, it provides a discussion forum and I can make blog posts. Check it out! Click: www.amazon.com/Geoff-Bond/e/B001JJSANPE/ref=ntt_athr_dp_pel_pop_1

In a State of Nature

Menstruation Mysteries

From Page 1: ... Female gorillas and chimpanzees menstruate also. Mostly they just make a mess of themselves. ... Was this the fate of women too down the ages?

Unintended Consequences

Running: Why the special shoes?

From page 1: ... The researchers conclude that running shoe design should aim to reproduce the effect of running barefoot.

Am I going to run barefoot from now on? No – I haven't time to toughen up the soles of my feet. But, with renewed confidence, I will continue with my plimsolls!

Next Month: An evolutionary biologist explains how bare-foot running dynamics are different.

Health Politics

What to Do About Obesity?

From Page 1: ... It enjoys immense deference and protection in Congress – which is about to drive 40 million new customers into its arms with only the mildest concessions to shape up its act.

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!"

Geoff's Talk: The Best Health Plan is... Not to be Sick!

Nature intended us to live long lives in good health. How it goes wrong and how we can fix it.

Venue: The Living Desert, Palm Desert, CA.

Info: Dr Rita Stec,
ritajstecmd@dc.rr.com

Book Signing

Geoff Bond will be signing copies of *Deadly Harvest*.

Date: March 14, 2010

Time: 12:30 p.m.

Venue: Natural Products Expo West, Anaheim, California.

Location: Square One Publishers, Hall B, [Booth # 1105](#) [Ref:19]

Event Report

"Fear Not Cancer" talk at Oxford University, February 3, 2010

Under the auspices of Mary Perryman and the Speedwell Trust [Ref:20], we had a very successful event. The audience, which included doctors and dieticians, was a pleasure for me to work with, and the lively Q&A session lasted an hour.

I was pleased to see some loyal adherents including Dr Kim Lloyd [November 2009](#) [Ref:21] and Derek Carter [December 2009](#) [Ref:22] who has written a fine book review on Amazon UK [Ref:23]

From the Web

BLOGS

I read through Geoff Bond's [Deadly Harvest](#) [Ref:24] during my vacation. It was an interesting read ... makes a decent argument for a paleo diet, as well as ways of implementing it... Ref:25]

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 email: admin@NaturalEater.com; Cancer Support Site: www.BeatCancerNaturally.com
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19 http://www.expowest.com/ew10/Public/Booth.aspx?IndexInList=11&FromPage=ExhibitorList.aspx&ParentBoothID=&ListByBooth=true&BoothID=1037335&AEID=239_243

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21 <http://www.naturaleater.com/newsletter-archive/NEWS-2009/NEWS-2009-11.pdf>

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