



## 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.

**Event Report:** Walter T Stec Seminar. **In a State of Nature:** Running – Why the Shoes? II. **Humanity: Mating Games:** Female Fancy – Foot Language. **Laugh With Palin:** Alaska's Animals on a Plate. **Event Report:** Book Signing at Natural Products Expo West. **Q&A:** Alternative Sweetener – Somersweet; Vitamin B12 Sufficiency; Bond Diet Baffles Health Visitor; Tanning Beds Good for Vitamin D; Online Community of Followers. **Thoughts from the Savanna:** Stress of Jobs for the Girls. **Hints:** Eating – Keep the Rules Simple. **Sunshine is Human Food:** Sunshine, Race & Cardiac Deaths. **Worthy Idiots:** Life Expectancy/"Sun Damage". **Event Reports:** CME Lectures; WT Stec Seminar – Photos; Cancer Talk, Oxford University. **From the Web.**

### Event Report

#### Walter T Stec Public Seminar, Palm Desert, California.



Sylvia King, Geoff, Tony Hoehner, Nicole.

I gave only one talk for the general public on my recent USA speaking tour – for the Walter T Stec Memorial Foundation, which also very generously provided me with some financial support.

Dr Rita Stec [1] orchestrated a fantastic event located at the Living Desert Zoo Park in Palm Desert [2]. It was an ideal venue in an authentic setting in close communion with nature.

I gave the keynote talk on the subject "The Best Health Plan is... Not to be Sick!" This topic resonates with the Obama health plan which will be a huge financial burden.

Moreover, not to be sick, gives freedom from anxiety, freedom from unpleasant treatments, freedom from medications – and it saves money!

I was delighted to see that many followers were able to attend. Notably Tony Hoehner and his wife Sylvia (above) came the 450 miles from San Francisco.

Others we knew of were Marissa Moder and George & Nancy Stock. If we have forgotten anyone let us know! More photos on page 4 and: <http://www.naturaleater.com/images/USA%202010/Stec-2010-index.htm>

### In a State of Nature

#### Running: Why the shoes? II



Last month [8] we discovered that running shoes place extra stress on knee joints. So how did humans run comfortably before the invention of shoes?

Daniel E. Lieberman, professor of human evolutionary biology at Harvard University has found that those who run barefoot, or in minimal footwear, tend to avoid "heel-striking," and instead land on the ball of the foot (see photo)

These runners avoid the harmful impacts, equivalent to three times body weight, that shod heel-strikers experience [3].

"Humans have done endurance running for millions of years, but the modern running shoe was not invented until the 1970s. People who don't wear shoes have an astonishingly different strike," says Lieberman.

"Most people think barefoot running is dangerous and hurts, but actually you can run barefoot on the hardest surfaces without the slightest discomfort and pain. It is less injurious than running in shoes."

So there we have it. Our ancestors ran on their toes, and we should do the same, whether or not we use running shoes.

### Humanity: Mating Games

#### Female Fancy – Foot Language



It is a Universal Value: wherever we look around the world, females find themselves triggered into subtle body language when they see a man they fancy.

Even in primal tribes (see San Bushwomen, p 3), the girls giggle and wriggle in predictable ways.

Prof Geoff Beattie, Dean of psychological sciences, University of Manchester, says that gestures with our feet are the most powerful form of body language because we are less conscious of what we are doing with them.

If a woman moves her feet away from her body while giggling, to adopt a more open-legged stance, then she is attracted to you. "If she is crossing the feet, or crossing the legs – not good."

In contrast, men reveal nothing through their feet about their attraction ...

### Laugh with Palin

#### Alaska's Animals on the Plate

"I especially love moose and caribou. I always remind people from outside our state that there's plenty of room for all Alaska's animals—right next to the mashed potatoes."—Sarah Palin.

