



The science & art of living the way nature intended

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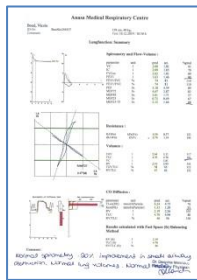
Bond-Paleo Health: Nicole – Good Lung Function Lessons. **News Flash:** High-salt Diet & Alzheimer's. **Our Human Homeland:** Human Origin near Zambezi? **Climate Watch:** Population Pollution & Contraception. **Question of Month:** Secret to Strong Bones with Age. **Book Review (part II):** Stonewyldre Novels. **News Flashes:** Melatonin Disruption, Free Radicals & Inflammation; Low Acid Diet slows Ageing. Overweight Young – Cancer Later. **Our Physical Heritage:** Climate Instability is the Norm. **Spreading the Word.** Lectures & Courses

Bond-Paleo Health

Nicole: Good Lung Function Lesson



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



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

Nicole had her lung function retested recently. It found that not only was it excellent it is, compared to two year ago, a net **IMPROVEMENT** of some 20% in small airway lung function. This is possibly due to an increase in Nicole's physical activity regimen. She has always been 'up and doing' like we talk about in **Paleo-conforming Physical Activity**, [Sept 2018](#) [1]. However in the light of the earlier results, we recognized that, in spite of running up and down stairs several times a day, and walking a couple of miles, she was not getting puffed-out with aerobic activity.

She now incorporates several minutes of running into her walking session each day and this has apparently yielded its benefits. For the full results: <http://bit.ly/2PRLZEL>

News Flashes

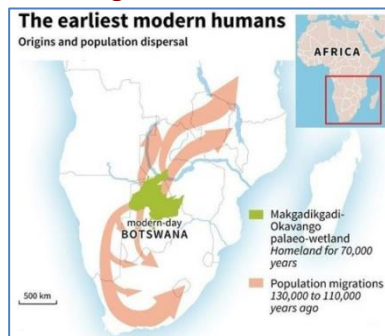
High-salt Diet & Alzheimer's

In **Salt a Factor in Dementia**, [Feb 2018](#) [2] we saw how salt in the gut increased inflammation which suppressed the natural production of nitric oxide. This caused stiffening of blood vessels in the brain and undermined brain function.

Now a follow-up study finds that this is not the whole story [3]. > **p3**

Our Human Homeland

Human Origins near Zambezi?



<http://bit.ly/34hl74Y>

A major study published in the authoritative journal *Nature* suggests that the homeland of all humans was a lush Garden of Eden situated to the south of the Zambezi River, in northern Botswana.

By intensive DNA analysis, the researchers have traced back the maternal genetic lineage of anatomically modern humans (*Homo sapiens sapiens*) and found it most closely resembles people living in a small area of southern Africa.

These peoples are of course the San Bushmen of the Kalahari Desert. However, some 250,000 years ago the climate was quite different. > **p4.**

Climate Watch

Population Pollution & Contraception

"Slower population growth could reduce greenhouse emissions by 40% in the long term", says John Bongaarts of the Population Center, New York in the prestigious journal *BMJ* [4]. Indeed, says Bongaarts, policy-makers have largely ignored the importance of access to effective contraception in the fight against climate change. > **p4**

Question of Month

Secret to Strong Bones with Age

Q. [Last month](#) [5] you reported on your high bone density and that of Nicole in [Oct 2016](#) [6]. I try to work with your Paleo eating and go jogging frequently. However, it is hard to get sunshine in the London winter! Do you have any other tips and insights?

A. You are right: humans (including their skeletons) are designed to work on a food intake which is mildly alkaline whereas today's intake is strongly **ACIDIC** – which eats away at bone mass. See **Low Acid Diet slows Ageing**, **p 2**

Moreover, one of the main enemies of good bone health is **INFLAMMATION** – and modern lifestyles are strongly inflammatory – see **Melatonin Disruption, Free Radicals & Inflammation**, **p 2**

There are many triggers of inflammation, but one that is often overlooked is **CONSTANT** low grade **STRESS**. And stress is shown to directly undermine bone health [7]. An example is social stress. The easy-going conviviality of living in small, like-minded kinship groups is a low stress environment. This mirrors the way forager bands have evolved over thousands of generations.

