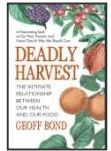




The Bond Briefing

The Science and Art of Living the Way Nature Intended

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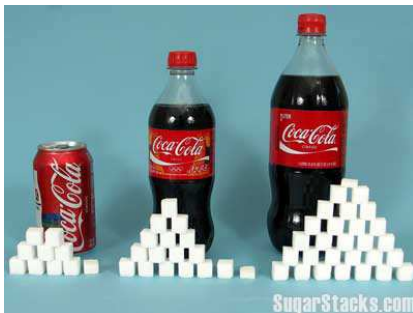
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Jungle Lore: Sugar's Glycemic Load. **Humanoid Behaviors:** Why Chimps Sleep in Trees, Why Humans Don't. **Immune Education:** Baby's Allergies: Mum's Low Omega-3 Status a Factor. **Activity Update.** **Food Ideas:** Chocolate Prune Truffles. **Q&A:** Coconut Sugar – Jury's Out; Consume Only Superfoods? **Human Behavior:** Childhood - Forager Indulgent or Modern Discipline, Part IV. **Feeding Patterns:** Mediterranean-like Diet for Longevity. **Nature's Way:** Outdoor Life Good for Eyesight. **Unintended Consequences:** Colon Flush – All Downside. **Briefing:** What are AGEs? **Letter:** 50-year-old betters her Peers.

Jungle Lore

Sugar's Glycemic 'Load' (GL)

(Note: this isn't Glycemic 'Index')



Sugar content from left to right:
12 oz can, 20 oz bottle, 34 oz bottle.

Will one tiny grain of sugar send your blood sugar levels soaring to dangerous levels? Certainly not – so how much does?

The concept of 'Glycemic Load' is an attempt to categorize the **IMPACT** of a glycemic product. (See '*Glycemic Load – a New Index*' [Feb 2004](#); *Deadly Harvest*, [Chapter 4](#), page 100).

It does so by taking the USDA's **STANDARD SERVING** of the glycemic product and multiplying by its glycemic index (GI).

A number of 20 or more is regarded as high, a GL of 11 to 19 is medium, and a GL of 10 or less is low.

However, this has to be treated with caution. The standard serving size can be laughably low. For sugar it is 10 grams or about 2½ teaspoons.

On this 'official' measure, sugar's glycemic load is in the 'low' range, between 6 [1] and 8 [2]. But this is false comfort!

For example: just one 12 oz can of coca-cola contains **10 TEASPOONS** of sugar! **Cont: p 4**

Humanoid Behaviors

Why Chimps Sleep in the Trees – and Why Humans Don't



Every night, wild chimpanzees build themselves sleeping nests high in the trees. Biological anthropologist Fiona Stewart decided to test out theories why they do this— by sleeping in nests the chimps built in the Tanzanian jungle [3].

She thought that rolling out of the nests would be a risk, but she found they're built in a cup shape that kept her secure. Says Stewart: "The nest is interwoven, it's spring-loaded. It has the bed, the mattress, the lining, the pillow. It's a clever device"

Stewart, covered in monitoring equipment, also slept on the ground to compare results.

She found that, up in the trees, she received far fewer insect bites (only one compared to 28), and she stayed warmer.

Most importantly she slept better because she felt safe (and **WAS** safe) from predators. On the ground, the hyena cries and slithering of snakes kept her vigilant and awake.

So why did our human forebears come down out of the trees millions of years ago? **Cont: page 3**

Immune Education

Baby's Allergies: Mum's Low Omega-3 Status a Factor

Pregnant mothers who have a good intake of omega-3's have babies whose guts have optimum permeability.

This level of permeability allows bacteria and new substances to pass through the lining of the gut into the bloodstream in a controlled way. These new substances then trigger the baby's immune response and the production of antibodies.

The end result is that the baby's immune system develops in the right way leading to less likelihood of allergies [4].

See also: '*Don't Program your Breastfed Babies for Allergies*' [January 2008](#).

This research adds to previous studies which have shown that a good intake of omega-3s during pregnancy reduces the risk of premature birth, improves maturation of the baby's central nervous system, and improves the child's performance on mental tasks as a toddler [5].

