

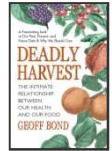


**The Bond Effect The Bond Effect The Bond Effect**

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.

**Common Wisdom – Unreliable:** When Babies were Fed Soda. **Dietary Guideline Policy:** Doctor rethinks Food/Disease Link. **Retrospective:** Diet Guru Michel Montignac Dies Young. **Recipe:** Peperonata Provençal. **Q&A:** Good and Bad Seeds; All about Tigernuts. What's Best - Fish or Chicken?; Most Healthful Lettuce. **Sunshine is Brain Food:** Low Vitamin D – less Cognition; Less Vitamin D, More Parkinson's. **Editorial:** Amazing Popular Delusions. **Scientific Integrity:** Spotting the Humbug – Part II of the Spirit Level. **Geoff's Book Review:** The Spirit Level Delusion. **Unintended Consequences:** More 'Good' Cholesterol Not Always Good.

**Common Wisdom - Unreliable**

**When Babies Were Fed Sodas**  
[Last month](#) we saw how for decades Big Tobacco used doctors to promote smoking. In 1955 the Agro-Food industry used babies to plug soda:



The blurb reads in part:  
*This young man is 11 months old - and he isn't our youngest customer by any means.*  
*For 7-Up is so pure, so wholesome, you can even give it to babies and feel good about it...*

How our ideas have changed! Today this picture shocks us: it gives us the uneasy feeling that this is child-abuse.

In ways that never existed in our Pleistocene past, we are assaulted by manipulative messages often designed by the best psychologists available.

It is a wake-up call for us to question received wisdom and use our critical faculties.

See 'Amazing Popular Delusions', Editorial, page 3.

**Dietary Guideline Policy**

**Doc Rethinks Food/Disease Link**  
*"The nutrient-based approach may foster dietary practices that defy common sense."*  
 So speaks out Dr Mozaffarian of Harvard Medical School.

In an insightful article in JAMA (the American doctors' journal) he looks at the link between diet and chronic disease[1].

Dr Mozaffarian observes that USDA Dietary Guidelines are an outgrowth of the 'magic bullet' mentality where the emphasis is on specifying an ever-widening range of nutrients.

However the problem today is not one of nutrient deficiency but, rather, the intake of the wrong foods. For example the USDA lumps together protein sources like chicken, fish, beans, and nuts: "...despite demonstrably different health effects..." In this regard: "Fish consumption reduces risk of cardiac mortality, belying categorization with other protein sources."

He warms to his theme: "Taking the nutrient approach to self-serving extremes, the food industry 'fortifies' highly processed foods, like refined cereals and sugar-sweetened beverages, with selected micro-nutrients and recharacterizes them as nutritious."

Readers of Deadly Harvest, [Chapter 2](#) will find this music to their ears. Therein I rejig the USDA food groups (page 48) and I highlight 'The Magic Bullet Mirage' (page 45). **Cont p4**

**Retrospective**

**Diet Guru Michel Montignac Dies**



We have just learnt that Michel Montignac has died in a French clinic. He was only 66 years old. Significantly, the cause of death is not divulged.

Montignac became famous in 1986 when he published his book 'Comment Maigrir en Faisant les Repas d'Affaires' (published in English as 'Dine Out and Lose Weight')

Montignac was one of the first people to latch onto Dr David Jenkins' pioneering glycemia research and invention of the Glycemic Index (GI) [2].

Next, Montignac seized on Dr William Hay's 1920's book on food combining, *The Hay Diet*

A public relations specialist, Montignac wrote with humor and flair with particular appeal to French snobbery and love of fine food: Champagne and foie gras? Certainly! Camembert and a good glass of Château Lafite Rothschild? Perfect!

So what went wrong? **Cont: p4**

## Recipe

*This is a main dish using bell pepper, tomatoes and eggs.*

### Peperonata Provençal

Yield: 4 servings

Olive oil spray

2 medium onion (about 10 ounces),  
chopped

6 green peppers, quartered, seeded  
and cut into strips.

