



The science & art of living the way nature intended

The Bond Briefing

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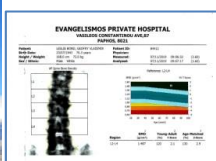


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Bond-Paleo Health: Geoff – “Bones of an Ox”. **Hints:** “A can of Sardines a day keeps the Doctor away”. **Faddish Eating:** Blinded by diet of Bread & Fries. **News Flash:** Sedentary Humans have Chimp-like Hearts. **Book Review (1):** Stonewylde Novels. **Q&A:** Palm Oil Shortening; Allulose Sweetener. **News Flashes:** Tea Improves Brain Health; Mouthwash Drawbacks; Mushrooms lower Prostate Cancer Risk. **Our Physical Heritage:** From Strong Backs to Back Pain. **Health Policy:** “Rewinding your Kids”. **Lectures.:** ARTZT Feb 1st 2020

Bond-Paleo Health

Geoff – “Bones of an Ox”



<http://bit.ly/2X0YP6p>

<http://bit.ly/2Nu9cfY>

Berns trail summit

<http://bit.ly/34MbXPM>

“You have the bones of an ox”. So said the radiographer as he handed me my bone-density results.

Indeed, in the spirit of scientific enquiry, I recently had my bone density tested.

The results are spectacular. My spine density is **120%** of a young man’s **PEAK BONE MASS** and for my femur (hip) it is **107%**. Full results here:

<http://bit.ly/2PZG2Hq>

This follows on the heels of Nicole’s superb results in 2016 see: **Stunning Bone Health, Oct 2016** [1]

My View? This is not a scientific study, but it seems that we are doing something right!

Hints & Tips

“A can of sardines a day keeps the doctor away”

That is the motto of Diane Lewis whose stellar blood levels of omega-3 we alluded to [last month](#) (Nicole’s **Omega-3 status**) [2] and reported in [April 2018](#) (**Omega-3 to Omega-6 Blood Ratio**) [3]. >3

Faddish Eating

Blinded by Diet of Bread & Fries



Chips (French Fries) Credit [4]

A 17-year-old boy who lived on chips (fries), Pringles, white bread and the occasional ham sandwich has gone blind because of a lack of vitamins and minerals in his diet [5].

The fussy-eating teenager from Bristol, UK, who is now 19, had refused to eat fruit or vegetables for over 10 years.

He was deficient in several key micronutrients including vitamin B12, selenium, copper and vitamin D. His bones were also very weak.

He slowly lost his sight over the course of three years, starting when he was 14.

The researchers observe that the B vitamins in particular are important for nerve health and that: “with the rise in veganism, cases of blindness could become more prevalent.”

My View? >4

News Flash

Sedentary Humans have Chimp-like Hearts

A study co-authored with Daniel Lieberman (see **From Strong Backs to Back Pain**, page 3) compared the structure of hearts from foragers, chimpanzees, and couch potatoes [6]. It finds that, in a state of nature, humans have hearts designed for endurance activity. Forager hearts (and endurance athlete hearts) >3

Book Review (part I)

Stonewylde Novels

Kit Berry

Gollancz, 2011 [7]



<http://bit.ly/37tpXQY>

<http://bit.ly/2KLI7mS>

Imagine a large, seaside country estate, ‘Stonewylde’, in Dorset, England. A high wall surrounds it on the land side while inside is a community of English villagers, frozen in time, still living like they did in Celtic-Saxon times.

What fascinated me is how author Kit Berry paints an authentic picture of these villagers’ way of life. They lived in close intimacy with their natural surroundings, in harmony with the seasons, in tune with the rhythms of night and day, and with reverence – especially for the moon and its phases – but also for the sun and the stars.

The story starts with a lovely but frail adolescent girl, Sylvie, living with her single mother in a cramped, damp, depressing, “grimy” concrete tower-block in an inner London suburb.

She suffers from allergies, and chronic fatigue; she is fading away. Conventional medicine cannot bring any relief or solution. However, her young doctor, Helen, wangles an invitation with the charismatic >2

Questions

Palm Oil Shortening?

Q. *What do you think of palm oil shortening?*

A. Not a lot. They take palm oil, which is already a dodgy saturated fat, and then hydrogenate it – piling another bad thing on another.

