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# The Bond Briefing

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**Fad Diet Watch:** Vegan Diet – Baby gets Rickets. **Ancestral Sleeping Patterns:** What does Sleep Do? Deficiency Link with Alzheimer's. **Debunk of the Month:** "Butter is a Health Food". **Human Behavior:** Hierarchy, Structure & Personal Responsibility for Mental Health. **Q&A:** CO2 (Fizz) in Sodas – Harmful? **[Alzheimer's]** Is Alzheimer's an Autoimmune Disease? **Unintended Consequences:** Role of Womb in Memory. **News Flash:** Infant Girl Soy Feeding – Severe Menstrual Pain in Adulthood. **Human Behavior:** Stereotyping - Judging Personality from Body Shape. **Spreading the Word:** Book Signing of Paleo in a Nutshell in Anaheim, CA; Illustrated Talk, Green Templeton College, Oxford University..

## Fad Diet Watch

### Vegan Diet: Baby gets Rickets

A vegan couple in Sydney, Australia, has been charged with child neglect after a hospital found their 19-month daughter had a bad case of rickets [1]. Her bones were so weak and brittle that she had fractures scattered throughout her stunted body – just caused by 'normal handling'. Her body was 'floppy' and she couldn't talk or crawl.

The mother said that her daughter would generally have one cup of oats with rice milk and half a banana in the morning; a piece of toast with jam or peanut butter for lunch; and for dinner, tofu, rice or potatoes but, as the baby is a 'fussy eater', she might just have oats again. The family doesn't eat soy since it is "full of hormones".

When hospitalised, the child weighed only 4.9kg (10lb 12 oz). She was morbidly deficient in a huge range of nutrients of which vitamin-D (whose levels were 'undetectable'), calcium, phosphate, vitamin B12, vitamin A, iron and zinc.

After 6 months in care > p 2

## Ancestral Sleeping Patterns

### What does Sleep do? Deficiency Link with Alzheimer's

In **Sleeping Patterns – Age Changes**, [Aug 2017](#) [2], I spoke about sleep scientist Prof. Matthew Walker and his studies on the vital role that sufficient sleep, of the right kind, is fundamental to brain hygiene.

He has written a book. "*Why we Sleep*" [3] and I will be doing a review of it later. However, I want to share with you some early insights. > p 2

## Debunk of the Month

### "Butter is a Health Food"

**Q.** *What do you make of this claim on [www.foodrenegade.com](http://www.foodrenegade.com)? They claim that butter is "more heart healthy", fights cancer, protects degenerative arthritis, promotes healthy brain, and protects the gut.*

**A.** Again a farrago of hearsay, sloppy thinking, rubbish data and third rate citations. Indeed, most of this article seems to be a reworking of the views of activists, Sally Enig & Mary Fallon. See: **Canola Lesion Baloney**. [Feb 2004](#) [4] and, **Food Pioneer Weston A Price**, [Dec 2008](#) [5].

The author ("Kirsten") cherry-picks certain compounds in butter and finds what is good about them.

For example she notes that butter contains cholesterol. This is good, according to her, because "the brain needs cholesterol".

Well, yes, but we don't need to **EAT** cholesterol to feed the brain! The body can always make cholesterol if, by extraordinary happenstance, there is a shortage. Anyway, as I have stated many times, cholesterol is "no longer a nutrient of concern" – even confirmed by **USDA Guidelines 2015-2020**, [Jan 2016](#) [6].

Kirsten notes that butter contains myristic acid which has been "shown" to have "cancer fighting properties".

The study she cites used **COCONUT** oil, **NOT** butter and even then, it could not confirm that myristic acid is the active ingredient.

This leads to a very important point: just because a food contains a certain substance, it says nothing about what the body actually does with it. > p 2

## Human Behavior

### Hierarchy, Structure & Personal Responsibility for Mental Health.

A forager band is a closely knit community of related individuals who operate in close cooperation with each other. For a long time anthropologists thought that they were totally egalitarian societies.

However, now we know better. There is indeed a subtle pecking order with a headman at the top. There is a 'hierarchy'.

'Stereotyping' was a vital survival mechanism. If the thing you are about to step on looks like a snake, your brain's hard wiring instantly assumes it **IS** a snake and takes appropriate avoidance action – even if, a second later, it turns out to be just a twig. Anthropologist Jared Diamond calls it "Constructive paranoia" – see **The World until Yesterday** in my Book Review part IV [April 2013](#) [7], and **Stereotyping: Judging Personality from Body Shape**, p 4 Foragers, then, were at ease, operating reflexively with their instincts and situated in a familiar, structured universe.

Dr Jordan Peterson is a clinical psychologist who has managed to preserve himself from the groupthink of conventional ideology-driven, post-modern psychology.

