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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

Health Policy: Dementia & American Lifestyle. **Question of Month:** Why do Humans have Starch Digestion Enzyme Amylase? **Unintended Consequences:** Calcium Pills Double Death Rate. **Spreading the Word:** Dr Rita Stec Book on Kindle. **Q&A:** Dr Oetker Wellcare Gluten-free Sponge & Cupcake mix; Safety of Almond Bread Toast; Acrylamide Scare; Death-Dealing Processed Meat. **Book Review:** The World Until Yesterday III. **Forums:** Weaned off Drug Addiction, Depression, Anxiety & Prozac. **Health Policy:** Stigmatize Fatties like Smokers?

Health Policy

Dementia & American Lifestyle



Lightweight battery mobility scooter

Dr John Mirowsky of the University of Texas, Austin, has some intriguing insights into the modern condition [1].

He makes the case for today's lifestyles leading to, "age-related dementia beginning to appear in ever younger segments of the population".

He fingers the usual suspects: obesity, lack of physical activity, poor food choices and so forth. So far, so good.

But then he widens scope: he talks about the 'Default American Lifestyle'. This is the life-style which, if you let things take their course, you fall into automatically. Institutionalizing obesity with mobility scooters (above) is just the tip of the iceberg. Now people use them even if they are healthy.

It takes a real, sustained effort IN PERPETUITY for the individual to fight against this malevolent tide. As it is, the majority of the population goes with the flow. But Mirowsky has some more interesting ideas... **Cont. p 4.**

Question of the Month

Why do Humans have the Starch Digestion Enzyme 'Amylase'?

Q. You say that cereals are not human food, so why do we have the starch-digestion enzyme 'amylase'?

A. From way back in our evolutionary past (for more than a million years) our ancestral line has been using, 'underground storage organs' (USOs) as a source of food. They have names like *Vigna frutescens* and *Rhynchosia comosa*. (See 'Forager Tubers', [July 2012](#).)

In this we are different to the other great apes (chimpanzee and gorilla) who never learned to dig up tubers and so never developed the ability to secrete amylase.

Whilst the tubers are more stringy fiber than anything else ('Indigestible Fiber', [Aug 2011](#)), there is a proportion of starch, and our amylase helps to extract the maximum nourishment out of them [2, 3].

See also my YouTube clip: 'Geoff Bond on Indigestible Fiber'. <http://bit.ly/Bond-fiber>

Unintended Consequences

Calcium Pills Double Death Rate

To reinforce a study I reported in 'Calcium Tablets: Heart Disease': [Sept 2012](#), a new population study (see 'Death-Dealing Processed Meat', p.2) finds that high calcium intake from pills strongly raises risk of heart disease [4] **Cont. next col.**

Spreading the Word

Dr Stec's Book now on Kindle



In [March 2009](#) I announced the publication of Dr Rita Stec's book useful little book, 'A Woman's Home Health Companion' [5]. See her 3-minute YouTube clip here: <http://bit.ly/Z9kIhy>

Dr Stec is one of those rare physicians who, before dispensing pills, tries to tackle the patient's lifestyle. In this she aligns herself with much of the Bond Precepts.

I reviewed her book on Amazon here: <http://amzn.to/ZCtiC0>

The Kindle edition is available here: <http://amzn.to/11oEXWZ>

Calcium Pills Double Death Rate From previous column

...Women having a dietary intake of 1400 mg/day or more, and taking pills, were more than twice as likely to die, compared to those not taking tablets and whose intake from food was 600 to 999 mg/day.

My View? Messing with calcium spikes unleashes forces outside our body's ability to micro-manage them. Gone berserk, it lays down calcium in places we don't want it – like heart valves and arteries. We second-guess nature at our peril.

Questions

Dr. Oetker Wellcare Gluten-free Sponge and Cupcake Mix



Ingredients: Sugar, Rice flour, Sunflower oil, Dried glucose syrup, Tapioca starch, Potato starch, Whole egg powder, Maize starch, Modified maize starch, Egg white powder, E500, E450; NI- Flavour.

Q. *I need to have a gluten-free diet, what do you make of this product?*

A. Horrible! It starts with sugar and follows with a series of starches and sugars which, according to the nutrition label, make up 65% of the total. It must have a terrible glycemic index, giving murderous blood-sugar spikes.

The sunflower oil is a harmful omega-6 oil and makes up some 20% of the weight.

Overall the product is an impoverished, nutrition-free zone – mostly empty calories.

But is this product gluten-free? Almost certainly – but so is deadly nightshade! **AVOID**

Are there alternatives? Acolyte Kim Lloyd ([Jan 2013](#)) is getting ready to launch her range of Ugg Ready-mix Foods (www.uggfoods.com). They will be gluten-free and terrific nourishment at the same time. Watch this space.

By the way:

The remaining ingredients of: whole egg powder, egg-white powder and E-numbers don't bring much to the party either.

