



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.

Q of Month: Corroborating the Bond Precepts. **Common Wisdom is Unreliable:** When Doctors Backed Smoking. **Scientific Integrity:** Spotting the Humbug. **Recipe:** Spicy Aniseed Cake. **Questions:** Getting off Medications; Cancer Grows Blood Vessels (Angiogenesis) to Feed Itself. **Buyer Beware:** Carrefour "Agir Organic Cookies". **Health Professionals' Corner:** Blood Sugar Test. **Bond Precepts in Practice:** Nicole's Status. **Letters:** Deadly Harvest Info Provides Best Context. **Health Policy:** Think-tank Brain-storming. **Laughter the Best Medicine:** America's Wackiest Warning Label 2010. **From The Web:** Blogs; German Blogs; Websites.

Question of Month

Corroborating the Bond Precepts

Q. *In support of your precepts, my skeptic friends would like to see double-blind, randomized, placebo controlled tests and meta-analyses etc. Otherwise they feel that you are 'cherry-picking'. I know that you use references in Deadly Harvest, and in the Bond Briefings.*

A. Charles Darwin faced a difficulty with his ideas about evolution: there was no way to run an experiment to corroborate his theory. The phenomenon he was studying took place over millions of years.

Instead, he assembled as much circumstantial evidence as he could and tested, where possible, each little piece of evidence. He said that his book, *The Origin of Species*, is "one long argument". Even today, there are Darwin-deniers who remain unpersuaded.

I, and other workers in this field, face a similar difficulty. It is quite unrealistic to expect that we can do double-blind, randomized, placebo-controlled trials on a sufficiently large sample population, with iron control over their lifestyle, for their entire lifetimes. All we can do is assemble the pieces of evidence and make the case.

Of course, where nutrition is concerned, some trials are quite indicative even if they only last a few years.

Continued: p. 4.

Common Wisdom - Unreliable

When Doctors Backed Smoking



"What you will hear today might surprise you, but in 20 years it will be a commonplace – just as the dangers of smoking are now a commonplace – yet not long ago, doctors were still promoting it."

That is how I sometimes introduce my talks. My point is this: we must open our minds to the possibility that 'common wisdom' might be wrong.

This advertisement dates from 1954 – but don't blame the doctors! The tobacco companies had thoroughly subverted their organizations. Their scientific journal, JAMA, even carried similar adverts.

And food companies are still doing the same – and they are doing it to all of us! We have to develop the habit of skeptical thinking. See 'Carrefour Agir Organic Cookies', p.2 and 'Spotting the Humbug', next article.

Scientific Integrity

Spotting the Humbug - part I

In March 2010 I attended a University College London seminar entitled 'Why are more unequal societies socially dysfunctional? Darwinian insights'.

Two epidemiologists, professors Richard Wilkinson and Kate Pickett (henceforth 'W&P') gave the keynote talk: 'More unequal societies are socially dysfunctional: the evidence'.

This was a scientific conference so my guard was down. But as the lecture proceeded I felt increasingly discomfited and skeptical.

W&P showed a series of graphs where they had hand-picked various countries and purported to show that rates of suicide, unhappiness, teenage pregnancy, mental disorders, homicide, low life expectancy etc. were 'caused by' greater inequality.

"Caused by"? W&P don't even entertain the idea that they might be finding meaningless correlations!

They appeared to cherry pick the countries to suit their thesis, and worse, they didn't attempt to find alternative explanations.

Teenage pregnancy is "undesirable" only if the girl is a single mom. But W&P failed to check that out. 'Unequal' Portugal has high rates of teenage pregnancy – but in wedlock! **Cont: p 4.**

Recipe

Spicy Aniseed Cake

Yield: 16 squares

This makes a delicious, conforming cake that can be eaten at any time of day. For example, for a quick continental breakfast or at afternoon tea. This is a dense dish that is rich in protein, so ration yourself to no more than two slices at a time!

