



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.

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Q of Month: How to Feed a Pilgrim on the Road. **Spreading the Word:** Book Signing ExpoWest; USA Tour – Medical Lectures. **Food Policy:** USDA Dietary Guidelines 2010. **Food Ideas:** Conforming Bread on its Way; Spinach Roly Poly. **Q&A:** Mesquite Flour; Maca Root Powder; Arrowroot; Sterilizing with Microwave Oven. **Hints and Tips:** Cocoa – Best not Dutched. **Misleading Media Hype:** 5-a-Day 'is a Myth' – Part II. **Breaking News:** Plant Food Nixes Heart Disease. **Philanthropy:** Art Brigman & Yona Aroesti; Edith Morrey; Gregg Juarez; Dr Rita Stec; Diane Lewis; Other USA Helpers. **Web Updates:** Healthy Harvest on Kindle. **Forthcoming Event:** P3A, Paphos.

Question of the Month

Feeding a Pilgrim on the Road

Q. I am planning a pilgrimage on foot to the shrine of Santiago de Compostella (Spain) starting from home (Paris). This is about 1,100 miles (1800 km), an average of 15 miles (25 km) a day and some 3 months on the road. How will I eat according to the Bond Precepts?

A. Your route takes you through some of the most gastronomic parts of France and Spain!

Assuming you will stay at inns, relais, and tavernas on the way, then eating dinner and breakfast is a straightforward question of making the right choices out of the options on the menu.

Just look at some of the traditional foods on your route through Périgord, Gascony, Aquitaine and the Basque country: duck and goose any style; game birds like bunting, wood pigeon and woodcock done in thin sauces of garlic and truffle.

Foie gras is the local speciality made from diseased goose liver. It is conforming, but it is your ethical choice whether to support this inhumane practice.

Plant food? Apart from the usual staples the region is renowned for its wonderful plums and mushrooms. Wash it all down with a glass of the local Bordeaux. You can even allow yourself a small *digestif* of Armagnac, the local brandy.

Cont p 4.

Spreading the Word

Book-signing, ExpoWest, Anaheim, March 12, 2011



A lengthy but cheery line of enthusiasts queue to have their copies of *Deadly Harvest* signed.

More pictures at: <http://bit.ly/Bond-Expowest-2011>

USA Tour - Medical Lectures

The main focus of the trip was to deliver a number of Continuing Medical Education lectures for hospital physicians. They went well and I was particularly pleased by the reception given to a new topic:

It's in the scientific literature but no one dare say it. Darwinian insights into the Cholesterol Delusion, the Sunshine Fallacy, the Dairy-for-Bone-Health Deception, the 8-Glasses of Water-a-Day Ruse and other Shibboleths.

Readers will be familiar with my contrarian views on these matters. However, this is fighting talk in healthcare circles. I had to make sure that my arguments were cast iron, the evidence exceptional, and the science rigorous.

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Food Policy

USDA Dietary Guidelines 2010



Every five years, the USDA reviews the latest scientific findings, invites public comment and publishes its revision. This time their Guidelines run to over 100 pages!

I made a submission to the USDA in [July 2009](#). Did they pay any attention to it? No!

In the past I have been scathing of these dietary guidelines. I call them a grubby compromise between the science on the one hand and a farrago of food lobbies, financiers, and agro-industrialists on the other. The delayed publication (2011) indicates the bitter rearguard action fought by its opponents.

So are the Guidelines any better this time round? Just a bit.

They say some sensible things about REDUCING salt, sugar and refined flour, and about INCREASING seafood and, a good concept, 'nutrient dense' plants.

But the fingers of the dairy lobby are all over the USDA's strong recommendation for people to boost milk intake. "Lactose intolerant? No worries – we've now got lactose-free!"

Cont p.4

Food Ideas

Conforming Bread Coming

[Last month](#) we promised a recipe. Now that she is back home, Nicole is working on it. Meanwhile here is a recipe by reader Jeanne Bouvet – we've done some fine tuning.