Meanwhile, if you are worried about the environment, you are encouraging the destruction of Indonesian jungles and the habitat of the orang-utan. You are favouring instead, massive, mono-culture palm oil plantations,

See **Palm Oil – Friend or Foe?** [Oct 2011](#) [8]. **AVOID!**

Allulose Sweetener

Q. *What do you make of the sweetener called 'Allulose'?*

A. It is another 'sugar alcohol' in the same stable as xylitol, maltitol, and erythritol. See: **What is a Sugar Alcohol?** [Jan 2000](#) [9].

It is extracted from various plants, most commonly corn (maize) and sugar beet. It has the same bulk as sugar and about 70% of the sweetness.

Allulose acts as a dietary fiber and is only partially absorbed by the gut bacteria, so has low calorific value. It doesn't raise glucose or insulin levels. As with other sugar alcohols, some people experience bloating and digestive troubles.

In the USA, the FDA classifies allulose as 'Generally Recognized as Safe' (GRAS). However in the European Union, allulose is not approved (yet) for human consumption.

My View? Allulose seems to be an interesting option as a sugar alcohol sweetener. See also: **Alternative Sweetener: Xylitol**, [Jan 2010](#) [10], **Alternative Sweetener: Somersweet** (re erythritol), [Feb 2010](#) [11]. **Know your Malts**, [Aug 2005](#) [12].

News Flashes

Tea Improves Brain Health

According to Singaporean and British researchers, they provide: "The first compelling evidence that tea drinking (black, green and oolong) positively contributes to brain structure making the network more efficient" [13].

"Tea drinking is effective in preventing (slowing) or ameliorating cognitive decline and that tea drinking might be a simple lifestyle choice that benefits brain health".

My View? This is another 'population' study with only a small number of participants. With these reservations, it is another straw in the wind suggesting that compounds in tea are fulfilling a lack in the average diet.

Other studies tend to reinforce the advantages of tea-drinking: See: **Parkinson's & Lifestyle**, [Jan 2013](#) [14].

Tea Essence for the Heart, [Feb 2003](#) [15]. **Tea Boosts Immune System**, [July 2003](#) [16].

Foragers never knew tea and certainly never had the means to brew it. However, tea is rich in antioxidants and other interesting micronutrients – presumably the forager diet achieved the same result by other means.

Personally, as a traditional 'Brit', I enjoy a good 'cuppa' several times a day and, if it is doing some good at the same time, so much the better!

Mouthwash Drawbacks

An international team of scientists has shown that the blood pressure-lowering effect of exercise is significantly **REDUCED** when people rinse their mouths with antibacterial mouthwash, rather than water [17]. "This shows the importance of oral bacteria in cardiovascular health."

This is not the first time we have heard this story. Other studies show that: **Mouthwash Raises Blood Pressure**, [March 2014](#) [18].

It's to do with mouth bacteria which produce nitrite, which relax blood vessels, so lowering blood pressure. Kill the bacteria with mouthwash and so you don't produce nitrite and so you raise blood pressure.

My View? It is clear that mouth flora is an important, even vital, feature of the human micro-biome. We monkey with it at our peril.

See also: **Mouth Flora in Evolutionary Perspective**, [Oct 2008](#) [19].

Mouth Flora not all Bad, [Sept 2008](#) [20]. **Diet/Periodontal Disease**, [Oct 2003](#) [21].

Mushrooms lower Prostate Cancer Risk

A population study of some 37,000 Japanese men found that, compared to those who ate mushrooms less than once a week, those who ate mushrooms three or more times a week had 17% lower risk of developing prostate cancer [22].

My View? This is another 'population' study so it has limited persuasiveness. As for the type of mushroom, the research could not identify if that makes a difference or, indeed what factor might be at work.

All that being said, funguses were ever present in the forager diet and it makes sense to consume them on a regular basis.

See also: **Mushrooms Reduce Cognitive Decline**, [April 2019](#) [23].

Continued from Page 1

Stonewylde review (part I)

Lord ('Magus') of Stonewylde for Sylvie (and her mother, Miranda) to come and "reconnect with nature" and so to recover her health. (See **Rewilding your kids**, page 4)



It works, and the five books of the Stonewylde saga relate how she and the other principals navigate the complicated dynastic and powerful forces operating in this isolated community.