### 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](http://www.naturaleater.com).



### Events Report

#### Book Signing at Natural Products ExpoWest, Anaheim, March 14.



Geoff with some of the enthusiasts lining up for a signed copy of *Deadly Harvest* [4] at the stand of publisher *Square One* [5]

More photos on the web at [www.naturaleater.com](http://www.naturaleater.com).

Direct link:

<http://www.naturaleater.com/images/USA%202010/Book-signing-2010-index.htm>

### Questions

#### Alternative Sweetener:

##### Somersweet

**Q.** What do you make of the new sweetener brought out by Suzanne Somers called "Somersweet"?

**A.** As far as I can tell, it is OK. The ingredients are listed as Inulin, Erythritol, Fructose, and Citrus Peel Extract.

Inulin is a naturally occurring plant fiber (found for example in turnips and onions) and an important element in the human diet. See March 2004 [6] and April 2004 [7] It has a slightly sweet taste and, because it slows down the absorption of food, is good at controlling blood sugar spikes.

Erythritol is a sugar alcohol similar to Xylitol (January 2010 [8]). It has virtually zero calories and doesn't give blood-sugar spikes. It has the advantage over other sugar alcohols in that it has no side-effect on the guts.

Fructose is fine as far as it goes, being low glycemic but, in large amounts, it does have harmful

side-effects. See Fructose Drawbacks, April 2004 [7].

Citrus Peel Extract can improve insulin control and moderate triglycerides induced by fructose [9].

**My view?** This sweetener is a valid addition to the arsenal of sugar alternatives.

#### Vitamin B12 Sufficiency

**Q.** Blood tests suggest I am low on vitamin B12. My doctor advises a supplement. However, I eat like you say and can't believe I have deficient intake. How reliable are these tests? What level of B12 is really deficient?

**A.** First of all check out my Briefing of December 2006 [10] where I respond in detail to very similar questions.

Briefly, it is very hard to be B12 deficient if you eat like I say. But vegans and, to some extent vegetarians, are at risk. See "Vitamin B12 Dosages", April 2007 [11]

The routine tests are unreliable and you should certainly ask for the more exotic but more reliable "MMA test" to make sure.

Watch out for factors which prevent the body from using your B12 intake. For example, B12 absorption depends on the stomach producing a compound called "intrinsic factor". Gastric ulcers or helicobacter-pylori infection interfere with this [12].

Furthermore, certain medicines such as the anti-diabetes drug, Metformin [13] also inhibit B12 absorption.

#### Bond Diet Baffles Health Visitor

[Note for American readers: Nanny-states employ "health visitors" to make home calls and check that parents are looking after their baby in the government-approved manner.]

**Q.** Our health visitor has been giving me a hard time about my one-year old baby's diet.

*Every day she eats: stone fruit, pear, strawberry, banana, beetroot, zucchini, home-made pasta sauce, roast eggplant, fish either tuna, salmon or sardine, avocado, poached chicken, broccoli and alternating cabbage and green beans. She still has two breastfeeds each day and drinks plain water.*

*The health visitor complains that she will be calcium and iron deficient on the grounds she is not drinking any cow's milk.*

**A.** This health visitor qualifies for the "Worthy Idiots" column!

- You are breast feeding and she worries about cow's milk!

- Your baby is getting the dream diet and she worries about iron!

This is "painting by numbers". If your health visitor had an open mind, she might recognize that, not only is your baby supremely healthy, but that she can learn lessons for the other babies she checks up on – babies who are surely more trashily-fed.

#### Tanning Beds Good for Vitamin D

**Q.** Blood tests suggest I am low on vitamin D. My doctor advises a supplement. However, it is winter, I live in a northern latitude (Pennsylvania) and I am sunshine deficient. Does a tanning salon do the same job?

**A.** Yes, see "Tanning Salons Are Useful", August 2004 [14].

From the few studies carried out, it doesn't seem to matter what type of ultraviolet light the beds produce [15]. However, instinctively I think it would be better to favor one that is "low pressure" or "low intensity" i.e. one which takes about 20 minutes to get a reaction.