Spinach Roly-Poly



Yield: 6 servings as a starter – or
2 servings as a main dish

350g baby spinach leaves
4 eggs, yolks and whites separated
1/4 teaspoon ground nutmeg
1 teaspoon garlic powder
salt and pepper to taste
olive oil spray

Optional: 4 thin slices of mozzarella (purists leave it out)

1. Wash the spinach, and steam for 4-5 minutes, until the spinach is reduced and soft. Drain by pressing in a sieve.
2. Let cool, then take the drained spinach in your hands and squeeze out all the liquid. You end up with a ball of spinach (about the size of a tennis ball), which you then chop.
3. Season the egg yolks with the nutmeg, garlic powder and salt and pepper to taste. Mix in the chopped spinach.
4. Beat the whites to a stiffish consistency. Add the spinach mixture and fold gently into the egg whites.
5. Line a low-edged rectangular mould (approximately 9 x 12 1/2 inches) with baking paper trimmed to fit and spray with olive oil. Spread out the mixture evenly over the bottom, then bake in a preheated oven at 400°F (200°C)

for about 15 minutes. Check for doneness.

6. **Optional:** spread out the mozzarella slices (optional) over the top of the bake and return to the oven for a few minutes, until the cheese is melted.

7. Now take it out of the oven and slide the baking paper, with the spinach bake on it, gently sideways out of the baking mould. With the help of the baking paper, roll up the spinach bake into a roly-poly.

Serving suggestions: cut the roly-poly into thick slices and serve on individual plates on a bed of tomato coulis.

Questions

Q. Health food shops now have a huge variety of exotic flours designed to replace wheat flour. What do you think of these?

Mesquite Flour



A. Good. In the Palm Springs valley, California, where the mesquite tree grows wild (above), and where we lived for ten years, the mesquite seed used to be a staple for the local band of hunter-gatherers, the Agua Caliente Indians.

The mesquite powder is zero gluten, low glycemic, and rich in protein and plant fiber – much like chia, see [Jan 2010](#). [A chia source: www.nuchiafoods.com]

Because of these favorable properties health mavens have taken to mesquite flour enthusiastically.

Meanwhile, with the arrival of the Europeans, the Agua Caliente converted to conveniently packaged wheat flour and now suffer terribly from obesity and diabetes...

Maca Root Powder

Doubtful. The maca root is another tuber from the Peruvian Andes and has similar properties to its famous cousin, the potato.

Like the potato it is mostly starch and contains antinutrient 'glucosinates' [[October 2008](#)]. As far as I can discover, there is no evaluation of GI, so a final verdict is pending.

In passing I see that maca has a reputation for enhancing sexual function. This remains to be proved scientifically, but helps explain its popularity with supplement makers!

Arrowroot

Bad. Often used as an alternative to corn starch, arrowroot is almost pure starch and has a glycemic index over 70 – higher than sugar itself!

Sterilizing with Microwave Oven

Q. I use the microwave to disinfect things, so will it also kill my food?

A. No. The microwave oven 'disinfects' in just the same way as any other form of steam heating. It is a good method for sterilizing dishcloths for example. Just make sure they are damp before popping them in the oven so that they generate steam when the microwave is switched on.

You can have the same effect by boiling dishcloths like cabbage in a saucepan... But don't try roasting them! Roasting destroys dishcloths just as surely as it disfigures the nutritional quality of food.

I have written on many occasions about microwave cooking ([Aug 2002](#), [Dec 2004](#)). In my view these machines are a useful adjunct to a busy lifestyle. Are they perfect? No – but they are better than boiling, sometimes as good as steaming, and better than frying or roasting [1], [[June 2009](#)].

We have to accept that ALL forms of cooking modify our food, usually both for better and for worse at the same time.

But all through our evolutionary past, humans cooked some food items, e.g. nuts and various animal parts. They did so using the only means available to them – roasting. They survived it and so can we!

For me the issue is quite clear. Western populations are sick and dying from their CHOICE of food, not from their micro-waving of it.