On the contrary he is deeply steeped in the new science of *evolutionary psychology*. He claims that: "On the radical Left there's a concerted effort to criticize the idea of hierarchy."

On the contrary he claims: "You need a hierarchy, you can't actually orient yourself in the world without a hierarchy. We need to be able to prioritize what is most important > p2

## Questions

### CO2 (Fizz) in Sodas - Harmful?

**Q.** *The Fake Fizz and Fake Sugar Beverage Industry seems to have conquered the world. I'm on a mission to try to teach people that they are not as innocent as they think! What about the carbonation added to beverages. Is it harmful?*

**A.** No, the fizz in soda drinks is carbon dioxide, a safe gas which our bodies handle without any problem. However, it does tillate the palate, so encouraging excess consumption; and it can defeat the thirst reflex so running a small risk of dehydration. See: **Sugar/Dehydration**, [June 2002](#) [8]

Carbonation is the process where carbon dioxide is forced into the drink under high pressure.

In order to demonize fizzy drinks you have to look at other characteristics: high content of sugars (natural or artificial) and, in colas, of phosphoric acid which, by encouraging parathyroid hormone, undermines bone health. (See **Cola Rots Older Women's Bones** [Nov 2006](#) [9]) Plus a slew of other drawbacks. See **Diet Coke Mischiefs**, [last month](#) [10].

Also: **Colas Cause Potassium Deficiency**, [Oct 2009](#) [11]

See also: **Milk Mustaches Target Soda Bait at Schools**, [June 1999](#) [12].

What about the bubbles in beer and sparkling wines? They, too, are carbon dioxide. This time it is produced by yeast which ferments sugars into energy (for itself), leaving alcohol and carbon dioxide as by-products.

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### “Butter is a Health Food”

In the case of coconut oil, myristic acid, which is highly atherogenic (artery hardening) and cholesterol-raising, is poorly absorbed by the body – so coconut oil is almost neutral in its impact on heart health – and, presumably, actually plays little or no role in cancer suppression.

In contrast the myristic acid in butter is **HIGHLY AVAILABLE** and does its mischief on heart health.

Why does myristic acid in butter have a powerful effect compared to coconut oil? It's all down to its position on the triglyceride molecule. See **Palm Oil –**

**Friend or Foe?** [Oct 2011](#) [13]. However, Kirsten **COMPLETELY MISSES** this vital subtlety.

Finally, she says that butter is “more heart healthy”. But compared to what? Compared to margarine!

In this regard I can agree with her – margarine, loaded in hydrogenated trans fats, is definitely worse than butter. But only on a scale of badness – it is certainly not ‘heart healthy’ [14].

**My View?** I love renegades and mavericks but Kirsten has not made her case. Butter was never part of the forager diet and it is not human food. We know we are not adapted to it since it is, amongst others, heart-harmful. It is best avoided.

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### Hierarchy, Structure & Personal Responsibility for Mental Health.

... in our lives. That immediately creates a hierarchy, because everything you do has to be related to that.”

“The radical deconstructionist types oftentimes turn to a modified form of Marxism, because they lack the structure that one needs in order to prioritize what is best for themselves and their family.”

“That leaves people lost. If the hierarchy is structured properly, then there's something at the top that you can aim at. Your best bet is to straighten up your life — I don't think there's a more psychological stance that you can take than that. Taking responsibility is what truly empowers an individual.”

“Most of the meaning that you find in your life — the meaning that will sustain you through rough times — is actually to be found in the voluntary adoption of responsibility.”

**My View?** As I say in **Living in Foreign Cultures Clarifies Sense of Self**, [Nov 2018](#) [15]

“Living this way certainly cements one's notions of who one is and what one stands for. And that is more important in the post-modern world where fanatical intellectuals are undermining old certainties; there are no facts only opinions; everything is relative; and even gender becomes fungible.”

Dr Peterson's latest book, **12 Rules for Life: An Antidote to Chaos** [16], is a

textbook example for living in mental harmony with the way nature intended.

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### Vegan Diet: Baby gets rickets

> she is making a good recovery and has more than doubled her weight to 10.9kg (24lb). Two older siblings (4 & 6) have also been taken into care.

#### Example of rickets

(These are **NOT** the children mentioned in this article)

Credit: Wellcome Collection [17]



Enlarge: <http://bit.ly/2GD41Yc>

#### My View?

First remark: this couple doesn't eat soy, yet they eat tofu – which is also soy! There is something wrong: either with the reporting or with this couple's understanding of their diet. (See **Infant Girl Soy Feeding**, p 4)

More importantly: It is hard enough to live healthily on a vegan diet (see **Vegetarians and Vegans, Deadly Harvest**, Chapter 7, p. 186) but this couple carried it to a lunatic extreme.