E-numbers are European Union admissible ADDITIVES. Here we have raising agents – baking soda (E500) and diphosphates (E450). We also have 'NI-flavor' – 'Nature-Identical' chemicals

which artificial replicate those occurring in nature.

Taking it all-in-all, why would you even THINK of putting this stuff in your body?

Next Month: Dr Oetker Diabetic Wholemeal Sponge Mix.

Safety of Almond Bread Toast

Q. *You say it is important to keep cooking temperatures low – so is it all right to toast or grill Bond Almond Bread?*

A. In a word, yes.

The average 900 Watt toaster grills at 310 °F (154°C) [6]. At this temperature, ordinary bread goes brown in a process known as the 'Maillard reaction'.

This temperature is below the oil oxidation danger zone for Bond Bread (175°C). So far so good.

There are two possible further concerns:

a) **Advanced Glycation End products (AGEs)** – see 'What are AGEs?' [Dec 2011](#).

Studies find that heating almonds at toasting temperatures does NOT make harmful levels of AGEs. [7]

b) **Acrylamide** (see next question for explanation).

It is measured in infinitesimally small amounts –in parts per 1000,000,000 (parts per BILLION or 'ppb').

Toasted almond bread has about 200 ppb [8], which is somewhat less than toast made with wheat flour – which is a pretty good start!

When grilling, we have less control over temperature, but if it is done to achieve the same light brown result, then it must be the same as toasting.

Summing up, toasting almond bread is not a harmful thing to be doing.

After all, our Pleistocene ancestors roasted nuts for a million years, so it would be surprising if toasting almond powder suddenly became a problem today.

Acrylamide Scare

Q. *What is the scare concerning something called 'Acrylamide' about?*

A. Acrylamide is a chemical which forms during high-temperature cooking such as roasting and baking. In massive doses – far greater than found in food – it is a neurotoxin and is thought to be carcinogenic.

Only in 2002 was it uncovered for the first time – in starchy foods, such as potato chips, French fries, and toast, probably as a result of the *Maillard reaction* (browning).

Subsequently it has been found in coffee, cocoa, black olives and nuts. It is calculated that the average American's intake of acrylamide comes chiefly from coffee (20% to 40%).

Concentrations vary wildly with each sample of food tested, the cooking temperature, and type of heating.

The current official view is of watchful waiting. Neither the FDA nor the EU find sufficient evidence to say that normal intake of acrylamide is harmful to health [9].

My View? I suspect that this is a non-issue, hyped up by alarmist headlines [10].

Death-Dealing Processed Meat

Q. *The papers recently hyped a study showing that people who eat processed meat died younger. What's going on?*

We eat smoked fish every day for breakfast e.g. salmon, herring or mackerel. Smoking is a very old process. No doubt these days there are lots of chemicals and salt too.

A. This study was an 'epidemiological' (population) study. By its nature, it is less conclusive.

In this case, the study analyzed what happened, according to diet, to half a million Europeans from 10 countries, [11].

The researchers found a modest CORRELATION between the consumption of 'processed' meat and dying younger –

notably of cancer or heart disease. But population studies cannot identify what is the CAUSE of this correlation.

The 'processed meat' consisted mainly of the 'red meats' beef and pork, which have been processed into sausages, salami, bacon, hamburgers and so forth.

The researchers suggest that the high saturated fat levels (up to 50%) in sausages and salami, might be a cause. So too might be the use of nitrites in the preserving process. But this is speculation.

My view is that such products should be avoided in any case. Apart from their content of red meat, which is likely to have suspect levels of bad fats, the processing introduces chemicals that only make matters worse.

Fish not Included

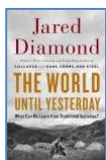
The study restricted itself to just meat of all kinds: it did not study fish eating.

My View: When it comes to smoked and salted fish, my instinct is to go easy on them.

Book Review III

The World until Yesterday

Jared Diamond



Continued from [last month](#).

Bringing up Children

From his experiences with primal tribes in New Guinea, Jared Diamond believes we can learn much about child rearing practices when humans are in a state of nature.

In this he comes to similar conclusions that I do in *Deadly Harvest*, [Chapter 8](#).

These can be summarized briefly as: a woman gives birth alone, or with the assistance of other women – men are not involved; infanticide is practised in cases of necessity; babies are breast-fed for three years or more; pre-chewed pap is

introduced at 6 months; nursing is on demand; babies sleep cuddled up to their mother or close relative.

During the day, small babies are carried in a sling on their mother's breast; older babies on their mother's backs; and toddlers usually on the shoulders. In all cases the child faces the same way as the mother.

Fathers play little role in child-rearing, but are vital for provisioning and protecting the family; children play in multi-age playgroups, not in same-age cohorts; and all members of the band are involved in caring for all the other children in the band ('alloparenting' – [Sept 2011](#)).

Crying children are immediately comforted; children are rarely punished – either physically or psychologically; children have great autonomy and are permitted to do dangerous things.

There are no state government interests (e.g. compulsory schooling with its social agenda) to conflict with parents' upbringing interests.