However many people demonize microwaving whatever the evidence. Fine. In this instance, neither of us loses if we just agree to go our separate ways.

Next month: *Am I being selective with the evidence?*

Hints & Tips

Cocoa – Best Not 'Dutched'



Cocoa powder has rightly obtained a good reputation for its incredibly high level of anti-oxidants, and of other micro-nutrients such as flavonoids and catechins.

However, these levels are much reduced if the cocoa has been 'dutched' [2]. Dutching is a process which treats the cocoa with alkali to reduce its robust taste, darken its color and increase its solubility.

The food industry commonly uses dutched cocoa in hot chocolate mixes, cakes, cookies, and confectionary.

We use cocoa powder a great deal, either as a hot drink or in cooking. In this form it probably has not been 'dutched' – but do read the labels.

In the United States, ingredient labels carry the terms 'dutched' or 'processed with alkali'.

For example, Hershey's make cocoa powder in two versions: 'Natural' (above) and 'Dutched'.

Misleading Media Hype

In recent Briefings I relate how daft, yet highly publicized claims, blow people off course. Continuing from [last month](#):

5-a-day is a 'Myth' - Part II

In the UK tabloid the Daily Mail, Zoe Harcombe, a self-proclaimed nutritionist, claims that the drive to eat 5-a-day fruit and vegetables a day is a deceit and quite pointless.

[Last month](#) I invited readers to examine Harcombe's article [<http://bit.ly/hhfi95>] for flaws, half-truths, manipulation, pretend science and suchlike.

Her display of vapid ignorance, sloppy thinking, absence of rigor, logical errors, non-sequiturs and purblind assertions is breathtaking.

So what exactly do we find?

1. **Credibility:** Harcombe claims to be a Cambridge graduate and – incredibly – studying for a PhD in nutrition.

So right there she is trying to build up some credibility. But she is a graduate of what? She takes care not to say. She is certainly not a graduate of Physical Science nor of Logic & Philosophy. Where is she studying her PhD? What on earth is she learning there? Clearly she has a long way to go.

2. **Evidence:** The only evidence that Harcombe cites are vague allusions to: a) "a European study on 300,000 people" and b) "another large study".

i) Which ones? We need to read them for ourselves – as we all know, studies can be spun many ways. The fact that she won't give chapter and verse is highly suspicious.

ii) Even from what she says about them, we could draw the opposite conclusions. (See next article.)

iii) Only two studies? That sounds like cherry-picking. There are hundreds published on this very topic every month!

Next month: Continued

Breaking News

Plant Food Nixes Heart Disease

A European study on 300,000 people finds that people who eat more fruit and vegetables than average have a LOWER risk of dying from ischemic heart disease (IHD)— one of the leading causes of death [3].

Hey, does this sound familiar? Could this be the study that Harcombe is talking about? (Previous article).

But its conclusions don't support her case! It finds: "Participants consuming at least 8 portions (80 g each) of fruits and vegetables a day had a 22% LOWER risk of fatal IHD compared with those consuming fewer than 3 portions a day."

Philanthropy

Our USA tour could only be possible with the generous support of many well-wishers who believe in the vital importance of our message for the American people...

Art Brigman & Yona Aroesti

Art and Yona are partners in the self-catering suite-hotel *Club Trinidad* in Palm Springs. We stayed with their compliments – a most munificent gesture.

www.clubtrinidad.com

Edith Morrey



Edith, who will be 99 years old in May, is still an activist and great supporter of my message [see [March 2008](#)]: my thanks to Edith for her good offices in helping to fill out my schedule of engagements.

Edith is still in fantastic health, thanks to a lifetime lived according to precepts she worked out for herself and which, coincidentally, are similar to mine.

Edith kindly agreed to be my star witness in my public talk at Segovia Community.

<http://bit.ly/bond-segovia>

Gregg Juarez

Gregg is a generous benefactor, notably to the prestigious Californian institutions of Pepperdine University and Scripps Health. We thank him for his valuable introductions.