5 tablespoons aniseeds
 5 tablespoons sesame seeds
 4 eggs
 1 tablespoon ground cinnamon
 2 teaspoons mixed spices
 1/4 teaspoon ground nutmeg
 2 tablespoons olive oil
 1 teaspoon sesame oil
 1/2 cup orange flower water
 zest of 1 orange, finely grated
 zest of 1 lemon, finely grated
 about 2 cups almond meal (about 7 ounces)
 5 tablespoons diabetic orange marmalade, more or less to taste
 olive oil spray

1. Dry-roast the aniseeds and sesame seeds briefly in a small frying pan. Set aside.
2. Meanwhile beat the eggs with an electric hand-mixer in a medium-size mixing bowl. Mix in the cinnamon, mixed spices, nutmeg, the olive oil, the sesame oil, the orange flower water and grated zest of the orange and lemon.
3. Blend in the almond meal and mix all together to a smooth consistency.
4. Mix in the orange marmalade to taste. Add the aniseeds and sesame seeds.
5. Spray a baking mold (e.g. 8x8 inches) with the olive oil and fill in the cake mixture.
6. Bake in a hot oven at 360°F (180°C) for about 35 minutes. Check the center for doneness.
7. Allow the cake to cool down and de-mold.

Questions

Getting off Medications

Q. *My 33 year old fiancée is on blood pressure and anxiety medications. She has a bad addiction to salt and drinks too much beer. Is there any more holistic approach to these problems. I'm already encouraging her to eat better (closer to your norm but she's not a convert), exercise more, and drink less.*

A. It sounds like you are encouraging your betrothed with all the right ideas. The problem, as so often, resides in getting her to change her habits! That is a psychological and emotional challenge which you are far better placed than I am to analyze.

There is no way that a normal 33 year-old should be on blood pressure meds, and the lifestyle changes we all know about will fix it: good diet, fresh air, exercise, sunshine and so on. Maybe it will fix the anxiety attacks too – although there will be a psychological/stress dimension too.

Sometimes a radical change of life circumstances is needed: e.g. moving to where you have greater contact with nature and open spaces. See "Green Spaces Lower Anxiety and Depression", May 2010 [7]

Cancer Grows Blood Vessels (Angiogenesis) to Feed Itself

Q. *What do you think of Dr. William Li's "New way to think about treating cancer" on YouTube [1]? He says the crucial first step is to eat cancer-fighting foods that cut off the cancer's supply lines.*

A. It is interesting that it takes a medical doctor to present something as new, when it has been known in scientific circles for a very long time. Namely, that lifestyle has everything to do with cancer!

Of course various compounds found in all kinds of plants are essential to the workings of the

body's cancer defenses (such as the ones in tomatoes, grapes, teas and many more).

I was just waiting for the good doctor to say that Big Pharma has found a way of putting all these into an expensive medication - but to his credit he didn't go that far!

Dysfunctional angiogenesis is only one aspect of cancer cell proliferation, and the whole point about cancers is that we cause all kinds of other processes to malfunction too - like the cancer cell failing to self-destruct when it is supposed to.

That is where Dr Li should have talked about foods that we need to SUBTRACT from the diet - something he took pains to avoid doing.

Finally, it is not only the nutrition: as we all know, physical activity, sunlight, stress, sleep, all play a role too.

Even with all those qualifications, it is heartening that the focus on the 'War against Cancer' is shifting away from billions spent on research towards simply saying: "people only need to change the way they live their lives" – and at no cost to the state or insurers.

Buyer Beware

Carrefour "Agir Organic Cookies"

A reader writes:

Carrefour (a large French supermarket chain) sells its own-brand 'Agir Organic Cookies'. When I got them home for my kids I was astonished to find that they contain 18% sugar and 17% palm oil (a saturated fat).

I wrote to the customer care department to say that the 'organic' label had misled me into thinking that the product was healthy.

I received a two page letter in response. Buried in the irrelevant and inconsequential blather, they defended their product by saying:

a) that sugar is a naturally occurring substance.

b) that up to 25% of fat intake 'is allowed' to be saturated.

c) that saturated fat is necessary because it is solid at room temperature and it keeps the product moist.

My View? Carrefour's light-hearted unconcern is breathtaking. It shows that food producers (and their food scientists) live in a different world: "it's OK so long as it's within the rules"

By the way, palm oil is one of the worst: its main saturated fat is palmitic acid, the type that most aggressively attacks cardiovascular health.

