



The science & art of living the way nature intended

# The Bond Briefing

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

**Q of Month:** Xylitol Calumny. **Evolutionary Psychology:** High Heels Boost Femininity. **Bond Effect Resources:** Paleo Harvest Published. **Event:** Oxford University. **Q&A:** Slow Cooking; Perlmutter's 75% Fat Diet. **Letters:** Mühlfeit – Boost in Life Prospects. **Sunshine is Human Food:** Sunny Climates Reduce ADHD. **Intellectual Ammo:** Paleo Denial – The Argument II. **Videos:** Q3 – Grains & Energy; Q4 – Diet for Pregnancy; Ugg Foods Lecture part III. **Health Policy:** Cancers and Co-morbidities; New Cholesterol Guidelines; Vegetable Oil Guidelines – Omega-6 Unfriendly. **News Shorts:** Boy Milk Intake-adult Fractures; Magnesium for Brain; Acid Diet/Diabetes; Gluten/Diabetes I. **Evolution & Human Behavior:** Social Stratification Begat Gay Males.

## Question of the Month

### Xylitol Calumny

**Q.** I've seen this article about xylitol [1]. It claims that it is made up in a chemical process and it can kill rats.

**A.** Normally, I wouldn't give this kind of article the time of day. It is intellectually dishonest, disingenuous and manipulative. Regrettably we see many such smears of innocent foods in our line of activity. Canola (rapeseed) oil is another victim – see my website article [Canola Baloney](#) [2]. But let's deconstruct this one a bit:

The author, Ravi Nagel, wrote the article 6 YEARS AGO in *Natural News*, an avowedly activist lobby. It talks about ONE study ON RATS – and that study, he says, was conducted in 1977! Even when he wrote his article it was a 30 YEAR-OLD STUDY – and we don't even know if it exists – Nagel doesn't give the source. Is this the best he can do?

Nagel, made this study sound plausible by throwing numbers around – x grams of this per y grams of that (and so forth) to make it sound scientific – but it is not scientific. We have no way of checking – it could all be made up.

Another flaw: the study he alludes to is on RATS. Nagel produces no evidence to say that what works on rats works on humans too. After all, xylitol (like chocolate) is toxic to dogs but not humans [3]. **Cont P 4.**

## Evolutionary Psychology

### High Heels Boost Femininity



Why do women choose to wear high heels? Evolutionary behaviorists have studied this intriguing and vital question [4].

They discover that one motivation is that it artificially heightens the femininity of gait. It does so by reducing stride length, increasing rotation of the hips, inducing more rapid strides, and making tilt of the hips sexier.

Both women and men sensed the attractiveness equally. The men simply found it sexy; the women sensed female competition.

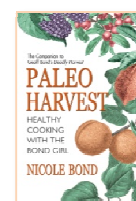
Biologists call this abnormal heightening of attractiveness 'supernormal stimulus'.

It is to be found throughout the animal kingdom. For example, female baboons with the most extremely swollen buttocks (indicating sexual receptiveness) attract the greatest interest from males [5].

The researchers further observe that women's fashions come and go, but high heels stick around. They are speaking to a deeply programmed human instinct.

## Bond Effect Resources

### Paleo Harvest Published



Nicole's new recipe book – with over 170 tried and tested recipes – is now available. See all about it including extracts from her book at:

[www.paleo-harvest.com](http://www.paleo-harvest.com)

Also available as an e-book on **Kindle**, [Link](#) [6]. There you can also 'Look Inside'. We look forward to hearing from you!