See: **Hunter-gatherer Socializing and Italian Centenarian Secrets**, [Jan 2018](#) [8]. **Ethnically Homogeneous Neighborhoods are Healthier**, [Dec 2012](#) [9]. In contrast as we say in [Deadly Harvest](#): "...multicultural societies are likely to be more neurotic and stressful..." [10]

Jogging is good, and I do several miles every day. Nicole also puts in some minutes jogging into her daily couple of mile walking sessions. (See **Nicole: Good Lung Function lessons**, This page). Continued:: **p3**

Book Review (part II)

Stoneylde Novels

Kit Berry

Gollancz, 2011 [11]



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

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

From [last month](#). Continuing the review of novels about a community of villagers living in an isolated enclave in England and still living the way of life led by their ancient Celtic-Saxon ancestors.

Author Kit Berry has a compendious knowledge of the flowers, plants, herbs and creatures that enriched these villagers' lives. We are still familiar, perhaps, with 'violets', 'crocuses', 'horse chestnut', 'bluebells', 'hawthorn', and 'primroses', but most of us are the poorer for not knowing about the evocative names of 'celandine', 'rose madder', 'wood anemone', 'wolfsbane', 'blackthorn', and 'dog's mercury'. See: **Forgotten Wild Plants**, [Oct 2000](#) [12] and **Dr Nöil Promotes Wild Plants**, [Sept 2003](#) [13]

The people's lives are punctuated by the traditional festival days with their eagerly anticipated preparations for rituals and ceremonies; their names still ring down the ages: 'Imbolc' (beginning of spring in early February); 'Beltane' (May Day (beginning of summer and hopes of a good harvest]). *Midsummer's Day*, at the height of summer. *Lammas Day* - harvest day in early August; 'Samhain' [end of October marking the end of the harvest and giving thanks for it]; and 'Yule' (Midwinter's Day) marking the return of the sun.

And so it goes on: the spring and autumn equinoxes and, of course, the goddess of fertility, Eostre (Easter) celebrating rebirth from the ashes of winter.

Here author Kit Berry taps into a phenomenon buried deep in the human psyche. I write about it in **Myths and Rituals**, *Deadly Harvest*, [Chapter 8](#), page 220 [14]. In every

primal culture, people lead intense spiritual lives expressed through dance, song, stories, rituals, and deep emotional attachment to the land.

All such peoples find their identity in tribal stories and myths. This time together and sharing the communal folklore is at once a powerful release and a strong force knitting the members of the community together.

One can't help but feel that such festivities as we have today are superficial, commercialised, materialistic, and with their meaning hollowed out.

In my view there must be today a connection between the pervasive sense of loss and alienation, and the rocketing increase in mental disorders.

[Next Month](#): Continues – Part III

News Flashes

Melatonin Disruption, Free Radicals & Inflammation

We know of melatonin as a hormone which is involved with directing sleeping patterns. See: **Sleep & Melatonin** [Sept 2015](#) [15].

However, melatonin is also a powerful **ANTIOXIDANT**. Indeed it is thought that this was its primary function, millions of years ago, in the earliest life forms.

And that is still true for us today. It is important for us humans too, to be secreting abundant melatonin (at the right times) to do its secret ministry protecting cell membranes in particular.

But we are now living in an environment where there is a big mismatch with what our evolutionary past designed us for. See: **Forager vs Modern Light Exposure**, [May 2018](#) [16].

The mismatch concerns not only the **AMOUNT** of sunshine, but also its **TIMING** and **WAVELENGTHS** – blue light (mostly from electronic devices) is particularly disruptive [17]: see: **Naturalizing Primordial Sleep**, [Sept 2015](#) [18]

It turns out that the body is highly sensitive to "light pollution" [19] and that an unsuspected consequence is the depression of melatonin as an **ANTIOXIDANT**.

This leads to oxidation damage to all cell membranes. In the words of the researchers, "antioxidant depletion poses a serious threat, especially in modern society, laden with pro-inflammatory and oxidative triggers".

Moral? This is yet more evidence persuading us to live in accordance with the **LIGHT** exposure that nature intended. See: **Sleep in a State of Nature**, [Oct 2015](#) [20].