One session a week should be enough until summer comes around.

Incidentally, this is one field (sun exposure) where scientists lose their reason and allow superstition to trump evidence; see "Worthy Idiots" later.

#### Online Community of Followers

**Q.** Have you considered creating a community of online followers? One of the hardest things about this lifestyle is the feeling of isolation.

**A.** Yes. I used to have an online forum on [www.naturaleater.com](http://www.naturaleater.com) until the spammers grid-locked it.

I now have a link on my home page banner to a third party blog spot.

If that is not enough, I also have a blog-spot on my author's page at

[www.Amazon.com](http://www.Amazon.com) . Direct link:  
[www.amazon.com/Geoff-Bond/e/B001J5ANPE/ref=ntt\\_athr\\_dp\\_pel\\_pop\\_1](http://www.amazon.com/Geoff-Bond/e/B001J5ANPE/ref=ntt_athr_dp_pel_pop_1)

But the point you make is valid, and I am open to ideas about how we might create the "community feel" that you mention.

### Thoughts from the Savanna

#### Stress of Jobs for the Girls

Last month [8]: "Jobs", "employees" and "employers" are very recent institutions – and our mentalities are not designed to cope with them.



San Bushwomen Collecting Berries

For the eons over our evolutionary history, the women would set off every day foraging. They carried their babies up to four years old on their backs, and allowed suckling on demand. They left the older children back at the camp with the grandmothers.

The foraging women stayed in a loose-knit group for safety, keeping up a constant, reassuring chatter to make sure they had not lost contact with the others.

They worked as much or as little as they desired; no one told them what to do or could deprive them of providing for their family.

The women worked in teams and would help each other and call out if they had found something interesting. After about three to four hours they had finished and returned to camp.

That was all the work there was – some 15 to 20 hours a week. Moreover, it was work to which nature had naturally adapted them. In doing it they felt as if they were "fulfilling their destiny."

Compare this to the workplace for the average working mom today.

- babies and toddlers banned from the workplace,
- no suckling on demand for infants up to 4 years old.

- babies and toddlers parked with a child-minder,

- no grandmother to babysit the older children,

- having to hustle for a job and then to worry about losing it,

- an employer with the power to deprive her of the means to provide for her family,

- male colleagues who aren't programmed for chattering or for working in teams, particularly ones with women in them,

- male colleagues who find work satisfaction in quite different ways,

- sexual tension coming from male bosses and colleagues,

- work which does not "fulfill her destiny",

- a work week which has twice as many hours. Stressful in itself and also starves home and children of Mom's quality time,

So: modern work is a stress, not only the working mom, but also on children and grandmothers.

The closer a mother can align herself to the ancestral pattern, the more at ease she will be – the more she will feel "at harmony with her destiny".

### Hints & Tips

#### Eating: Keep the Rules Simple

The more complicated a diet is, the more likely dieters will give it up. This unsurprising finding comes from Jutta Mata, now professor of cognitive psychology at Stanford University [16].

For example Weight Watchers assigns points to every food and instructs participants to keep below a certain number of points per day.

In contrast, "Brigitte", a German diet plan, is cognitively simpler and just gives shopping lists. This is more successful than Weight Watchers.

What about Natural Eating? It can be summed up as follows:

- . Good Plants – Plenty
- . Good Animal Matter – Some
- . Starches, Sugars, Beans, Dairy, Bad Fats – Avoid.

### Sunshine is Human Food

#### Sunshine, Race & Cardiac Deaths

Anyone who visits rural tropical Africa will see the indigenous people stripped to the waist, toiling in the burning sun. We can be sure that they receive enough sunshine.

However, in America, black people now live and work mostly indoors. Not coincidentally they suffer 38% more than whites from cardiovascular disease. Now, at last, researchers are turning the light on sunshine deficiency.

They find indeed that, on average, black Americans have lower levels of vitamin D in their blood but that those with the better levels have less heart disease [17].