I have posted Carrefour's letter and its translation on my website in the 'Q&A Archive' link [2].

Health Professionals' Corner

Blood Sugar Test

From Dr Rita Stec:
March 2010 [3] in response to a physician's question about blood sugar test to find out if a patient is eating too much sugar, you said: "ask the patient if he is consuming any sugar. If the answer is 'yes', it is too much."

For your information, the hemoglobin A1c test is now being recommended for diagnosing diabetes, rather than blood sugar levels.

A. Indeed, the doctor did ask me about the hemoglobin A1c test. I intended my answer, at the price of sounding flippant, to shift his focus.

Instead of trying to manage his patient's sugar intake, he could consider simply banning it.

Bond Precepts in Practice

Nicole's Status

You might wonder if we practice what we preach and if so what are the results?

Yes we do practice what we preach! Nicole is into her eighth decade and is in fine health.

She has all vital signs functioning correctly, good blood pressure, healthy cholesterol levels and her blood-work checks all the right boxes. She is not on any medication, has not had surgery

and not suffered from any of the major diseases like cancer, heart disease, diabetes, arthritis and so on. Her bones are very solid.

Nicole is physically active and works out every day. She weighs 110 lb for her 5'-3" height – a BMI of 19.5 – well within the healthy range.

When Nicole first started, some 15 years ago, she suffered from constipation, indigestion, gum disease, bladder problems, allergies, insomnia and arthritic joint pains. Doctors put her on a series of medications and even wanted to replace her knees.

Since then all the aches and pains have gone, she is off all medication, she feels better (and more libidinous) than 20 years ago – and she still has her own knees!



As for me? That's for a later issue!

Letters

DH Info Provides Best Context

"My husband is a family practitioner in Long Beach, CA. He heard you speak sometime last year, was very impressed with your presentation and purchased your book, "Deadly Harvest." [4]

"I am currently reading it. It is by far the most fascinating book I have ever read on nutrition. I promote it at every opportunity and keep my colleagues apprised of anything new that I learn.

"The anthropological/historical information provides the best possible context to appreciate

just how far we've drifted from our natural, optimal diet.

"I thank you for your wonderful work and your commitment to good health." - Catherine Miller, RN, JD, California.

Health Policy

Think Tank Brain-storming

On my regular trips to London I participate in round-table discussions at the think-tank Reform www.reform.co.uk.

Its mission is to find a better way to deliver public services – and Britain's National Health Service (NHS), like most of its kind, is in a state of crisis.

Politicians, industry leaders, financiers, technocrats, academics, journalists – and mavericks like me – bandy opinions and ideas in the security of a confidential environment. (The "Chatham House Rule" prevails [5]).

So while I can't say who the participants are, or who said what, I can report on some of the content.

Suffice to say that, privately, participants are refreshingly free-thinking compared to their stodgy, public pronouncements.

What points do I make? I will report more over the coming months but one question I pose is this: We flog the flagging NHS – and pour unimaginable wealth into its maw – in order to keep pace with the rising tide of cancer, heart disease, diabetes, obesity etc.

But these are mainly self-inflicted diseases and preventable. Why aren't we doing anything to stop the sickness in the first place? (Which is where what I do is important)

Laughter the Best Medicine

Fear of litigation drives firms to make the looniest warnings...

Wackiest Warning Label 2010

"Never operate your speakerphone while driving."

- Label on the Jabra "Drive and Talk" speakerphone.

Says contest organizer Bob Dorigo Jones: "Every family of

four in America pays a 'litigation tax' of more than \$9,000 a year on products and services they buy." [6]

From Page 1
Question of Month

Verifying the Bond Precepts

The Lyon Diet Heart Study is a case in point (*Deadly Harvest*, page 94 [9]). But what happened? The experimenters stopped the trial early because the control group (on the unchanged western diet) was dying much faster than those on the healthier, trial diet!

We learn from populations who live the experiment closely already – for example the Okinawans and Cretans (*Deadly Harvest*, pp. 92-93 [9]).