Low Acid Diet slows Ageing

The ancestral forager diet was, on average slightly alkaline. Today, diets are strongly acidic. See: **Acid/alkali Balance**, *Deadly Harvest*, [Chapter 4](#), page 108 [21].

There are many consequences to this mismatch (one of which is weakened bones; see **Secret to Strong Bones with Age**, p.2.)

Now researchers find that a low acid diet (that is, a mildly alkaline diet) stimulates the activity of the enzyme 'telomerase' [22].

Telomerase is responsible for maintaining the length of 'telomeres'. Telomeres cap the ends of chromosomes and the faster they wear out, the quicker you die. See: **Telomeres and Anti-ageing**, [March 2010](#) [23].

The researchers find that the chief mischief acid is *phosphoric acid*.

My View: The main source of phosphoric acid in modern diets is from **COLA** soft drinks. See: **Coca-Cola and Phosphorous**, [July 2007](#) [24]. Otherwise, animal proteins are also sources of phosphorous.

So, yes, **CUT OUT** the intake of colas. But the main focus should be on **BOOSTING** intake of **ALKALIZING** foods. That means **REPLACING ACIDIFYING** foods like cereals, pasta, potato, bread, cakes and pastries with alkalizing plant foods – that is to say with salads, fruits and most vegetables.

Hey! That's familiar - it brings us back to the familiar Paleo-conforming diet.

Indeed, even the Mediterranean Diet (halfway house to Paleo) has also been shown to be anti-ageing, see: **Longer Life**, [Dec 2014](#) [25].

See also: **Sitting ages Cell Telomeres**, [Feb 2017](#) [26]. **More Children, Slower Ageing**, [Feb 2016](#) [27]. **Run to Stay Young**, [Aug 2018](#) [28].

Overweight Young - Cancer later

A population study finds [29] that if you were slightly fat (BMI over 25) before the age of 40, the increased risks of cancers are as follows:

- Endometrial cancer: 70%
- Kidney cancer (male): 58%
- Colon cancer (male) 29%
- Obesity related cancers (all) 15%

Those who were **OBESE** (BMI over 30) before age 40, the risk of cancers increased by 64% for males and 48% for females.

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/Artzt-symposium>

Contact: Astrid Buscher

+49-2433 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



PUBLIC LECTURE



<http://bit.ly/38rKi9r>

Date: Weds April 1

Time: 7:30 pm

At: Green-Templeton College, Oxford University, Oxford, OX2 6HG, UK

Title: To be announced

Contact: Mary Perryman, mary.perryman4@gmail.com.

Tel: +44 (1865) 552688

Our Physical Heritage

Continuing insights from physical anthropologist Dr Daniel Lieberman of Harvard University [30]:

Climate Instability is the Norm

The last Ice Age came to an end about 11,700 years ago. This change heralded a climate that was more **STABLE** – at least for a while. It even seduced the early inhabitants of the Fertile Crescent to take up farming.

However, as Lieberman observes, prior to this, our hunter gather ancestors lived through millennia of highly **UNSTABLE** climate with swift changes.

But the forager way of life was **ADAPTED** to this instability. If things got hard in one way, the foragers had several other strategies to fall back on.

This point was made powerfully by the fate of the Burke and Wills Expedition which set out to cross Australia from south to north and back again. They travelled through a thousand miles of desert gradually depleting their stores of canned food and then their pack animals as they went.

Meanwhile they moved through a landscape where Aborigines went about their lives normally and in great health. Yet the explorers died on their way back of semi-starvation and of malnutrition. See: **The Dig Tree**, [Jan 2007](#) [31].

This illustrates graphically how foragers had the adaptability to survive in even the most hostile and changeable environments. (See **Human Origins near Zambezi?** page 1).

In contrast, says Lieberman, farmers relied on a **STABLE** climate, and when it became unreliable, they suffered terrible famines.

My View? We have probably been living through a few decades of relative climate stability.

But we are deluding ourselves if we think this is normal. History shows us how weather is prone to much wilder fluctuations between extremes.

Just in England we have gone from vineyards in Roman times, to the Anglo-Saxon Cold Period, to the Medieval Warm Period (10th to 12th Centuries), and then a Little Ice Age

(17th to 19th Centuries) when Londoners could skate on the Thames in winter. See: **Climate always Changes: Live with it!** [May 2017](#) [32]

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High-salt Diet & Alzheimer's

Through another pathway, low nitric oxide allows proteins known as 'Tau particles' to break out of the body's cells, to accumulate in the brain and so to clog it up.