28-ounce can chopped tomatoes

4 large cloves garlic, crushed

2 teaspoons herbs de Provence

1 pinch of fructose

Salt + pepper to taste

4 eggs

1. Spray a frying pan (or a pot) with the olive oil and sauté the onion until soft and translucent, but not brown.
2. Add the peppers and continue to cook, stirring often until they wilt.
3. Mix in the tomatoes, the garlic, the herbs de Provence and the fructose. Season with salt and pepper to taste.
4. Cook uncovered over medium heat. When most of the liquid has evaporated, reduce the heat. Simmer, uncovered, stirring frequently. This whole process may take approximately 45 minutes or until the tomatoes start to stick to the pan.
5. Lightly beat the eggs and empty them into the pan (or pot), stirring until the entire mixture sets.

## Questions

### Good and Bad Seeds

**Q.** Which, if any, of the seeds are considered OK on the Bond Plan? I am eating a handful of pine nut seeds (piñons) every day with my salad.

**A.** Just because it is called a 'seed' doesn't mean that it is bad. See 'What's in a Name?' [Nov 2009](#).

Pine nut seeds are fine – as are most kinds of tree nut (they are all seeds too). Many other seeds like sesame seed, flax seed, and

chia seed are good too. See 'Chia' article [Nov 2009](#).

The main problems are with grass seeds (cereal grains), legumes (lentils and beans) and some pseudo grains like quinoa and amaranth. See 'Quinoa' article, [April 2009](#).

### All About Tigernuts

**Q.** Are Tigernuts good?



**A.** Good in parts! Actually, tigernut is not a nut at all; it is a tuber and grows underground. It belongs to the sedge family with botanical name *Cyperus esculentus*. It has many other names including 'yellow sedge' and 'chufa'.

It is native, for example to Spain and North African countries. The Spanish also make a kind of milk from it called 'horchata'.

Tigernuts are some 30% oil and, moreover, the oil has a 'good' fatty acid profile similar to olive oil [3]. They have a useful content of iron, calcium, phosphorus, potassium, fiber (6%) and protein (7%).

Now the drawback: tigernuts are 50% starch[4] – and we don't know their glycemic index.

So: The oil of tigernut is as good as olive oil. But until we know any better, the intake of tigernut itself, because of its high starch content, should be sparing.

### What's Best - Fish or Chicken?

**Q.** My 13-year-old daughter, won't eat chicken or any other meat, only fish. How can I make sure she's getting all the proteins and vitamins she needs?

**A.** Don't worry! She is already focusing on the most reliable source of nutrients: seafood. (See 'Dietary Guideline Policy', page 1.)

It's actually quite hard to find chicken that's worth the candle. The standard factory or 'broiler' chicken is high fat, low muscle, has a poor nutrient profile and is injected with antibiotics and hormones. Definitely avoid it.

Ideally chickens will live like nature intended, running around a field, nibbling up insects, pecking seeds and browsing from low-lying plants.

There are a few farmers who raise chickens like that, sometimes they are called 'yard-raised'. Go for those if you can find them – but be prepared to pay up to three times as much as factory chicken.

The next best is organic 'free-range' which will be up to 75% more costly. This is what we can find in our district and, to limit fat, we restrict ourselves to the skinless chicken breast.

See also my description of chickens on Ampelistra Farm, Greece in *Deadly Harvest*, p 129, [Chapter 5](#).

### Most Healthful Lettuce

**Q.** Which type of lettuce is most nutritious? I use butter lettuce, romaine (cos), and I like the flavor of red leaf and green leaf lettuces.



Red Leaf Lettuce

**A.** A good rule of thumb is this: the more colorful and the more flavorful the lettuce, the better it is. These qualities show that the leaf is loaded with those micro-nutrients that are so important, albeit in microscopic amounts, for the proper functioning of our bodies.

So you have made some good choices and you might like to also consider arugula (rocket), and radicchio (endive).

Don't be put off by naturally-occurring bitterness (e.g. endive). As wild plant expert Dr Gunter Nöll says, this bitterness displays the presence of healthful compounds. See '*Bitterness is not all Bad*' [August 2005](#).

As for pallid iceberg lettuce, well, of all the options, that is the last one to choose.

### Sunshine is Brain Food

In '*Brain Health*', *Deadly Harvest*, [Chapter 9](#), page 250, I allude to how adequate exposure to sunshine is essential for mental function. Here are yet two more cases:

#### Low Vitamin D - Less Cognition

Dr David Llewellyn of Exeter University, England finds that over-65's who were severely vitamin D deficient were, 6 years later, 60% more likely to suffer severe cognitive decline and 31% more likely to lose 'executive function' (ability to plan, organize and prioritize) [5].