This phenomenon is a well-known one and yet it is extraordinary how long it takes for the penny to drop.

In my medical education lectures (see page 4), I take care to mention that people with dark pigmentation have to work considerably harder than "pale-faces" at getting enough sunshine.

#### Sunshine Helps Crohn's Disease

In another study, fixing a vitamin D deficiency helped resolve Crohn's disease [18].

The researchers identified a surprising new way in which vitamin D works: it activates the immune cells in the intestinal wall, helping to fight off microbes.

This is yet another instance of how many "unknown unknowns" there are out there. But we don't have to worry about them! Just live in the way our bodies recognize and it all works out just fine.

### Worthy Idiots

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

#### Life Expectancy/Sun Damage

*"When nature gave humans the capacity for cutaneous vitamin D(3) photosynthesis [vitamin D produced in the skin from sunlight], life expectancy was less than 40 years; long-term photo-damage was not a concern."*

So opines Dr Barbara Gilchrest of Boston University, Massachusetts, USA [19]. In one clumsy sentence, she manages to:



a) ignore the torrent of studies lamenting the inexorable rise of sunshine deficiency diseases,  
 b) regurgitate the urban myth that humans used to live "less than 40 years",  
 c) sweep aside the inconvenient fact that nature must have had a reason to give us the unusual ability to make vitamin D from sunshine.

But Dr Gilchrest is a dermatologist and, whatever she really believes, she is obliged (at least in public) to peddle the official party line of her professional institution.

### Events Reports

#### Continuing Medical Education (CME) Lectures, Feb/March

This year I gave a total of 7 lectures at a variety of hospitals throughout California. The format is usually the same: one hour including question-time while the audience of doctors eats lunch.

The same questions come up frequently:

"But we are all living longer now, aren't we?"

"But if you are cutting out dairy, where do you get your calcium?"

"How do you get enough nourishment if you are eating all that salad, fruit and vegetable?"

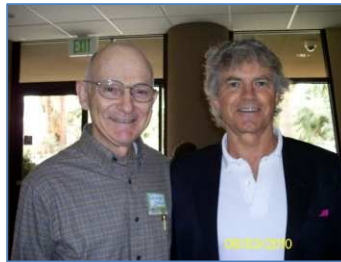
But when all is said and done, I find it heartening that the medical profession, at least in California, is open to the insights that lifestyle anthropology can bring to their understanding and after-care of

diseases of civilization like cancer, CVD, osteoporosis, diabetes etc.

#### W T Stec Seminar: More Photos



Geoff, Marissa Moder



George Stock, Geoff

#### "Fear Not Cancer" talk at Oxford University, Feb 3, 2010

"We always know when a talk has been successful and yours certainly was.

"There were so many questions, and so many people stayed behind to talk about the content of your talk and to buy your books, that you can be assured that you have revolutionized many people's ideas about their food.

"Everyone I spoke to was full of your praise. They felt you were very knowledgeable, fluent in your presentation, you walked your talk and they liked you as a person." - *Mary Perryman, Chairman, Speedwell Trust.*

### Unintended Consequences

#### Vitamin E Overdose

It is one of my constant themes: we cannot micromanage the incredibly complex ways in which various chemical compounds interact with each other in the body. Now doctors and nutritionists are having second thoughts about vitamin E.

A huge study finds that those who took vitamin E supplements were more likely to be sickened by them than those who didn't [20].

### From the Web

#### BLOGS

<http://www.rawpaleoforum.com/hot-topics/fruitarianismvegan-is-closer-to-a-paleo-diet-than-zero-carb/msg13977/#msg13977>

I recommend the writings of the following Anthropologists and Evolutionary Biologists on natural human diet and lifestyle...