"Another e-mail wishing you good luck"

## Imminent Event

**Details and updates:**

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

**LECTURE:** (Open to the public) **January 15, 2014, Oxford, UK**

**Place:** Green-Templeton College, Oxford University, UK.

**Map:** <http://goo.gl/maps/81FpG>

**Title:** Longevity and healthy lifespan– Darwinian insights into living to your genetic potential.

**Info & Res:** Mary Perryman [mary.perryman4@gmail.com](mailto:mary.perryman4@gmail.com)

## Questions

### Slow Cooking

**Q.** *What are your thoughts on the use of slow cookers (crock-pots)?*

**A.** Slow cooking for many hours at 175°F (80°C) is all right for meat dishes but vegetables lose quite a lot of nutrients when compared to steaming, blanching or rapid stir-fry.

Moreover, some concerns remain over food safety. For example beans and lentils need to be boiled thoroughly for at least 20 minutes to reduce their poisons to 'tolerable' levels. Slow cookers don't do that [7] – but then we don't eat pulses, do we!

### Perlmutter's 75% Fat Diet

**Q.** *Dr David Perlmutter, in his best-selling book 'Grain Brain', has similar ideas to yours except he says 75% of our calories should be fat. What do you think?*

**A.** We should applaud an MD who has accepted that certain common foods, like grains, are the major problem with most illnesses today. However, 75% of calories from fat, has no anthropological basis. From an MD, why would it?

Nevertheless, Perlmutter's grain-free, high-fat protocol would emulate the ketogenic diet about which I wrote in [April 2010](#).

Such an extreme (and potentially dangerous) diet is particularly effective in treating brain disorders like epilepsy, Parkinson's, autism and Alzheimers - [April 2012](#).

## Letters

*From Herbert Muhlfeit, Tirana, Albania.*

### Boost in Life Prospects

"We owe you for a real revolution in our lives: I have lost 20 kg and my sugar levels are stable. With the weight loss I have been able to come off the medication.

"My back problems are cured and my quality of life has improved immeasurably particularly with a crucial increase in self-awareness.

"My wife, Jana has lost 8 kg and she feels comfortable in her body. For this assistance, we thank you very much!"

## Sunshine is Human Food

### Sunny Climates Reduce ADHD

Dr Martin Arns at the US Centers for Disease Control studied the incidence of ADHD relative to sunny climates in USA and 9 other countries [8]. He finds that the sunnier the place the less the ADHD.

This is correlation not causation yet, Dr Arns says, the results are intriguing and demand further study.

Already we should think of: "increasing the exposure to natural light during the day in countries and states with low solar intensity. For example, skylight systems in classrooms and scheduling playtime in line with the biological clock."

## Intellectual Ammunition

### Paleo Denial - the Argument II

*There are some who cast doubt on the teachings of evolutionary nutrition... Cont. from [last month](#).*

... Others argue that 'epigenetic effects' could have operated beneficially. These are the phenomena whereby environmental pressures switch genes on or off. A classic example is that of Dutch women who were pregnant during the 1944 wartime famine (when some people starved to death).

For the surviving women, this starvation switched on genes in their embryos who were born to be more susceptible to diabetes, obesity and other conditions. However, the effect mostly reversed itself in the following generation.

So while it is possible that we are all carrying epigenetically switched genes, the likelihood is that they make things worse.

For example in rat studies, Mom's low sunshine exposure risks multiple sclerosis in her children [9] and a grandmother's

high fat diet is tied to breast cancer in granddaughters [10].

In conclusion, we can say that, for all practical purposes, we are living in bodies and with genomes that haven't changed since our formative era in the Paleolithic.

## New Bond Videos

### Ugg Foods Information Series

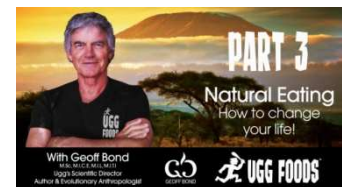
**Q3.** *If I stop eating whole grains, will I and my children have enough energy?*

<http://youtu.be/BNgGEhCRYWM>

**Q4.** *I am pregnant: is it OK to change my diet so dramatically?*

<http://youtu.be/R8gkXAOsVL8>

### Ugg Foods Lecture



**Part 3 of 3.** The final segment of Geoff's initiation lecture: A comprehensive overview of the lifestyle which nature intended. <http://youtu.be/555INFYuEBg>.