We learn from longitudinal studies which monitor people living free-style – for example the Nurses Health Study whose findings I quote regularly. (The latest is "*Sunshine is Human Food*", May 2010 [7]).

And so it goes for studies on primal tribes, our biochemistry, our genetic make-up, our biology, our mentalities and all the rest.

Ultimately *Deadly Harvest* is also: "one long argument". Moreover, in contrast to *The Origin*, it does actually have a massive bibliography, referring to a wealth of knowledge built up from a myriad of scientific investigations. I have avoided quoting evidence of dubious quality.

There is of course another dimension that I refer to in my criticism of Wilkinson & Pickett (*Spotting the Humbug*, page 1).

It is the process of scientific criticism. I have opened up my ideas to the wide world and, although I am well exposed in scientific circles, have not had one word of contradiction.

So I have no other answer for your skeptical friends: either my arguments persuade them or they remain Bond-Precept-deniers!

See also "*Paleolithic Diet – Clinical Trials?*" Nov 2009 [8].

From Page 1
Scientific Integrity

Spotting the Humbug - part I

I balked on many more breath-taking assertions – especially those where I have specialist knowledge, like life expectancy (see *Deadly Harvest*, pp 86-89 [9]). 'Life expectancy at birth' has a slippery statistical basis at the best of times: see "*Life Expectancy Delusions*", March 2005 [10]

Besides, despite W&P's assertions, many 'unequal' countries like Hong Kong have very long life expectancies.

Moreover, as you would expect, I consider that an over-indulgent lifestyle, not an unequal society, "causes" people to have a lifespan less than their genetic potential.

At the Q&A session I chose a more nuanced question: "We don't know how long people will live until they die. So lifespans are historical - a 'lagging indicator'. Over the past 80 years a country's inequality can have varied considerably. Also, over 80 years, immigration changes many countries. Have

W&P adjusted their figures for these effects?"

"No", came Richard Wilkinson's laconic reply.

Next Month: *Part II plus my review of Christopher Snowdon's book "The Spirit Level Delusion" which debunks W&P's thesis.*

Stop Press

Now posted! Geoff's interview with Jimmy Moore at this link:

<http://bit.ly/Bond-Moore-Interview>

From the Web

BLOGS

'Canola' is a brand name for use within North America... [Connects to 'Canola Calumnies' on our website] <http://yhoo.it/9ItoLw>

Jimmy Moore reviews of *Deadly Harvest*. <http://bit.ly/biOsRV> and <http://exm.nr/bPrZvj>

GERMAN BLOGS

Also wenn du eine vegetarische variante probieren möchtest, dann empfehle ich dir die ernährung nach geoff bond. <http://bit.ly/clmYQy>

Ich bin gerade beim Stöbern im Akneforum auf ein Buch gestoßen, das ich noch nicht kenne: Geoff Bond: *Natural Eating*. <http://bit.ly/ctOst5>

WEBSITES

<http://bit.ly/cnFb9u> [re my first book *Natural Eating*]

Amazon.com Review: <http://amzn.to/dil7hd>

I recommend the book and the diet in it to everybody I know. It's very well written, full of interesting findings, stories, insights. Geoff Bond gathers research on a variety of topics and delivers a "Darwinian" nutritional theory that makes a lot of sense - it had to, because he goes against many nutritional myths. This book changed the way I eat. - Guilherme D. Faria, Brazil.

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Facebook (Group): <http://tinyurl.com/Bond-FB-Group>

LinkedIn: <http://cy.linkedin.com/in/naturaleater>

ENDNOTES

1 <http://bit.ly/cIL7wQ>

2 <http://bit.ly/ne-questions>

3 <http://www.naturaleater.com/newsletter-archive/NEWS-2010/NEWS-2010-03.pdf>

4 www.deadlyharvest.com

5 <http://bit.ly/bfyHq9>

6 www.wackywarnings.com

7 <http://www.naturaleater.com/newsletter-archive/NEWS-2010/NEWS-2010-05.pdf>

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

9 <http://tinyurl.com/Deadly-Harvest-4>

10 <http://www.naturaleater.com/newsletter-archive/NEWS-2005/NEWS-2005-03.pdf>