Activity Update

Thursday January 12th 2012

General Public Talk: Coral Beach Hotel, Coral Bay, Cyprus. **Details:** <http://bit.ly/bond-event>

February 11 to March 11 2012

Geoff (accompanied by Nicole) will be on his annual CME lecture tour for hospital physicians in California.

March 25 to 28 2012

Geoff assists in the [European Human Evolution & Behavior](#) conference, Durham, UK.

Food Ideas



Chocolate Prune Truffles

Yield: about 16-20 truffles

We just can't stop searching out new ways to make succulent desserts!

These truffles have an incredibly zingy taste and they melt in the mouth. They are energy dense – so try to limit yourself to just a couple.

Prunes are a little glycemic, but hey – they do provide dietary fiber, a host of micronutrients, and they even help bone building!

- 1 cup pitted prunes (about 20 prunes, or about 6 1/2 ounces)
 - 3/4 cup grapefruit juice
 - 6 squares (of a 3.5-ounce bar) dark chocolate (70% cocoa solids min)
 - 1 tablespoon vanilla extract
 - 1/2 cup unsweetened shredded coconut (about 2 ounces)
1. Cover the prunes with the grapefruit juice and soak for about 1 hr.
 2. Break the chocolate into small pieces into a medium-size microwave-proof bowl and add 3 tablespoons of grapefruit juice (from the prune soaking liquid).
 3. Melt the chocolate at half power (about 300 Watt) in a microwave oven for approximately 2 minutes. Check and stir twice. The chocolate should be melted, but avoid overheating. Set aside.
 4. Place prunes with the juice in a food processor, and using the blade, pulse until smooth.
 5. Pulse in vanilla extract and melted chocolate. Proceed until you obtain a smooth mixture.
 6. Place the truffle mixture into a bowl and store in the freezer for about 1 hour.
 7. Remove from freezer. With a dessert spoon scoop out little

amounts of the mixture and roll with your hands to form (about 1-inch) small balls.

8. Place shredded coconut into a plate. Using the fingers, coat the truffles.
9. Store in the freezer and remove only prior to serving.

Questions

Coconut sugar: Jury's Out

Q. *Could you address the glycemic index and glycemic load [see page 1] of coconut sugar?*

A. In contrast to [last month's](#) palm sugar which comes from the Palmyra palm tree (*Borassus flabellifer*), coconut sugar comes from the blossoms of the coconut palm (*Cocos nucifera*).

However, just like palm sugar, there are no rigorous studies of coconut sugar's qualities. The only clues come from sparse, unofficial sources.

The health food supplier Nature Pacific says that coconut sugar has the following composition: 85% sucrose, 3% fructose and 2% glucose (and water 10%) [6]. In other words it is pretty much the same as ordinary table sugar.

Glycemic Index (GI)

For this reason, we might suppose that coconut sugar has the same unhealthy glycemic index as table sugar. Some tests have table sugar's GI at 65 [1], others up at 85 [2]. Either way, this is still danger zone.

In contrast, the Philippine's *Food and Nutrition Research Institute* claims that coconut sugar has a 'borderline' GI of only 35 [7].

However, their test is unverified, has not been subjected to peer scrutiny, is not published in any reputable journal, and the Philippines (a major producer of coconut sugar) has a vested interest in selling its products.

So we have conflicting evidence as to Glycemic Index. As a consequence we cannot calculate glycemic load (see page 1)

In my view: Until we know any differently, it would be wise to consider coconut sugar in the

same light as common table sugar.

Only Green-Green Superfoods?

Q. *If I consumed foods only from the Green/Green section of your [shopping list](#) - the Superfoods - would I only be eating omega-3s and none of the omega-6s and omega-9s? Would it be suboptimal to only consume foods in the Green/Green column?*

A. Oh, the perils of simplifying subtle and complex issues!

The Superfood column is my categorization of foods that are particularly potent for some healthful reason. They could almost be thought of as having medicinal properties; as providing a powerful corrective to the errors of the typical western diet.

I think it would be possible to live well just on the Superfoods, but it would be monotonous and would require intelligent selection of foods and their quantities.

For example, too much cod liver oil and you overdose on vitamins A and D.