Dr. Rita Stec

Dr Rita, author of [A Woman's Home Health Companion](#) [4], and together with her Walter T. Stec Foundation, always supports our efforts in many practical ways.

Diane Lewis

Ever keen to spread the message Diane undertook, at her own expense, the recording of a video destined to be edited for schools. This is a clip: <http://bit.ly/BondVideo1>

There are many other well-wishers, helpers and enthusiastic promoters in USA whose efforts all contributed to advancing our cause. At the risk of leaving someone out, here I name as many as I can:
Kathy Wade; Alain Fymat PhD [5]; Ingeborg Benner; Jim & Dana Melton [6]; Pat Shoptaw, Alamo car rentals LAX; Bill Edelen of the William Edelen Symposium [7]; Susan Stafford, the original hostess of the *Wheel of Fortune*, [8] and Steve Sellin of Postal Connections who keeps our book shipments working smoothly.

Web Updates

Healthy Harvest on Kindle

We are pleased to announce that our cookbook is now available on Kindle:

<http://amzn.to/HealthyHarvest>

We believe that this is a great format for use while cooking. The Kindle Reader lies flat just where you want it and turning a page is a pushover!

From Page 1 Question of the Month

Feeding a Pilgrim on the Road

When it comes to lunch and snacks on the road, then the usual tips apply. Stock up daily at the local épicerie with nuts (raw, unsalted if possible) radishes, field cucumber, tomatoes, any other crudités, eggs (boiled at the taverna), and dark chocolate.

Exploit the opportunities to find wondrous farm produce – especially yard-raised eggs! [See [Aug 2010](#)]

It is a fascinating project. Keep us updated – we'll publish photos and progress reports!

From Page 1 Spreading the Word

USA Tour - Medical Lectures

I was encouraged to find that the physicians received these controversial lectures with interest and curiosity and without a single note of protest. Even with their beepers going, they stayed on for the lively question and answer sessions – a good sign.

All the questions were ones that I have answered in these pages, sometimes on many occasions.

One of the most obscure was on telomeres and anti-ageing, about which I had written in [March 2010](#).

From Page 1 Food Policy

USDA Dietary Guidelines 2010

They are strangely silent about omega-3/omega-6, and about consumption of starches in general.

Extraordinarily the guidelines don't find any connection between a high glycemic diet and obesity. Moreover they ignore the disastrous effect that it has on a host of other degenerative diseases.

Even so, as though it were a new revelation, they highlight for the first time that diseases like cancer, heart disease and diabetes are due to bad diet and lack of exercise.

[Next month. Part II.](#) *The USDA's sensible, even contrarian, recommendations.*

Forthcoming Event

For latest details, see [Events](#) on www.naturaleater.com and our [FaceBook Group](#).

April 30 2011

Paphos, Cyprus

ILLUSTRATED TALK for P3A
Open to Public

Title: Our Ancient Past Programmed Us for a Long Life Lived in Good Shape to the End. How it went wrong, why we get disease, and what we can do about it.

At: Coral Star Restaurant, Peyia

Times: Refreshments 9:30

Talk 10:30 a.m. - 12:00 noon

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1 J Food Sci. 2009 Apr;74(3):H97-H103. Influence of cooking methods on antioxidant activity of vegetables. Jiménez-Monreal AM et al

2 J Agric Food Chem. 2008 Sep 24; 56(18):8527-33. Impact of alkalization on the antioxidant and flavanol content of commercial cocoa powders. Miller KB et al.

3 Francesca L. Crowe et al. Fruit and vegetable intake and mortality from ischaemic heart disease: results from the European Prospective Investigation into Cancer and Nutrition (EPIC)-Heart study. European Heart Journal, January 18, 2011 DOI: 10.1093/eurheartj/ehq465

4 www.awomanshomehealthcompanion.com

5 International Institute of Medicine and Science, Inc. www.fiimas.org/

6 <http://jamesmelton.com/>

7 <http://williamedelen.org/>

8 <http://www.susanstafford.org/>