**Part 2:** [11]

**Part 1:** [12]

## Health Policy

### Cancers & Co-morbidities

It is estimated that around 40% of all Danish cancer patients also have one or more OTHER lifestyle diseases – 'co-morbidities' – such as diabetes, heart disease, obesity, etc... [13].

Cancer patients with these co-morbidities have a greatly increased risk of complications and often only one disease can be effectively treated at a time. For example, the five-year breast cancer survival rate for patients without co-morbidities is 83%, while it is only 50% for those with three or more diseases.

**My View?** If you have come to us already with a cancer then, by living the way we say, you will fully prepare yourself to battle it – and survive the treatment!

### New Cholesterol Guidelines

In a radical shake-up of the advice given to doctors, the American College of Cardiology is changing its guidelines.

The practice till now was to administer statins, aggressively if necessary, to anyone who had high cholesterol levels.

Now the guidelines recommend treating ONLY those patients who are ACTUALLY AT RISK of heart disease [14]. Moreover their: "systematic review of evidence identified WHO should get WHICH therapy at WHAT intensity."

The panel lamented that clinical trials have focused almost exclusively on statin therapy to the virtual exclusion of any other intervention [follow the Big-Pharma money!]

Nevertheless the panel said: "It must be emphasized that lifestyle modification (i.e. healthy diet, regular exercise, tobacco avoidance, and healthy weight) remains a critical component".

**My View?** Just so! It is not normal to have high cholesterol levels – just live like we say and throw away those statins.

See '*Statins Guilty Secret*', [Sept 2010](#)'.

### Vegetable Oil Guidelines:

#### Omega-6 Unfriendly

In 2009, the Canadian government allowed food manufacturers to claim that vegetable oil is heart healthy.

Now scientists question this blanket approval. They say that one important class of vegetable oils, omega-6 oils (as in corn oil and sunflower oil) are NOT heart healthy. The health claim should be withdrawn for foods containing these oils [15].

**Our View?** Join the club!

### News Shorts

#### Boy Milk Intake – Adult Fractures

Studies on male teenagers indicate that, for each EXTRA glass of milk per day, the risk of hip fracture as an older adult increased by 9% [16].

This study, amongst many others, complements those which find that drinking milk gives women brittle bones too [17].

See '*Checks and Balances at the Calcium Bank*', [May 1998](#)

#### Magnesium for Brain

There is no excuse for magnesium starvation – it is the chief mineral in chlorophyll – so just eat plenty of green plants like we say!

However, needless to say, many people ARE deficient in magnesium and now a study finds that it is involved in cognitive impairment and Alzheimer's disease [18].

Remarkably, with treatment with a magnesium compound (magnesium threonate), the ageing of brain synapses was not only halted, they were rejuvenated.

See also my reviews: *Magnesium Solution for: Migraine Headaches* and [High Blood Pressure](#).

#### Acid Diet linked to Diabetes II

The Western diet is relentlessly acidifying, contrary to the neutrality of our ancestral diet. The mismatch undermines many aspects of health. See: '*Acid-Alkali Balance*', *Deadly Harvest*, [Chapter 4](#), page 108.

Now a large population study (which finds correlations not causations) uncovers a new, quite unexpected, mischief: "A dietary acid load was positively associated with type 2 diabetes independently of other known risk factors for diabetes" [19].

**Our View?** The western diet is acidifying because of the lack of ALKALIZING foods. And this happens because we now eat grains and potatoes (which are acidifying) instead of plants (which are alkalizing).

#### Gluten Linked to Diabetes I

Yet another study links the intake of gluten to the autoimmune disease, Diabetes Type I [20].

The mechanism is by gluten encouraging the overgrowth of harmful bacteria in the gut.