Too much oily fish and you could overdose on omega-3s. One consequence is that blood is slow to clot. (Most westerners have the opposite condition and are prone to thromboses.)

That is what happens to Eskimos. 95% of their diet is composed of oily seafood and a nose bleed can be fatal. So avoid that extreme even if it is a Superfood!

With regard to omega-6, don't forget that it is present too in the vegetable oils. They naturally have a good omega-3 to omega-6 ratio.

As for omega-9, this is mono-unsaturated oil (as in olive oil). We don't actually need it, but it is harmless too. If it reassures you, the other vegetable oils do contain it: Canola oil is 60% omega-9.

There are no fruits in the Superfood section (something I will review), so it would be hard to obtain the full range of micronutrients.

The Superfood column does not represent perfection. It is part of the shopping list route-map to guide you through the super-market jungle.

So the message is: focus on columns 1 and 2 with the occasional foray into column 3. You still have to use your Bond Precept know-how to put together a reasonable mix of food selection and of quantities.

Human Behavior

Childhood: Forager Indulgent or Modern Discipline? Part IV

In parts [I](#), [II](#), [III](#) I talked about the historical rise of fierce childhood punishment finishing with: **These traumatized brains are terrified of the father's wrath, they have killed their disobedient self, they hunger for father's approval, they yearn to be 'saved'.**

Abelow's insight [8] is to say that this will speak to the deepest anxieties of the Roman Empire's peoples and give them the reassurance that there **is** a happy ending – in 'salvation'. Apostle Paul's new cult of Christianity spread like wildfire.

Until recently this 'mind-virus' still spoke to huge numbers of western populations indoctrinated into believing that children are born sinful, must be punished into obedience, and their willfulness crushed.

And therein lies the catch: if the religion is to survive it must perpetuate the supply of traumatized brains. Susannah Wesley, mother of preacher John Wesley, gives the game away: "I insist on conquering the will of children betimes [early on], because this is *the only strong and rational foundation of a religious education*".

It is no surprise that John Wesley's traumatized brain led him to go one step further and found a new Christian movement, the Methodist Church.

And that is how evangelical missionary Daniel Everett had been brought up too – to believe that children must be punished into obedience – and that is why he found the Amazonian Indians – who are brought up without severe punishments – to be 'better adjusted than any Christian, or religious person he knew'.

Moreover, as Abelow points out, these ideas aren't confined to

Christianity: Judaism, Confucianism, and Islam (whose very name means 'submission') all have similar themes of tyrannical fathers, suppression of personal desires, and redemption. As for Buddhism and Hinduism, they too emphasize self-negation as a way to avoid suffering.

[Next month: Part V](#) - How nature intended us to bring up children; lessons from foragers.

From Page 1

Why Chimps Sleep in the Trees – and Why Humans Don't



Stewart opines that humans came down from the tress with the discovery of fire: it deters predators and provides warmth. I have a problem with this view. Human predecessors, *Homo erectus*, and before them *Homo habilis*, were already living on the ground for a million years before they learnt how to use fire.

Another explanation is this: with the major ice-age in high latitudes that occurred some two million years ago, a large part of the tree cover disappeared.

Chimpanzees clung on in various islands of forest that remained. In contrast, *Homo habilis* followed the climate change and, with great difficulty, adapted to the newly created savanna environment.



We know it was not easy because there is ample fossil evidence that *Homo habilis* became a staple in the diet of fearsome predators such as *Dinofelis*, a large sabre-tooth leopard.

Feeding Patterns

'Mediterranean-like Diet' for Longevity

New research compared Swedes who have, over a period of 40 years, eaten a 'Mediterranean-like diet' (high consumption of fish and vegetables; low intake of meat and milk) with those who eat more meat and dairy.

Those who consumed the 'Med-like diet' had, by the age of 70, a 20% higher chance of living longer than those who ate the typical Swedish diet [9].

My View? Good news as far as it goes. There are so few studies of this nature that even this one with its limitations, is worth reporting. As the authors acknowledge, the diets were not proper Mediterranean diets – they were simply the eating patterns that had close similarities with the Mediterranean one, as reported at regular intervals by the participants.