#### Low Vitamin D, More Parkinson's

Dr Paul Knekt at the National Institutes of Health & Welfare, Helsinki, Finland, finds that over-50's who were severely vitamin D deficient were, 29 years later, 67% more likely to develop Parkinson's Disease [6].

**My View?** We are only beginning to unravel the wondrous intricacies of our organisms and we might never fully grasp them.

Meanwhile, just live like nature intended and who knows what more benefits will surprise us!

### Editorial

#### Amazing Popular Delusions

*"It never ceases to amaze me how easily unsubstantiated generalizations dressed up as social theory can gain traction among the chattering classes". - Bill Bonner, economist*

For some time now, I have devoted a portion of my Briefing to the challenges of handling information. The reason is simple: I am reminded daily how even those closest to what I say find their focus destabilized by

seductive messages and siren songs.

It is particularly easy in the social sciences to massage data to suit wishful thinking.

**"Torture data long enough and it will confess"** Richard Coase, English economist.

In the next article '*Spotting the Humbug - Part II*', I continue my scrutiny of Wilkinson and Pickett's disingenuous data manipulation - at least as it seemed to me - in their lecture '*The Spirit Level*'.

In the article after that, '*The Spirit Level Delusion*', I review Christopher Snowdon's excellent book debunking Wilkinson & Pickett's theory. It is an object lesson in clarity of thought and scientific integrity.

But Wilkinson & Pickett's theory has indeed "found traction with the chattering classes" and the BBC delightedly bought into it.

It was with a sense of wonderment therefore, that I heard the [interview](#) in which the BBC's resident mathematician, Tim Harford, give Kate Pickett a good shakedown over her data.

So, on this matter at least, the tide is turning away from the delusion. But there are so many more out there!

[Next month](#): The Herd Mentality.

### Scientific Integrity

#### Spotting the Humbug - part II

[Last month](#): *Part I of my report on a lecture given by professors Wilkinson & Pickett (W&P) where they promoted their thesis that 'Unequal Societies are More Dysfunctional'. Here is part II:*

I came away from this talk feeling that W&P had sacrificed scientific rigor for the promotion of a political agenda. How right I was! I quickly discovered that W&P had written a best-selling book: *The Spirit Level - Why more equal societies almost always do better*.

Like Stalin's 'useful idiots', the left wing intelligentsia (Polly Toynbee, Roy Hattersley and Ken

Livingstone among them) trooped up to acclaim this grand, unifying theory - the answer to all our social ills. Toynbee even called Wilkinson 'a kind of Darwin figure'.

What a travesty! On the contrary, Darwin spent 30 years examining in minute detail every possible objection to his theory, and alternative explanation for his findings - just what W&P failed (or refused) to do.

All hail, then, Christopher Snowdon's antidote: *The Spirit Level Delusion*. Thanks to this book I find that my suspicions were well founded. See next article.

### Geoff's Book Review

#### The Spirit Level Delusion

FACT-CHECKING THE LEFT'S NEW THEORY OF EVERYTHING

Christopher Snowdon, *Democracy Institute, Little Dice, 2010*

Christopher Snowdon, with surgical precision, carefully unpicks each of Wilkinson & Pickett's arguments and shows up their humbug.

For example, 'unequal' USA compared to 'equal' Sweden has a high rate of people in jail. That doesn't sound too good. But Snowdon points out that the USA government has an aggressive policy of locking up miscreants whereas the Swedish state punishes them in other ways.

So the number of jailbirds is not a trustworthy indicator of crime. On this criterion (amount of crime), Snowdon finds that 'equal' Sweden actually has MORE crime than 'unequal' USA! But of course W&P fail to mention this inconvenient fact.

And so it goes for all the other criteria that W&P cite. As Snowdon says, with careful selection of data - and data manipulation - one can find correlations anywhere.

For example, W&P's data can be rearranged to show that high rates of imprisonment "cause" teenage pregnancies! Clearly a meaningless correlation. And

therein lies a fundamental error: correlation is not causation.

Another, 'immortal time bias', is illustrated by the statistic that Oscar winners live on average four years longer than the general population. How can this be? Quite simply that only those actors who live long enough to win an Oscar get counted!

All scientists are human and many have deep-seated convictions. It is natural that they tend to find results that fit their prejudices...