Their spiritual life is spiced with a whiff of mystery and magic. It is inspired by the shaman-like figure, 'Clip', who makes much use of storytelling, trances and chants. "Everyone needs the power and magic of story in their lives. It's a very basic human need."

There is also an old 'Wise Woman', Mother Heggy, who has secret, mystical knowledge of the power of special herbs and incantations which aid in healing and managing human intrigue.

Through their attachment to the land, their traditions and their history, the people of Stonewylde, have a solid confidence in who they are and where they belong.

The women are confident in their womanhood and the men are

confident in their manhood. They are at ease in the roles that they perform since they chime with their innate drives and natures.

Next Month: Part II More on this way of life and its connection with nature

News Flashes

Cooking Food Changes Gut Bugs

Scientists have shown for the first time that cooking plant food fundamentally alters the microbiomes of both mice and humans.

The group saw two key factors:

a) Cooked plant food gets digested in the small intestine leaving less for hungry microbes further down the gut. See: **Raw Food Hitting Mainstream**, [Oct 2004](#) [24].

b) Many raw foods contain potent toxins that kill off certain types of microbe. This may, or may not be, a good thing. See Dr Günter Nöll's **Bitterness not all Bad**, [Aug 2005](#) [25].

My View? The question of cooking – what, why, and how – is still in a state of flux. See: **Vegetables: Cooked or Raw?** [Jan 2008](#) [26]. **Did Early Humans Get Smart by Cooking Veg?** [Sept 1999](#) [27]. **Raw Cabbage, Upset Guts**, [May 2009](#) [28].

Even this study, although it found that cooking plant food changed gut bugs compared to raw, it had no way of telling if this was a good, bad or inconsequential thing.

I still work with the forager dictum, eat raw plant food when you can, cooked (preferably steamed) when you must.

Our Physical Heritage

Continuing insights from physical anthropologist Dr Daniel Lieberman of Harvard University [29]:

From Strong Backs to Back Pain

Lower back pain is the most common cause of disability, costing billions of dollars a year. Many experts assume that the curve in our backs is an evolutionary mis-step which has cursed us ever since humans began to walk on two legs.

Rubbish says Dr Lieberman:

“Imagine how a serious back injury would have affected a Paleolithic hunter-gatherer.” On the contrary, natural selection has strengthened our spine, spreading the lumbar

curve over 5 vertebrae instead of 6 as in our ancestor, *Homo erectus* (see **Human Pedigree**, [Oct 2006](#) [30]) Moreover, to support the loadings of pregnancy, women have stronger joints and the load spread over a wider area.

It is revealing that lower back pain is twice as prevalent in developed countries compared to undeveloped countries; in low-income countries, it is twice as prevalent in urban areas compared to rural areas.

Everywhere, people who frequently carry heavy loads, and/or who do other back-breaking work, get ‘fewer back injuries than those who sit in chairs for hours bent over a machine.’

People who are ‘mostly sitters have weak and inflexible backs and are more likely to suffer muscle strains, torn ligaments, stressed joints, bulging disks and other causes of pain.’

They have a lower percentage of ‘low twitch’ muscle fibers* which mean that their lower backs fatigue more rapidly and they also have lower core muscle strength, reduced flexibility in the hip and spine, and more “abnormal patterns of motion”.

In contrast, foragers rarely sit in chairs, never sleep on a sofa or mattress, often carry heavy loads and they also dig, climb, and run.

Coalman with a one hundredweight (112lb, 50kg) sack of coal
<http://bit.ly/2O4lcTg>



Amusingly, and like I do in **Importance of Load Carrying**, [Aug 2014](#) [31], Dr Lieberman takes a swipe at modern inventions like the shopping cart, and wheeled suitcases (originally mocked as only for women and wimps).

Says Lieberman: “Liberated from stressing our backs, we suffer from weak and inflexible backs.” See:

* **Slow-twitch muscles** help long-endurance feats such as distance running. **Fast-twitch muscles** fatigue faster but are used in powerful bursts of movement like sprinting

Load-bearing to grow Cartilage, [Nov 2017](#) [32]

My View? I can still remember, from my youth, the coalman, like the one in the image, delivering our coal to the house in 1cwt (hundredweight) sacks.

