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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

Evolutionary Physical Activity: 10,000 Steps a Day? **Lifespan: Genetic Potential:** Longevity Myths. **Unintended Consequences:** Statin/Lower Activity Link. **Recipes:** Lebanese Tabbouleh. **Q&A:** Gut Upsets - Dairy, Starch Wean; Sulfites in Wine; Failing to Lose Weight. **Health Policy:** Coates/Cordain Chia Debate; Docs Avoid Aggressive End-of-Life Treatment for themselves; Kids on Mediterranean Diet Less Obese. **From the Labs:** Fiber Suppresses Appetite. **Next Month:** Carob Bread; '5-a-day-is-enough' study debunked.

Evolutionary Physical Activity

10,000 Steps a Day?

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness." **Edward Stanley**, 3rd Earl of Derby, speech (1873)



Health authorities recommend that we should aim to walk 10,000 steps a day. But where did this figure come from? Seemingly it was a 1960s publicity campaign from a Japanese pedometer maker! So should we take it seriously?

As ever, we refer back to our ancestral past to see what nature designed for us. Here we find that, on average, Hadza men walked 5-8 miles a day and women, children and old men walked some 3-5 miles a day [1]. Living in a much tougher area, the ≠Kade San Bushmen averaged 6-18 miles on hunting days [2]. Even so, averaged out per day, they come out about the same (5-8 miles).

How does this translate to the number of steps? Our word 'mile' comes from the Latin 'mille' meaning 'one thousand'. This particular usage comes from the way Roman legions measured distance when on the march.

Cont: p 3

Lifespan: Genetic Potential

Longevity Myths

"No single subject is more obscured by vanity, deceit, falsehood and deliberate fraud than the extremes of human longevity." **Norris McWhirter**, editor, Guinness Book of Records.

The Guinness Book of Records is the greatest authority on the true extremes of old age – and the most assiduous at debunking fanciful claims that are uncritically spread by even reputable news organs like the BBC [3], National Geographic [4], and Scientific American [5].

But if you wish for the credibility of a peer-reviewed scientific paper on the subject then check out the review by Dr Robert Young and colleagues at Boston Medical Center, USA [6].

A number of ongoing studies of human exceptional longevity, for example, the Georgia Centenarian Study [7], the Ashkenazi Jewish Centenarian Study [8], the Okinawa Centenarian Study [9], the Long Life Family Study [10], and the New England Centenarian Study [11] are in remarkable agreement that verified age claims above 115 are extremely rare.

They confirm the Guinness Book of Records finding: that the longest lived person for whom we have cast-iron reliable records – the all-important genuine birth and death certificates – was Jeanne Calment of Arles, France, who died in 1997 aged 122 years, 164 days. No one has come close, before or since.

There is another class of longevity skeptic: – actuaries. **Cont: p 4.**

Unintended Consequences

Statin/Lower Activity Link



In a long-term analysis of some 3,000 men, researchers found that men who took statins averaged about 40 minutes LESS of moderate physical activity per week, compared to those who weren't taking the medication [12].

"That would equate to the loss of 150 minutes per week of slow-paced walking", said lead researcher Dr Lee of Oregon State University. "For old, sedentary people, that's a significant loss of exercise."

Statin do have side effects, notably muscle pain. But Dr Lee's study could not decide if that was the reason why statin users exercised less, – or if they had a false sense of security and felt that by taking the pill they were protected from a couch potato lifestyle.

Dr Lee opines: "If someone is already weak, frail, or sedentary, they may want to consult with their doctor to determine if statin use is still appropriate."

My View? Just so! See: '*Statins' Guilty Secret*', [Sept 2010](#) and '*An Apple a Day Keeps the Statin Away*', [Feb 2014](#).

Recipes



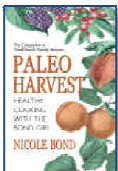
Shown with Nicole's three flour bread – recipe in her new cookbook, *Paleo Harvest* [13]. Or use Ugg Chia Seed & Nut Bread [14].

Lebanese Tabbouleh

Yield: 2 servings

- 3 tablespoons olive oil
 - 3 tablespoons fresh lemon juice
 - 1/4 teaspoon salt
 - black pepper to taste
 - 2 cups (well packed) fresh, flat-leaf parsley (most of the stalks discarded), leaves washed, dried
 - 1/2 cup (well packed) fresh mint leaves, washed and dried
 - 2 small Roma tomatoes, about 3 oz
 - 1 small seedless cucumber, about 3 oz
 - 1 small white onion, about 3 ounces (or use 2 green onions)
 - 3 tablespoons chia seeds
1. Whisk olive oil, lemon juice, salt and pepper together in a bowl.
 2. Finely chop (or use a food processor for ease) the parsley and mint and add to the bowl.
 3. Finely chop tomatoes, cucumber and onion, or use a food processor for ease - chopping each vegetable separately. Add to the bowl.
 4. Mix in the chia seeds and let stand, prior to serving, for about 15 minutes in the fridge. The chia seeds will soak up the liquid and become soft.
 5. Should be eaten the same day. Maximum storage 24 hours in the fridge.