Says researcher Dr Iadecola of Weill Cornell Medicine, New York: "Most of the excess salt comes from processed and restaurant food. We have to keep salt in check – it alters the brain's blood vessels in a vicious way"

My View? Just so! The forager diet is low in salt (sodium chloride) and the body cannot handle excess healthily.

But up till now, most health professionals only focus on how excess salt raises blood pressure. Apart from dementia, salt creates mischief in many other ways. See: **Salt: yet more Mischiefs**, [May 2015](#) [33]. **High Salt - Calcium Depletion**, [Sept 2012](#) [34]. **Salt & Osteoporosis**, [June 2002](#) [35]. **Salt a Factor in MS**, [Sept 2015](#) [36]. **Too much Salt Reprograms Brain**, [Feb 2015](#) [37]

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Secret to Strong Bones with Age

Anyway, women can get away with doing rather less than men.

With regard to sunlight, there are many good reasons to get out in the daylight even in a London winter. That is to do with resetting the body-clock (See: **Morning Sun keeps off Pounds**, [May 2014](#) [38]). However, at the high latitude of London (54°N) the winter sun is too feeble to make vitamin D.

In the olden days, northern Europeans built up good reserves of vitamin D during the summer which was then stored in body fat and was released slowly through the winter. However, most people these days don't get enough sunshine in the summer either.

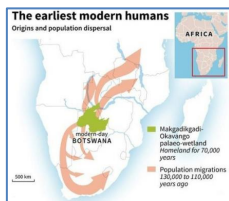
Personally, when I am in London for any length of time in the winter I use a low pressure sunbed once a week. See: **Sunbeds OK after all**, [Feb 2018](#) [39].

To sum up, poor bone health, at any age, comes about from a constellation of modern lifestyle mismatches with the way nature intended. For a fuller treatment of this vast subject see: **Osteoporosis**, [Deadly Harvest](#), [Chapter 9](#), page 266 and, **Bone Health & the Calcium Myth**, [Paleo in a Nutshell](#), Chapter 3, page 45.

In our view, our solid bones are living examples of how effective living the Paleo way of life can be.

Continued from Page 1

Human Origins near Zambezi?



The region was covered by an enormous lake, around which our ancestors thrived for 70,000 years.

But, some 130,000 years ago, a dramatic change to the climate (caused by an alteration in the orbital tilt of the Earth) caused the Kalahari to dry up. But at the same time it opened

up a lush green corridor towards the north.

Our ancestors moved the few hundred miles north into the familiar territory that we characterize as the savannas of East Africa.

My View? This study reinforces earlier work, also published in *Nature*, which concludes that the San Bushmen are representatives of the original human stock. See: **Bushman - Oldest Lineage**, [Jan 2015](#) [40].

It also reinforces the view that humans are adapted to a savanna environment and that, in the past, our ancestors followed the savanna ecology as it moved northwards with changes in climate.

Today's San Bushmen are survivors in our original homeland who managed to hang on as their environment desertified around them. See: **Climate Instability is the Norm**, [p 3](#)

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Population Pollution & Contraception

Worldwide, there are around 99 million unintended pregnancies every year, nearly half (44%) of the global total.

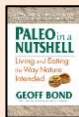
It would be an inexpensive and effective measure to expand family planning programmes around the world.

My View? This is a sensible suggestion – and good luck with it! ... If only the rational ordering of priorities could govern decision-making on these matters...

However, the climate-change industry has taken on a life of its own, with western governments finding it a wonderful excuse for raising taxes, and zealots using it to pursue hair-shirt agendas. See: **Tyranny of the Minorities**, [July 2018](#) [41]

However the question of population **REDUCTION** and a return to a sustainable Earth has been around for a long time. See: **Climate Changes and Humbug**, [Dec 2007](#) [42]. But the trend risks going in the other direction. See: **World Population Doomed to Rise**, [Sept 2019](#) [43]

As for sustainability, a move towards a Paleo diet would help. See: **Healthier Diet would Reduce Greenhouse Gases**, [April 2017](#) [44]



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



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