For how to do it healthily (kind of), see: **Practising Paleo-veganism**, [April 2017](#) [18]. For what can go wrong, see: **Vegan Blindness**, [April 2000](#) [19]. For an essential precaution see: **Vegan [B12] Compromise**, [Dec 2000](#) [20]

Continued from Page 1

### What does Sleep do? Deficiency Link with Alzheimer's

First of all Prof. Walker reminds us of the two big types of sleep – Rapid Eye Movement (REM) when we are dreaming, and Non-REM (NREM) when we are in a deep, dreamless sleep.

Secondly he speaks of the recent discovery of the ‘glymphatic’ system in the brain. It is similar to the lymphatic system in the rest of the body, and performs similar functions. In particular, at night, it carries away toxic products made during the day. This you know already since I wrote about it in: **Sleep Detoxifies the Brain**, [Nov 2013](#) [21].

Critically, this only happens during the ‘NREM’ deep sleep. And for this to happen thoroughly, we need to sleep

7 to 8 hours every night. Otherwise, toxic residues build up.

### Alzheimer's Disease

This is where Prof Walker finds there may be a link with Alzheimer's. Lack of full NREM sleep allows build-up of 'amyloid protein' – "the poisonous element present in Alzheimer's."

"Other dangerous metabolic waste elements linked to Alzheimer's are also removed by the cleaning process, including a protein called 'Tau' – as well as stress molecules produced by neurons during the day."

Says Prof Walker: "Wakefulness causes low level brain damage, while sleep is neurological [brain] sanitation."

He further predicts that: "getting too little sleep across the adult life span will raise significantly the risk of Alzheimer's." Finally, he suggests, (as an aside) that both Margaret Thatcher and Ronald Regan, who famously managed on only 5 hours sleep a night, developed Alzheimer's in old-age. In this regard, Donald Trump, who also boasts of only sleeping 5 hours a night, should also take note.

**My View?** Alzheimer's was a rare disease when German psychiatrist Alois Alzheimer first described it in 1906. Since that time the incidence has rocketed until today it is an all-encompassing scourge. All the evidence suggests that it is a disease of civilization – a disease of

**DYSFUNCTIONAL LIFESTYLE.** See **Alzheimer's Disease and Dementia, Deadly Harvest**, Chapter 9, page 253.

In this regard, as Prof Walker suggests, the **MISMATCH** between the way we sleep today and the way nature intended is a causative factor among several. See **:Sleep in a State of Nature**, [Oct 2015](#) [22]. See next article.

### Is Alzheimer's an Autoimmune Disease?

There is a general consensus that Alzheimer's is a lifestyle disease (see previous article) with many lifestyle mismatches combining to bring it on. However, although correction of these lifestyle errors can succeed in slowing or even halting the progression of the disease, there seems to be nothing, either medical or lifestyle, that can roll it back, or yet alone cure it.

Now Prof. Alain Fymat, PhD, of the International Institute of Medicine and Science, California, suggests an original way forward [23].

He suggests that Alzheimer's could be caused by the brain's immune system "gone rogue", where immune cells falsely attack friendly ones – an autoimmune disease. This is perhaps due, in part, to a failure in the blood-brain barrier.

Normally the immune system can manage strong fluctuations, but it fails when the "insult" is insurmountable and causes it to go haywire.

If a rogue immune system is the culprit, then it should be possible to engineer therapies based on modulating the activities of immune system cells.

One of the chief players is a specialised killer T-cell called "Treg". See: **Inflammation and Autoimmune Diseases**, [April 2009](#) [24]. Tregs act as a brake on an over-active immune system.

Prof. Fymat points out that in the case of cancers, the technique of using immune system cells 'doctored' in a favourable way to attack cancer cells has become a very recent advance in cancer therapy. We could do something similar for Tregs and other players.

It might require the use of nano-technology (the science of the infinitesimally small) to smuggle the curative proteins through the blood-brain barrier.

In Alzheimer's the normal processes of destroying worn-out synapses (junctions between two nerve cells) and building new ones have gotten out of balance – too much destruction, not enough construction.

Prof. Fymat puts this down to an autoimmune reaction which, erroneously, attacks 'friendly' signalling cells.

A major target therefore would be to rebalance these signalling mechanisms. Prof. Fymat does warn, however, that fine-tuning the immune system requires more research and much care: get it wrong and more unintended mischief can be caused, such as triggering other autoimmune diseases.

As for the 'leakiness' of the blood-brain barrier, Prof. Fymat thinks it

more likely that this is a causative factor in Alzheimer's rather than a consequence of it.

**My View?** Whilst I always prefer lifestyle change over medical intervention, there are some cases where the damage can only be repaired with outside help.