Today, so much of modern life is organized for convenience and labor-saving. But we pay the price for not giving our joints and muscles the workout for which nature designed them.

The handmaiden to this deficit is **TOO MUCH SITTING**. I have written about this on many occasions. See: **Paleo-conforming Physical Activity**, [Sept 2018](#) [33].

Continued from Page 1

“A can of sardines a day keeps the doctor away”

Diane adds that instead of sardines it might be canned mackerel or salmon.

On our annual tour in California we try to meet up with Diane for lunch. Sometimes it is in the Ritziest of restaurants – and often they are the toughest places to eat Paleo in. Their menus are so over-wrought, fancified and inflexible, that it is impossible to eat right.

But, nothing daunted, Diane just orders a basic mixed salad and then pulls out of her handbag a Zip-lok bag with a can of salmon. Discreetly she opens the can in the bag, lets it catch any liquid and surreptitiously slips the salmon onto her salad. The empty can goes back in the Zip-lok bag which, in turn, she secretes in her handbag.

Such is Diane’s determination to never allow herself to be caught short when eating out.

In this regard she puts us to shame!

Continued from Page 1

Sedentary Humans have Chimp-like Hearts

“Have longer, larger and more elastic left ventricles (the part of the heart that pumps blood out to the body)”.

This is compared to chimpanzee hearts and couch-potato hearts, which can only cope with short bursts of physical activity.

My View? Get in a few thousand steps a day - jogging!

Health Policy

"Rewilding" your Kids



Emma Harris-Bass with children in Chipping Norton. *Credit: John Lawrence*

'Rewilding' is the principle of returning damaged and man-made land to a state of nature. So it is that wolves are reintroduced into Western Europe [34], the Dutch are flooding their polders to return them to salt-marshes [35], and the de-forested, artificial grouse-moors of the Scottish Highlands are encouraged to return to ancient Caledonian Scotch-pine forest [36].

Now, it seems, there is a movement to 'rewild' our children. English real estate agents are reporting a growing number of city-folk moving their families out of London and other conurbations to the country side [37]. They burble:

"Every parent has a dream that their children will be immersed in nature, with the freedom to roam in a safe, happy space. Communities in the countryside are responding with more wildlife clubs for kids, camping and volunteering."

My View? Just so! The studies are legion, our gut feelings are vindicated: everyone, kids especially, thrive best in contact with nature. See: **Healthy Urban Living: Reconnect with Nature**, [Feb 2017](#) [38], and **Stonewyld** p1.

Continued from Page 1

Blinded by Diet of Bread & Fries

This is clearly a case of an extreme eating disorder. But at least this teenager avoided the fate of **Scott Martin** who **DIED** of liver failure on a similar diet. See **Killed by Bread & Fries** and, **Our Scott Martin Dilemma**, [Feb 2006](#) [39]



The researchers' warning about veganism is well targeted. Vegans are regularly diagnosed with blindness caused by B12 deficiency. See:

The Vegan in his Blindness, [April 2000](#) [40].

All this comes on the heels of studies suggesting that vegans will also suffer a serious deficiency of the vitamin-like substance, 'choline'. See **Choline Deficiency Crisis**, [last month](#) [41].

Spreading the Word

Public Lecture



Date: Feb 1, 2020

Time: 14:15 – 15:15

Title: The Paleolithic lifestyle for optimum health and fitness.

At: ARTZT Symposium, Montabaur Castle, near Frankfurt, Germany.

<http://bit.ly/2Q9cbfP>

Web: <http://bit.ly/Artz-symposium>

Contact: Astrid Buscher +49 (0) 2433 980 706 astrid@artzt.eu

Paleo Lifestyle Residential Course

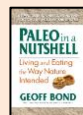
Date: March 23 to March 26 2020

At: Simonstone Country House Hotel, Yorkshire Dales, UK.

<http://simonstonehall.com/>

Contact: Caroline Grossmith, reception@simonstonehall.com

More details to be announced



Paleo in a Nutshell: Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nutshell.com



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

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