#### BLOGS (GERMAN)

<http://www.triathlon-szene.de/forum/archive/index.php/t-6706-p-2.html>

<http://www.mtb-news.de/forum/showthread.php?t=333277>

<http://derstandard.at/1266541425104/Gena-uer-Betrachtet-Skurriile-Diaeten---Essen-wie-die-Neandertaler?sap=2&seite=2>

Weniger Hype, mehr Hausverstand. Auch ohne dass man einen Hype draus macht und ausgerechnet die Neandertaler bemüht...

#### WEBSITES

<http://www.art.lightningspeedfitness.com/healthy.html>

#### WEBSITES (GERMAN)

<http://www.sozialprojekte.com/buch/eating-einfach-fantastisch>

Seit einem Jahr lebe ich (52) jetzt nach den Grundsätzen von Natural Eating. Ergebnis: ich habe so nebenbei 11 Kilo abgenommen...

#### SUBSCRIBE TO THIS BRIEFING!

**DOWNLOADABLE BOOKS and other VITAL INFORMATION:** [www.TheBondEffect.com](http://www.TheBondEffect.com)  
 email: [admin@NaturalEater.com](mailto:admin@NaturalEater.com); Cancer Support Site: [www.BeatCancerNaturally.com](http://www.BeatCancerNaturally.com)  
 Tel: +357 99 45 24 68; Skype: gvlbond; fax: +1-801-659-735

1 <http://www.awomanshomehealthcompanion.com/>

2 <http://www.livingdesert.org/>

3 Nature. 2010 Jan 28;463(7280):531-5. Foot strike patterns and collision forces in habitually barefoot versus shod runners. Lieberman DE et al.

4 <http://www.naturaleater.com/Deadly-Harvest/Deadly-Harvest-Information.htm>

5 <http://www.squareonepublishers.com/>

6 <http://www.naturaleater.com/newsletter-archive/NEWS-2004/NEWS-2004-03.pdf>

7 <http://www.naturaleater.com/newsletter-archive/NEWS-2004/NEWS-2004-04.pdf>

8 <http://www.naturaleater.com/newsletter-archive/NEWS-2010/NEWS-2010-01.pdf>

9 Life Sciences; Volume 79, Issue 4, 20 June 2006, Pages 365-373; Citrus polymethoxylated flavones improve lipid and glucose homeostasis and

modulate adipocytokines in fructose-induced insulin resistant hamsters; Rachel W. Li et al.

10 <http://www.naturaleater.com/newsletter-archive/NEWS-2006/NEWS-2006-12.pdf>

11 <http://www.naturaleater.com/newsletter-archive/NEWS-2007/NEWS-2007-04.pdf>

12 Arch. Int Med.; Vol. 160 No. 9, May 8, 2000; Helicobacter pylori—Is It a Novel Causative Agent in Vitamin B12 Deficiency?; Kürad Kapitan et al.

13 Diabetes Care September 2000 vol. 23 no. 9 1227-1231.

14 <http://www.naturaleater.com/newsletter-archive/NEWS-2004/NEWS-2004-08.pdf>

15 Am J Clin Nutr. 2004 Dec;80(6):1645-9; Tanning is associated with optimal vitamin D status (serum 25-hydroxyvitamin D concentration) and higher bone mineral density. Tangpricha V et al.

16 Mata et al. When weight management lasts: Lower perceived rule complexity increases adherence. Appetite. 2009; DOI: 10.1016/j.appet.2009.09.004

17 Ann Fam Med. 2010 Jan-Feb;8(1):11-8.; Vitamin D, race, and cardiovascular mortality: findings from a national US sample.; Fiscella K et al.

18 Tian-Tian Wang et al. Direct and indirect induction by 1,25-dihydroxyvitamin D3 of the NOD2/CARD15-beta defensin 2 innate immune pathway defective in Crohn's disease. The Journal of Biological Chemistry, (in press)

19 Am J Clin Nutr. 2008 Aug;88(2):570S-577S. Sun exposure and vitamin D sufficiency. Gilchrest BA.

20 Biofactors. 2009 Nov-Dec;35(6):469-73.; No evidence supports vitamin E indiscriminate supplementation. Dotan Y et al.