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The Bond Briefing

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RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK.

Question of Month: Parkinson's and Lifestyle. **Letter:** Parent Role Model for Baby Feed. **Lecture Feedback:** Fear not Melanoma. **Good News:** Ugg Ready-mix Takes Off. **Q&A:** Fasting "5:2" Diet. **Odds&Ends:** Salt Substitute – New Angle. **Book Review:** The World Until Yesterday by Jared Diamond. **Letter:** Priming Kids' Food Choice Thoughts. **Acknowledgements:** Diane Lewis; Art Brigman, Yona Aroesti. **Editorial:** The Sunshine Trade-off; TV Chef Meals Worse than Supermarket Ready Meals worse than Home Prepared Meals. **Events.**

Question of the Month

Parkinson's and Lifestyle

Q. *I have Parkinson's Disease. Will the Bond Precepts help?*

In *Deadly Harvest*, [Chapter 8](#), page 258 I highlighted certain risk factors for Parkinson's: Allergens (notably dairy), micronutrient starvation (not enough conforming plant food), constipation (ditto), and high animal fat intake. New studies now confirm other factors:

Sunshine starvation:

Increases vulnerability to Parkinson's [1]. Message: tan up gently in real sunshine. Don't use sunscreen!

Short fasts:

Going hungry (just like our ancient forebears) for 12 hours also tunes up brain cells so that they function better [2].

Mediterranean Diet

Halfway to the Bond Precepts, subjects on a Mediterranean Diet were less likely have Parkinson's or have it progress [3].

Physical Activity

Reasonable levels of physical activity – like walking a few miles every day (replicating our ancient forebears' activity patterns) is helpful [4].

Benefits of Dance

Furthermore, those who dance ballroom dances like Tango, also do well. Apart from exercise, this is to do with improving balance, coordination and cognitive function [5]. **Cont. page 3.**

Letter

Parent Role Model for Baby Feed



"This is my 12 month old daughter April happily eating our family's raw cabbage salad (red and green cabbage, carrot, small amount of apple cider vinegar, olive oil...) This large salad was followed up by Cajun seasoned salmon.

"We listen to the 'feeding woes' of other parents and we suspect that the reason that others struggle to feed kids wholesome food is that they are either not setting an example themselves, or are feeding the kids different foods.

"We find that our kids pretty much want whatever we've got. I think being a role model is critical."
Peter Harris, Melbourne, Australia

My View? Those are vital parental habits:

- Eat right yourself
- don't give children the option to eat differently to the parents.

Lecture Feedback

Fear not Melanoma

"You are just as likely to get a melanoma in parts of the body hidden from the sun as areas that have sun exposure..."

Those words, or words like it, I used in the segment of my CME lecture where I talk about the importance of sunshine for human health. Afterwards, a surgeon from the audience took me to task saying that, in his experience, it is rare to see melanomas in places hidden from the sun.

There are a number of things that can be said about that. First of all, cells are going precancerous in our bodies the whole time – that's just due to errors in cell division and so forth. So, just by chance, a melanoma could pop up ANYWHERE - nothing to do with sunshine. This supports my assertion that it is "just as likely" to occur anywhere.

Now for most people, for whom only perhaps 10% of their bodies have never seen the sun, 9 out of 10 melanomas will happen in areas which HAVE received sunshine – just by chance.

So in this regard, we are both right. The important point is this: if melanomas can occur where the sun never strikes (like the vulva or uterus [6,7]), there must be something else going on. **Cont: page 4.**

Food News

UGG Ready-mix Takes Off



Lemon Meringue Pie

Back in [August 2012](#) we reported on Kim Lloyd's venture to produce easy-to-make, Bond Precept cake and bread mixes (See '[Simplifying Paleo Cooking](#)' and '[Kim Lloyd's Caveman Cake Mix](#).)

By Christmas, with Nicole's help on the recipes, she had produced the first prototypes: Chocolate Muffin Mix, Fruit and Seed Cake, and Chia and Nut Bread.

The reception has been so enthusiastic that Kim has collected a team of experts around her to launch the brand, *Ugg Foods*, in a big way.

Packaging, website, lab testing and much more are well underway with a view to being ready in April.

In the lemon meringue pie (above) Kim used a variant of the Ugg bread mix as the base. The bread mixes are based on '[Nicole's Bread Variants](#)', [Sept 2011](#).

The Ugg website will have an increasing number of ideas like this for using the basic Ugg mixes.

Questions

Fasting Diet

Q. *What do you make of the 5:2 diet where you fast for 2 days and eat normally for 5? It is popular in UK now: <http://thefastdiet.co.uk/> It could be that our ancestors had similar eating patterns because of hit and miss hunting.*

A. I have regularly supported the notion that going hungry for an hour or two on a regular basis reflects ancestral eating patterns and has healthful biological

consequences. See '[Benefits of Fasting](#)', [May 2003](#). See also '[Parkinson's and Lifestyle](#)', page 1

However, it is a big stretch to go from there to starving for two whole days in every seven. Such a pattern is quite unlike typical forager eating habits.