**Continued:** [next month](#)

### Unintended Consequences

#### More 'Good' Cholesterol Not Always Good

We've all heard that it is 'good' to have a high ratio of 'good' HDL cholesterol to 'bad' LDL cholesterol. This has led Big Pharma to develop drugs that artificially boost HDL levels.

However, in 2006, Pfizer had to stop its trial of such a drug, 'Torcetrapib' because it was killing patients.

Now a recent study finds that for many people, high HDL levels on their own can be harmful [7].

**My View?** "...high cholesterol levels are simply a pointer to possible cardiovascular disease. Reducing them with medication, in spite of the promotional hype, has little effect on your chances of dying of a heart attack." (*Deadly Harvest*, p 241, [Chap 9](#)).

People who live like nature intended (e.g. most primal tribes) have extremely low levels of BOTH HDL and LDL. And that

is the ideal we should strive for – to live the way we say and forget about cholesterol levels.

### From Page 1 Dietary Guideline Policy

#### Doc Rethinks Food/Disease Link

I often say that our biochemistry needs a symphony of ingredients working in harmony – and only food can do that. Dr Mozaffarian agrees: "...individual compounds in isolation have small effects on chronic diseases."

He makes another perceptive assertion: "The greater the focus on nutrients, the less healthful foods have become."

In a statement of the obvious he says: "Healthy eating patterns share many characteristics, emphasizing whole or minimally processed foods..."

And he finishes with a view close to my heart: "Healthier food-based dietary patterns existed for generations among some populations." – Just so!

*My thanks to Rita Stec MD, author of [A Woman's Home Health Companion](#) for bringing this article to my attention. Intrepidly, she also bearded Dr Mozaffarian in his Harvard den by criticizing its food pyramid and citing instead her own. She quoted *Deadly Harvest* in support. Dr Mozaffarian declined to be drawn...*

### From Page 1 Retrospective

#### Diet Guru Michel Montignac Dies

Montignac's plan involves avoiding high glycemic foods and starch/protein combinations, eating fruit on its own – and no

need to count calories! Otherwise anything goes, notably use of meat and fat without concern as to type or amount.

Put like that, the principles are very similar to the Atkins Diet. Curiously, Dr Atkins also died 'too soon' (at the age of 72). And in a similar way the precise cause of death was obscured – but they couldn't hide the lurking cardiovascular disease...

Both diets work wonders for weight loss but, as you can imagine, I find some fatal flaws.

In particular, there is no priority given to plant food, no rejection of dairy and legumes and, fatally, no attention paid to 'good' and 'bad' fats.

Montignac allows 'lower' G.I grain products. But he didn't set the bar low enough so, for example, whole-wheat bread creeps in. And anyway this ignores all the other mischiefs that grains cause.

He made a high profile move into 'Montignac' restaurants and 'Montignac' foods. However, in spite of his celebrity status, and in a lesson for us all, even French people didn't take to that kind of thing – the ventures failed, almost ruining him.

Nevertheless, I take my hat off to Montignac. I first came across his work when I lived in Provence. His book impressed me with the way he made dieting fun – even classy.

Pity that it might have done him in – but at least he will have enjoyed getting there!

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email: [admin@NaturalEater.com](mailto:admin@NaturalEater.com)

Cancer Site: [www.BeatCancerNaturally.com](http://www.BeatCancerNaturally.com)

Tel: +357 99 45 24 68 Skype: gvlbond

Twitter: [www.twitter.com/savvyeater](http://www.twitter.com/savvyeater)

Facebook (Geoff): [www.facebook.com/naturaleater](http://www.facebook.com/naturaleater)

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2 Glycemic index of foods: a physiological basis for carbohydrate exchange. Jenkins DJ, et al, Am J Clin Nutr. 1981 Mar;34(3):362-6.

3 <http://bit.ly/tigernuts>

4 Plant Physiol. 1975 May;55(5):859-63. Differential cold tolerance, starch, sugar, protein, and lipid of yellow and purple nutsedge tubers. Stoller EW et al.

5 Llewellyn DJ et al; Vitamin D and Risk of Cognitive Decline in Elderly Persons. Arch Intern Med, 2010; 170 (13): 1135-1141

6 Paul Knekt et al; Serum Vitamin D and the Risk of Parkinson Disease. Arch Neurol, 2010; 67 (7): 808-811

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