### Evolution & Human Behavior

#### Social Stratification Begat Male Homosexuality

Men who PREFER homosexual behavior – even when willing women are available – are unknown in primal societies [21]

Indeed they have no word for it and researchers even have difficulty explaining the concept to them [22]. So why does it exist in post-forager societies?

This phenomenon of Male Homosexual Preference (MHP) is heritable – so it is in the genes. But why would genes persist in a population who, by definition, have few children? It is a Darwinian paradox.

A couple of new studies throw light on a possible reason:

Andrea Camperio-Ciani of University of Padua, Italy finds that women who are strongly heterosexual and who, by their nature, have more children than average, have a particular set of genes. The same genes are found in gay men [23]. Says Andrea, "Apparently they are genes for being sexually attracted to men".

Moreover, she finds, the women's high fecundity more than compensates for the gay men's fewer children.

In a second study, Michel Raymond and colleagues at Montpellier University, France, suggests how this came about in post-forager societies [24].

With the agricultural revolution and with the development of complex societies, such societies also became hierarchical and stratified.

In such societies, women who are strongly heterosexual are, by definition, attractive to men and so often marry up the social scale.

High status males in such societies not only take more than one woman to wife, but

also can afford to make many babies.

In this way the genes 'for' male homosexual preference persist in the population through highly sexed women. This would resolve the seeming Darwinian paradox.

**Continued from Page 1**

### Xylitol Calumny

Nagel has had to search the patent register (of all things) to find the most hare-brained idea for producing xylitol. He then lovingly relates it with luridly misleading details.

For example this process uses 'acetic acid' which he claims is:

"very hazardous in case of skin contact (irritant), of eye contact (irritant), of ingestion, of inhalation."

How many housewives would recognise that description of vinegar! Yes, acetic acid is vinegar but the important point is that xylitol is not commercially extracted this way: it is produced by fermentation, using yeast, just as one would make wine.

He throws chemical terms around to impress, such as 'ethanol' – which is just a fancy name for alcohol.

Nagel scares the uninitiated with words like 'hydrogenated'. But it

is only scary when we are talking about fats – but here we are NOT talking about fats, we are talking about:

a) his hare-brained process for extracting xylitol and,  
b) XYLITOL, a plant fiber, not fat. So this use of a scaremongering word is irrelevant on both counts. After all – even water, (H<sub>2</sub>O) is just 'hydrogenated' oxygen!

**Continues:** [Next Month](#)

**Upcoming Events**

### CME LECTURE TOUR

**January 20, 2014 – Feb 16**  
California, USA



**Deadly Harvest:** Geoff's latest work encapsulates current thinking on lifestyle anthropology. [www.deadlyharvest.com](http://www.deadlyharvest.com)



**NEW! Paleo Harvest Cookbook:** Over 170 delicious, Bond Effect conforming recipes [www.paleo-harvest.com](http://www.paleo-harvest.com)

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**FaceBook (Group):** <http://tinyurl.com/Bond-FB-Group>

**LinkedIn:** <http://cy.linkedin.com/in/naturaleater>

1 <http://bit.ly/1bGV5X7>

2 <http://bit.ly/1cQan0c>

3 <http://1.usa.gov/1kjlzZ1>

4 High heels as supernormal stimuli: How wearing high heels affects judgements of female attractiveness; Paul H. Morris et al; *Evolution and Human Behavior* 1 May 2013 (volume 34 issue 3 Pages 176-181). **Full Text:** [#122.](http://bit.ly/Bond-science)

5 *International Journal of Primatology*; August 1985, Volume 6, Issue 4, pp 377-393; Baboon sexual swellings and male response. C Bielert et al.