We have also posted this recipe on www.uggfoods.com



Check out Nicole's latest cookbook [Paleo Harvest](#). It has over 170 new and updated recipes.

Questions

Gut upsets: Dairy, Starch Wean

Q. Now that I have eliminated my one serving daily of whole grains (bread or cereal) with yoghurt or cheese, I have developed alternating constipation and diarrhea, even though I eat lots of fruit, vegetables, and nuts. Also, I miss my yoghurt and honey – what about those Armenians who live to 120 and eat yoghurt every day?

Does even a tiny bit of grain perpetuate the inflammatory process in the gut wall or is the benefit progressive as one eliminates grains?

A. With grain antinutrients there are many factors operating at once. But as a broad statement we can say that 'poison is in the dose'. So in most cases, the less you eat, the less the harm, particularly from inflammatory processes.

The exception is if the body has developed an auto-immune response to one or more ingredients. That is the case with celiacs who will react to very tiny amounts of gluten. In their case total abstention is necessary.

With regard to gut upsets, it is quite common when one makes significant changes in diet. Your gut is a war zone between the various bacterial species and it can take several months for the new bacterial profile to settle down. Take comfort in the knowledge that the good guys will win out to your benefit. See 'Make of your Gut a Herb Garden', [Feb 2009](#)

As for long-lived Armenians (or Hunza or Vilcabambans etc.) all that is myth. See 'Longevity Myths' page 1.

Sulfites in Wine

Q. Since sulfites are harmful for our bodies how come dry red wine can be ok?

A. I've never particularly demonized sulfites in the past, although I do deprecate them. They are used, generally, as a

preservative and disinfectant in a huge variety of food products. Sulfur is particularly aggressive to the colon – see: 'Deadly Harvest', [Chapter 5](#), Page 117.

In addition, some people have an allergic reaction to them.

Wine naturally contains sulfites, but extra sulfite is added during wine-making for various purposes. Even so it is only present in trace quantities – around 10 parts per million.

My view is that the balance of advantage lies with the enjoyment of a glass of wine plus its reputed health benefits.

A small selection of no-added-sulfite wines is available for those who find sulfite a problem.

Failing to Lose Weight

Q I really enjoy your work and follow your diet except no meat (just oily fish) and drink a glass of red wine most evenings. Not being hungry I rarely eat breakfast. However, I do have high triglycerides at 120-170.

I have a sedentary office job - but do work out and walk over Hampstead Heath a few times a week. My doctor has me on low dose thyroid hormone. I also take supplements: vitamin D3, magnesium, B-vitamins, krill oil, pregnenolone, N-acetyl cysteine, kelp, zinc, and astaxanthin.

I am 30 years old, 6'4" and slimmish, suffer irrational fear/anxiety at times, eat about 1800-2000 calories, but despite this and low carb intake, I am unable to lose stubborn belly and hip fat.

By the way, I enjoy UGG baked goods occasionally too [14].

A. Your doctor thinks that you might have underactive thyroid, in which case your basal metabolism will be depressed too. This, combined with a sedentary lifestyle, means that you are not burning fat normally. My first remark then, is to take to heart, and act on, my article: 'Too much sitting is bad for you', [last month](#). Secondly, take to heart and act on my page 1

article: '10,000 Steps a Day?'. Thirdly, take a good 30 minute walk in the MORNING LIGHT – see: 'Morning Sun keeps off Pounds', [May 2014](#).

Fourthly, you might try the biological trick of doing a couple of short early morning sprints. These reset your metabolism at a higher level for the rest of the day. See 'Short, Intense Exercise', [Dec 2006](#) & 'One Minute per Day', [Dec 2005](#).

As a bonus you might find that, with this increase in physical activity, that your panic attacks are better controlled.

With regard to diet, you might go easy on the known goitrogenic foods such as raw cabbage: see 'Thyroid Depressing Plants', [Oct 2008](#)

Finally: all those supplements! Read: 'Supplements in Extremis', [July 2007](#) and try going without them for a couple of months.

Let us know how you get on!

Health Policy

Coates/Cordain Chia Debate

Loren Cordain, PhD – he of the 'The Paleo Diet' – published a report recently criticizing some aspects of chia seeds.

However, Wayne Coates PhD has roundly refuted Cordain's complaints. He is a 30-year chia specialist and author of 'Chia: Rediscovering a forgotten crop of the Aztecs' [15].

This has resulted in a lively ding-dong debate between these two titans which can be seen here: <http://bit.ly/1m0Hn7D>.

The following extract gives both the flavor and the essence of Wayne Coates' riposte:

"He [Cordain] talks about anti-nutrients in chia, yet he promotes flaxseed. The anti-nutrients in flaxseed are well-documented for both humans and animals [but not really a problem, see [next month](#)].

He [Cordain] criticizes the gel (soluble fiber) as possibly impairing fat absorption, and the high fiber content as causing the flaxseeds' protein to be poorly absorbed... but the positive effects

of consuming fiber ... are well-documented [See: 'Fiber Suppresses Appetite' p.4].