Moreover, in the earlier stages of the study (back in the 1950s and 1960s) many Mediterranean products (even olive oil) were unobtainable or unknown in Sweden. Likewise, fruits and vegetables were unobtainable or very scarce in the winter months. Even a faithfully observed Mediterranean diet is not fully conforming to the Savanna Model, so these 'Med-like' diets are even less so. Nevertheless, the results point in the right direction.

As Nature Intended

Outdoor Life for Good Eyesight

Many observers have noted that foragers keep sharp eyesight right into old age. They put this down to the outdoor lifestyle where a high percentage of the day's focusing is at long distance.

Now Dr Anthony Khawaja of Cambridge University finds that children who spend more time outdoors have less myopia (nearsightedness) [10].

"Increasing children's outdoor time could be a simple and cost-effective measure with important benefits for their vision and general health" said Dr. Khawaja. He also cites Chinese studies suggesting that nearsightedness in

children can be reversed when they spend more time outdoors.

Unintended Consequences

Colon Flush: All Downside

A review of over 20 studies show little benefit with colon cleansing, but notable side effects including cramping, bloating, nausea, vomiting, electrolyte imbalance, aplastic anemia, liver toxicity and renal failure [11].

Our View? Nature designed us to keep our bowels healthy with a high intake of fiber-rich plant food. That's all it takes; don't be side-tracked by quackery and nostrums.

Briefing

What are AGEs?

I undertook [last month](#) to explain what Advanced Glycation End-products (AGEs) are, their diseases, and what to do about them...

AGEs are harmful compounds a) made in the body and b) in cooked foods. They are inflammatory and oxidizing agents, producing swarms of free radicals. AGEs generate toxic peroxidizing agents like hydrogen peroxide. See '*Hydrogen Peroxide Miracle Cure?*', [Nov 2011](#).

The body **MAKES** AGEs, for example, when blood sugar spikes. So western populations, with their high glycemic diets, are making them all the time. Diabetics (who already have poor glucose control) are on a slippery slope. The body's system for getting rid of AGEs is via the kidneys. AGEs damage their ability

to do that [12]. Ultimately the kidneys fail altogether and the only solution is a transplant.

Fructose is particularly prone to conversion to AGEs, so a large intake of HFCS (high fructose corn syrup) - as in most soft drinks, see page 1, is a significant culprit. (The fructose levels in normal fruit consumption are **NOT** threatening.) We also make AGEs in the way we prepare our food, notably grilling, frying and roasting. The browning and caramelizing of foods (the Maillard reaction) shows AGEs in the making.

Baby formulas (like Enfamil) processed under high heat, can contain 100 times more AGEs than human breast milk. "They deliver a huge AGE surplus to infants, and it programs them for diabetes later in life" [13].

This is a bolt from the blue. Before this, I had said that formula makers are getting better at emulating breast milk. The AGE eye-opener reminds us to be humble when we seek to second-guess nature.

[Next Month Part II](#) - What AGE overload does; What is to be done?; Our View?.

Letter

50-Year-Old Better Her Peers

"As always, I love your Briefing! I learn something helpful each and every time, and love getting new recipes. Thank you for my health and resulting great happiness! You two are very much appreciated.

"I wonder how poor the quality of my health would be without you.

Fortunately I can just be gratified with my great health instead.

"But, at my current age, 50, the comparisons between myself and other 50 year olds are becoming sad. I'm constantly amazed at how few people are even willing to give your program a try even though they see the results firsthand in me!

"I have to remind myself, that other people's health is their business, not mine."

- Petra Schoning, California

Continued from Page 1

Sugar's Glycemic 'Load' (GL)

One can of Coke's 10 teaspoons of sugar translates to a heart-stopping, glycemic load of 30!

So the concept of glycemic load has limited usefulness and can dangerously understate the impact of a glycemic product.

See: '*Coconut Sugar - Jury's Out*', page 2.

Media Update

Radio Interview

Geoff's radio interview with Rosie Charalambous on January 6th will be posted shortly on our website: www.geoffbond.com

Body Language Article

Geoff's article ([last month](#)), now entitled *Dietary Devolution*, will be posted in its published form at: <http://bit.ly/Bond-BL-article>.

Body Conference Interview, UK

The video ([last month](#)) is in editing and should be available in the next couple of weeks. Check our website: www.geoffbond.com

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