6 <http://amzn.to/JASGqj>

7 The effect of slow-cooking on the trypsin inhibitor and hemagglutinating activities and in vitro digestibility of brown beans and kidney beans; *Plant Foods for Human Nutrition*; Volume 36, Issue 2, pp 147-154; 1986-06-01; DOI: 10.1007/BF01092141

8 Martijn Arns et al. Geographic Variation in the Prevalence of Attention-Deficit/Hyperactivity Disorder: The Sunny Perspective. *Biological Psychiatry*, 2013; 74 (8): 585 DOI: 10.1016/j.biopsych.2013.02.010

9 Ramagopalan et al. Expression of the Multiple Sclerosis-Associated MHC Class II Allele HLA-DRB1\*1501 Is Regulated by Vitamin D. *PLoS Genetics*, 2009; 5 (2): e1000369

10 AACR 101st Annual Meeting April 19 2010; Exposure of rat dams to a high-fat or estradiol supplemented diet during

pregnancy alters mammary gland morphology and increases mammary cancer risk in their daughters and granddaughters; Sonia de Assis, Ph.D

11 <http://youtu.be/dgkcSJ26xZ0>

12 [http://youtu.be/BdRC0E\\_VUmM](http://youtu.be/BdRC0E_VUmM)

13 *Clin Epidemiol.* 2013 Nov 1;5 (Suppl 1):3-29. The impact of comorbidity on cancer survival: a review. Søgaard M et al.

14 Stone NJ et al. 2013 ACC/AHA Guideline on the Treatment of Blood Cholesterol to Reduce Atherosclerotic Cardiovascular Risk in Adults: *J Am Coll Cardiol.* 2013; doi:10.1016/j.jacc.2013.11.002. **Full text:** [#121](http://bit.ly/Bond-science)

15 Bazinet RP et al. Omega-6 polyunsaturated fatty acids: Is a broad cholesterol-lowering health claim appropriate? *Canadian Medical Association Journal*, Nov 11, 2013.

16 Diane Feskanich et al. Milk Consumption During Teenage Years and Risk of Hip Fractures in Older Adults. *JAMA Pediatrics*, 2013; DOI: 10.1001/jamapediatrics.2013.3821

17 Milk, Dietary Calcium, and Bone Fractures Feskanich D; *Am J Public Health*; 1997; 87; 992-997. **Full text:** [#12](http://bit.ly/Bond-science)

18 W. Li et al. Elevation of Brain Magnesium Prevents and Reverses Cognitive Deficits and Synaptic Loss in Alzheimer's Disease Mouse Model. *Journal of Neuroscience*, 2013; 33 (19): 8423 DOI: 10.1523/JNEUROSCI.4610-12.2013

19 Guy Fagherazzi et al. Dietary acid load and risk of type 2 diabetes: the E3N-EPIC cohort study. *Diabetologia*, November 2013 Nov 14.

20 Eric V. Marietta et al. Low Incidence of Spontaneous Type 1 Diabetes in Non-Obese Diabetic Mice Raised on Gluten-Free Diets Is Associated with Changes in the Intestinal Microbiome. *PLoS ONE*, 2013; 8 (11): e78687 DOI: 10.1371/journal.pone.0078687

21 The Hadza Hunter Gatherers of Tanzania; Frank W. Marlow; University of California Press (2010); ISBN-13: 978-0520253421

22 *African Study Monographs*, 31(3): 107-125, October 2010; Sex and searching for children among Aka foragers and Ngandu farmers of central Africa; Hewlett B et al. **Full Text:** [#109](http://bit.ly/Bond-science)

23 7 November 2004 doi: 10.1098/rspb.2004.2872; *Proc. R. Soc. Lond. B* 7 November 2004 vol. 271 no. 1554 2217-2221; Evidence for maternally inherited factors favouring male homosexuality and promoting female fecundity; A. Camperio-Ciani et al. **Full Text** [#110](http://bit.ly/Bond-science)

24 *Evolution & Human Behavior*; Volume 34, Issue 3, Pages 155-163, May 2013; Human social stratification and hypergyny: toward an understanding of male homosexual preference; Julien Barthes et al. **Full Text** [#102](http://bit.ly/Bond-science)