Diamond concludes with an observation echoing Dan Everett's concerning the Pirahã ([Oct 2011](#)):

"[We] are struck by the emotional security, self-confidence, curiosity and autonomy of the children and adults of small-scale societies."

Continued: [Next Month](#).

For the harm we do with modern upbringing methods, see: '*Child Evolutionary Psychology*,' [Next Month](#)

From the Forums

Weaned off Drug Addiction Depression, Anxiety, and Prozac

Extract: "...There's an excellent book called *Natural Eating* by Geoff Bond, but it's an absolute fortune nowadays - if you can find a cheap copy then snap it up, but the Kindle edition is far, far, cheaper. It's not specifically geared at any particular illness,

but it explains the science brilliantly..." – Paul, www.ukhippy.com forum.

Complete thread:

<http://bit.ly/15oQQBJ>

Health Policy

Stigmatize Fatties like Smokers?

To survive, the forager band has to hang together to survive in spite of all its internal tensions.

It manages because, over evolutionary history, humans have developed the 'social emotions'. These ensure that a system of good and bad feelings keep relations in a kind of tense equilibrium.

These feelings include shame, pride, envy, indignation, and fear of rejection or ostracism.

Daniel Callahan, is founder of [The Hastings Center](#), a bioethical institution. He observes that one of these social emotions, STIGMATIZATION, has proved very successful in dealing with smokers.

Callahan now suggests that the same strategy be used to deal with obesity [12]. That 'stigmatization lite' should be used to shame fatties that obesity is 'socially unacceptable'.

Callahan is the latest in a line of authorities willing to break the taboo concerning disapproval of fat people.

In [Jan 2004](#) ('*P C Gluttony*') I report on Greg Critser who asks why, of all the seven deadly sins, only gluttony has been legitimized in America?

In [Aug 2007](#) ('*Obesity Taboo Broken: Say it as it is*') I wrote how the American Medical Association (the doctors' professional institution) advises physicians that they be forthright in telling fat patients that they are fat and it is undermining their health.

My View? Mirowsky ('*Dementia & American Lifestyle*', page 1) says that, due to the obesity epidemic, "an avalanche of health problems is on its way".

It is indeed a national emergency and it is legitimate to deploy social emotions that evolution designed for this very purpose.

However, it is asking people to apply a level of self-discipline that evolution did NOT design us for. So the main effort has to be to rebuild an environment that means that we AUTOMATICALLY fall into line.

Continued from Page 1

Dementia & American Lifestyle

Mirowsky introduces two concepts: 'Bio-accumulation' and 'Pharm-accumulation'.

The idea is that 'accumulators' a) gather many small effects into one large one and, b) once present they tend to stay present.

Typical bio-accumulators are exercise and eating habits, body mass, blood pressure, blood triglycerides, cholesterol, insulin resistance, and arteriosclerosis.

He goes on to say that "the medical industry looks for

drugs, devices, or surgeries that MANAGE the accumulators. They DO NOT ELIMINATE the underlying dysfunction."

This 'secondary prevention' leads to the second phenomenon: 'Pharm-accumulation' – "the overlaying of medications, and multiplying up of their side effects and interactions".

Mirowsky names dozens of classes of drugs which all have dementia side effects. They run the gamut from antibiotics, antidepressants, anti-histamines, to beta-blockers, ibuprofen, codeine and warfarin. They all add up and often MULTIPLY UP the harm.

Now, people are getting to retirement age having taken several drugs simultaneously for most of their lives.

This is terrible: the odds of drug-induced dementia are NINE-TIMES greater among seniors taking four or five medications than among those taking one or none.

Mirowsky finishes: "Overriding the default [American Lifestyle] will take ever greater determination and creativity on the part of individuals seeking a healthier way of life."

Read the full text of his article: <http://bit.ly/Bond-science> #88.

Advance Notice

For details and updates: <http://bit.ly/bond-event>.

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

LECTURE: (Open to the public)
October 9, 2013, Oxford

Geoff gives his annual lecture at Green-Templeton College, Oxford University.



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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9 Acrylamide in Foods: A Review of the Science and Future Considerations, Annual Review of Food Science and Technology, Vol. 3: 15-35 (Volume publication date April 2012). DOI:

10.1146/annurev-food-022811-101114. DR Lineback et al

10 What's in Your Food? Are the "carcinogenic" chemicals that are produced when foods are cooked really cause for concern? Takayuki Shibamoto; The Scientist | July 16, 2012. <http://bit.ly/ZzWJ7L>

11 BMC Med. 2013 Mar 7;11:63. Meat consumption and mortality - results from the European Prospective Investigation into Cancer and Nutrition. Rohrmann S et al. Full text: <http://bit.ly/Bond-science> #89

12 Obesity: Chasing an Elusive Epidemic; Daniel Callahan; DOI: 10.1002/hast.114; Hastings Center Report; Volume 43, Issue 1, pages 34-40, January-February 2013