Missing a meal more like. Many commentators including me, Jared Diamond (see review below), Daniel Everett ([Oct 2011](#)) and others have all remarked on how missing the occasional meal is regarded with equanimity by forager bands.

My View?

Like so many fad diets, I am sure this one works to take off weight – it will certainly reset the appetite hormones for a while. But 'eating normally' for the other five days does nothing to address the terrible health consequences of the Western diet either.

See also:

'[Ramadan and Fasting](#)', [Oct 2006](#)
'[Not so Fast](#)', [Aug 2000](#).

Odds & Ends

Salt Substitute - New Angle

A significant proportion of the population is 'salt sensitive'. That is, salt intake increases their blood pressure.

Salt has the chemical name sodium chloride, and it has long been assumed that the problem is the *sodium*.

However, a test with potassium chloride on salt sensitive rats, finds that the *chloride* is also a part of the problem [8].

Why is this important? Potassium is a kind of 'antidote' to salt – indeed the salt/potassium ratio of 1:5 is a key characteristic of the forager diet (see [Deadly Harvest, Chapter 4](#), page 108).

Today we have reversed that ratio to 3:1 so there are attempts to redress the balance with potassium supplementation [9]. Seemingly the *chloride* of potassium is not a good choice.

Other salts of potassium – bicarbonate and citrate work fine – but then, at least in the matter of blood pressure, so do the sodium salts sodium bicarbonate [10] and sodium phosphate [11].

In other words, the chlorides of both sodium and potassium harm blood pressure.

Don't forget that salt intake has many other drawbacks too: scarring of the arteries, calcium antagonism, kidney malfunction and interference with bone remodeling.

As an aside, there are racial differences. Black men go salt sensitive much faster than white men when potassium is deficient [12].

Finally, these results show that 'low sodium' salt substitutes, which use potassium chloride, are no better than salt itself.

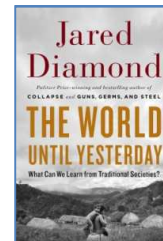
My view? No need to micro-manage this chemistry! Just eat plenty of conforming plant food like we say and avoid processed foods with their cargo of salt.

See: '[Salt Substitute](#)', [Sept 2010](#)

Book Review

The World until Yesterday

Jared Diamond



Diamond, who is in his mid seventies, points out that one of the skills that improves with age is the art of SYNTHESIS.

He has done just that with his latest book which sets out to apply the lessons of hunter-gatherer life to today's world. He leans heavily on his experience with the tribes of New Guinea but synthesizes it with a wide range of other sources – for example Daniel Everett [Pirahã] ([Oct 2011](#)), Richard Lee [San Bushman (13)], Frank Marlowe [Hadza] ([Jan 2012](#)) and many others.

This is important, since the New Guinea tribes in many ways are not representative of our formative Pleistocene past. They don't live as foragers in a sparsely inhabited savanna but

as gardeners/swine-herds in a crowded, wet, jungle environment.

Having said that, Diamond tackles diverse subjects such as Warfare; The Workplace; Justice, disputes and vendettas; Religion; Health; Multilingualism; Old people; Risk and many more.

Many of these are difficult topics for a UCLA professor to deal with honestly. He has to avoid politically-correct academia from metaphorically burning him at the stake. He has to avoid thought crime.

So Diamond's prose is reminiscent of Darwin's in *Origin of Species* where, almost apologetically, he says that the evidence seems to say such-and-such, but please prove me wrong!

In this regard, Steven Pinker, in his book: *The Blank Slate: The modern denial of human nature* [14] is much more outspoken about lessons to be drawn from the evolutionary origins of human behavior.

Continued: [Next Month](#).

Letter

Priming Kids' Food Choice Thoughts



Eric Brazelton attended my Scripps lecture again this year. Eric, as a teacher at the nearby Preuss School, UCSD, champions my work in his class: 'Personal Fitness'. Eric writes: "From time to time I walk my students to the UCSD food court and allow them to choose their own snack. I require that they reflect on their food choice and the thought process involved.

"This most recent trip I asked: 'Would Geoff Bond or Mr Brazelton make the same food choice – yes/no – and explain.'"

One typical response: "No. The food I'm eating has been fried after being coated with flour. The drink also has sugar and quite a lot of dairy products."

Acknowledgements

Diane Lewis



Nicole, Geoff, Diane Lewis

Many thanks to Diane Lewis who invited me to speak at an extremely well attended talk at [The Bridges](#) Golf and Country Club, Rancho Santa Fe, CA. Generously she preceded it with a Bond Precept cocktail party and donated copies of *Deadly* and *Healthy Harvest* to attendees.