"He [Cordain] also does not like the fact that chia contains phytic acid. Phytic acid has been shown to have antioxidant, anticancer, hypocholesterolemic and other beneficial effects. So again, it is unclear why he states this is a negative aspect of chia..."

My View? On this issue as on several others, I feel that Cordain loses perspective.

The reality is that none of the foods available to us today were available in our Pleistocene past. So we are always having to find the 'best fit'.

My view chimes with that of Wayne Coates: chia seed is an excellent fit for conforming Paleo nutrition.

Docs avoid Aggressive End of Life Treatment for Themselves

In: 'The Quagmire: How American Medicine is Destroying Itself', [Aug 2011](#), I reported how: "Drs Callahan & Nuland think that physicians should tell patients how aggressive medicine can increase the likelihood of a poor death."

Now Dr Periyakoil finds that 88% of doctors opt for 'no-code' or 'do-not-resuscitate' orders for themselves, even though they practise aggressive medicine on their patients, often against their wishes [16].

Says Dr Periyakoil: "...We train doctors to DO and reward them for DOING. The system needs to be changed."

My View? Just in my lifetime medical practice has mutated from holistic, concerned therapy into an industrialised production line. Once caught up in the cogs, the patient is mangled and spat out at the other end for better or for worse.

There are honorable exceptions: see my review: "Freethinking Doctor [Rita Stec MD] Brings Unique Insights to Managing Women's Health". <http://amzn.to/1pGtob6>.

But the moral is: why run the risk? Look after yourself and avoid hospitalization if you can.

Kids on Mediterranean Diet less Obese

Swedish researchers find that children on a Mediterranean diet are 15% less likely to be overweight than those who are not [17].

Surprisingly, the Mediterranean diet was more prevalent in Sweden (which topped the list) compared to Cyprus which came bottom of the list.

For example 81% of Swedes had high vegetable intake compared to only 38% of Cypriot children. In fact as long ago as 2002, Cypriot kids had the same level of obesity as Americans [18].

My View? The Mediterranean diet is not perfect, but a lot better than a standard Western diet. Ironically, in Cyprus we see traditional tavernas (typically serving Greek salad and grilled fish) struggling – while fast-food outlets prosper on every street corner and shopping mall.

Continued from Page 1

10,000 Steps a Day?



Their unit of distance was a thousand 'passus' – a 'passus' being a

DOUBLE step. So for them a mile (mille) is 1,000 'passus' which equals 2,000 steps.

Depending on individual stride length, and as a rule of thumb, the same goes for us too.

So, reckoning up the numbers, forager men were walking some 10,000 to 16,000 steps a day; women, children and old men were walking some 6,000 to 10,000 steps a day.

So 10,000 steps a day would appear to be at the high end for women and the low end for men. The interesting thing is, what are we doing as individuals?

I work from home and, even though I get an average one hour of sport a day, the rest of the time I am mostly looking at a computer screen. So I am in

danger of becoming one of Dr Marc Hamilton's 'active couch potatoes' ([last month](#)).

To check this out, I bought a pedometer. The modern ones really are accurate and streets ahead of the flakey clockwork ones of my youth (see my Amazon review:

<http://amzn.to/V9NrDR>).

The harsh truth (I found) is that just walking around the house only clocks up a few hundred steps a day. However, a quick walk around the block – or round the shopping mall – soon puts on a thousand or so.

In my view it is worth measuring what works for you in your daily routines. Remind yourself from [last month](#) that: 'Too much Sitting is bad for you'!

You will soon find that you are usefully adding in little bits of walking here and there.

[Next month](#): the importance of load carrying.

From the Labs

Fiber Suppresses Appetite

Friendly gut bacteria work on dietary fiber and produce many useful chemicals, one of which is 'acetate'.

Researchers find that acetate signals the brain to suppress appetite [19]. The amount needed is Paleo-level 35 grams of fiber per day – which is triple the typical Western intake.

My View? That is where the benefits of eating chia, rich in gel-fiber, come to the fore. See 'Coates/Cordain Debate' p. 3.

Next Month

. Carob bread (from RAHMS medical conference [last month](#))

. The "5-a-day-is-enough" study debunked.

Continued from Page 1

Longevity Myths

As long ago as the 1890s, the Institute of Actuaries, London, for example found no one older than 106. And today they will happily write life insurance policies betting that no one will live to fancifully extreme ages. So all those dreams of a Fountain of Youth, of a Shangri-la, of an exotic Caucasus lifestyle, are just that: – pipe-dreams.

To live to the maximum of your genetic potential – and in good shape to the end – you have to live like we say!

For more on long-lived peoples and the lessons we learn, see 'Blue Zone Legumes', [last month](#) and all its references.



Deadly Harvest: Geoff's latest work encapsulates current thinking on lifestyle anthropology. www.deadlyharvest.com



Paleo Harvest Cookbook: Over 170 delicious, Bond Precept conforming recipes www.paleo-harvest.com

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