Prof. Fymat's proposal is intriguing if highly demanding. It requires an intimate and minutely detailed knowledge of immune system cells and how they function; it requires an exquisite genetic manipulation of the cells to make them do what we want. As for the 'leaky' blood-brain barrier, yes, I agree with Prof. Fymat – it is almost certainly a causative factor – probably induced by chronic low-grade inflammation throughout the body. Almost the entire Western population suffers from chronic inflammation caused, for the most part by lifestyle errors.

If Prof. Fymat is right then this opens up the vista of an elusive Alzheimer's cure – but it should go hand-in-hand with fixing the original 'insult' – the chronic inflammation.

### Unintended Consequences

#### Role of Womb in Memory

In a study, albeit on rats, researchers found that those female rats deprived of a womb by hysterectomy, had worsened working memory [25]. In addition, they had altered hormone profiles.

Say the researchers, "Overall, the study shows that signals from the uterus influence brain function."

**My View?** Some 35% of women have had a hysterectomy by the age of 60. On the whole they seem to lead normal lives – so the drawbacks must be of a second order of magnitude.

Nevertheless, this totally unexpected consequence tells us that everything in nature is interconnected and that every organ has multiple functions. We mess with these intricacies at our peril. I am reminded of a similar observation concerning the appendix. From: *Natural Eating Chapter 4* [26], "Hominoids [Humans and their Ape cousins] also have an appendix. This is an unusual structure and contrary to popular belief, it serves a useful purpose. It secretes digestive agents

such as mucin, eripin and amylase, and is a powerful producer of antibodies for the immune system [27]."

### News Flashes

#### Infant Girl Soy Feeding - Severe Menstrual Pain in Adulthood.

Infant girls fed soy formula are more likely to develop severe menstrual pain as young adults [28].

Researchers find that women who had ever been fed soy formula as babies were 50% more likely to have moderate or severe menstrual pain between the ages of 18 and 22.

Early-life exposure to "genistein", a naturally occurring "plant-estrogen" in soy formula, interferes with the development of the reproductive system, including factors involved in menstrual pain. Developmental changes can continue into adulthood.

Other studies by NIEHS scientists found that girl infants fed soy formula had changes in the cells of the vagina, including differences in how specific genes are turned on and off [29].

**My View?** This just confirms what I have been saying for years: beans are not human food and soy in particular has poisonous drawbacks. See: **Legumes, Deadly Harvest**, page 130, **Chapter 5**. [30]

**The Trouble with Soy**, [May 2006](#) [31]

**Dr Laura Gets Soy Wrong**, [Feb 2002](#) [32]

**Soy the Silent Saboteur**, [May 2000](#) [33].

**Soy Bad for Babies**, [Aug 2003](#) [34]

### Human Behavior

#### Stereotyping: Judging personality from Body Shape.

People infer a wide range of personality traits just by looking at the physical features of a particular body," says psychological scientist Ying Hu of the University of Texas at Dallas [35].

Generally, participants judged heavier bodies as being associated with more negative traits, such as being lazy and careless; they judged lighter bodies as having more positive traits, such as being self-confident and enthusiastic.

Furthermore, the participants perceived classically feminine (e.g., tulip-shaped) and classically masculine (e.g., broad-shouldered) bodies as being associated with "active" traits, such as being quarrelsome, extraverted, and irritable.

Male and female bodies that were more rectangular, on the other hand, were associated with relatively passive traits, such as being trustworthy, shy, dependable, and warm.

**My View?** As we saw in **Hierarchy, Structure & Personal Responsibility for Mental Health**, Page 1, stereotyping is a vital self-preservation mechanism for our ancient ancestors and our brains are still wired for it.

The reaction happens at the instinctual, subconscious level (the 'Id') in the split second before we become conscious of it and our superegos can make us feel guilty about it.

This tension between our instinctive reflex and the superego's attempts to apply the dictates of cultural correctness are a constant source of stress unknown to forager psyches.

The examples are legion – of which one is the instinctive reflex of "stranger-danger" and the societal condemnation of xenophobia. See **In-Group, Out-Group, Deadly Harvest**, p.197, **Chapter 8**. [36]

See also: **Hierarchy, Structure & Personal Responsibility for Mental Health**, page 1

### Spreading the Word

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

Talks to private organizations.

#### Book Signing

**Date:** March 7<sup>th</sup>, 2019 @ 12:30 p.m.

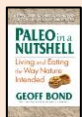
**At:** Square One Publishers stand, ExpoWest, Anaheim, CA

#### Illustrated Talk

**Date:** Wednesday May1st 2019

**Title:** TBA

**At:** Green Templeton College, Oxford University, UK.



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