Art Brigman and Yona Aroesti

Immense gratitude for sponsoring our stay at [Club Trinidad](#). Without their generous gesture, the lecture tour would not have been possible.

Thanks too, to **Dr Rita Stec, Kathy Wade, Jim & Dana Melton** and centenarian **Edith Morrey** who, all in their various ways, provided encouragement and support.

Editorial

The Sunshine Trade-off

Prior to the industrial revolution, humans had no trouble getting an abundance of the sunshine vitamin D; a mere 10 to 15 minutes outdoors at midday gives the average fair-skinned person 10,000 international units. That's far above the government's recommendation of 200 IUs a day.

But the evidence is screaming that the government's recommendation is wrong by a factor of at least 10. "Even at total intakes on the order of 2000 IU/day, an adult has very little vitamin D reserve" [15]

Yet many authorities, including the FDA, condemn sunlight as a carcinogen. Suffering from cognitive dissonance, the same authorities also talk approvingly of the health benefits of sunlight.

Sunlight is therefore the only listed carcinogen that is healthy! Robyn Lucas, an epidemiologist at Australian National University puts it succinctly: "Far more lives are lost to diseases caused by a lack of sunlight than to those caused by too much [16].

My View? This illustrates perfectly that everything in the natural world is a trade-off. We seek certainty but the reality is compromise. Live with it!

See: '*Fear not Melanoma*', p1.

See also:

'*Tanning is Nature's Dimmer*': [Oct 2010](#); '*Sunscreens Cause Skin Cancer*': [March 2010](#); '*New-found Factor in Sunlight Helps Multiple Sclerosis*': [June 2010](#).

TV Chef Meals Worse than Supermarket Ready Meals worse than Home Prepared Meals

So says a report in the British Medical Journal [17]. Mind you, a cursory glance at recipes from Jamie Oliver, Nigella Lawson, Fearnley-Whittingstall would tell us the blindingly obvious. They contain too much fat, saturated fat, salt and not enough fiber.

Continued from Page 1

Parkinson's & Lifestyle

Oxidative stress (18)

One consequence of a biochemistry suffering from micronutrient starvation is oxidative stress – basically 'rusting' of vulnerable cells – and that includes ones involved in Parkinson's.

In this regard, feeding patterns rich in micronutrients (like the Bond Precepts) put a stop to the Parkinsonian damage. (19)

Black tea, rich in antioxidants has also proved useful (20)

Cholesterol starvation (21)

Foragers are remarkable for having a high cholesterol intake (but low serum levels). Is this an important feature of the healthy diet? Seemingly so: subjects with low cholesterol intake are more vulnerable to Parkinson's. In the Bond Precepts we say don't

worry about cholesterol in your food.

When the body is doing everything right, then cholesterol levels sort themselves out fine. Indeed, cholesterol is vital to human life, and if it is dysfunctioning, then many things go wrong.

Continued from Page 1

Fear not Melanoma

Secondly, anyone who has immersed himself in the literature will see that the evidence is bedeviled with ambiguities and more questions than answers [22].

For example, if sunshine is so bad, why is it that melanomas

are only increasing in INDOOR workers? [23]. Or that for office workers, melanomas are increasing fastest in COVERED parts of the body! [24]

What, indeed, are we to make of the Irish study which finds that melanomas occur predominantly on the left-hand side of the body? Nobody knows! [25]

We don't even know what someone's lifetime sunshine exposure is. For that we would need a minute-by-minute knowledge of durations, latitudes, times of day, cloud cover, humidity, anatomical locations, pre-existing tan, skin type, childhood exposure, severe burning events and much more.

In fact there is no hard evidence showing that sunlight exposure is a major factor in melanoma at all. **Continued:** [Next Month](#)

Advance Notice

LECTURE:

May 25, Larnaca, Cyprus

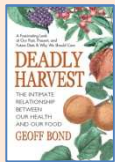
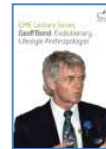
Geoff will be speaking at the symposium '[Pathways to Indefinite Lifespans](#)'.

LECTURE:

July 30, London

Geoff will be giving the monthly lecture at the British Longevity Society **Updates:**

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



Deadly Harvest: Geoff's latest work encapsulates current thinking on lifestyle anthropology. *Deadly Harvest* is an easy read yet is solidly referenced and is a work that doctors can trust.

www.deadlyharvest.com



Healthy Harvest Cookbook: Nicole has created and tested a comprehensive collection of over 90 delicious, fully tried and tested recipes all carefully conceived to conform to The Bond Effect precepts.

www.healthy-harvest-recipes.com

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