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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

Spreading the Word: Radio Interview – HBN show. **Nutrition Policy:** Flawed US Dietary Guidelines. **Food Policy:** Food – Health Tanking Attempt. **Socio-economic Policy II:** Economics for Human Thriving II. **Recipe:** Cabbage Fritter. **News Shorts:** Dietary Fiber boosts Immune Cells against Melanoma; Pregnancy & Beauty Product Hormones; Omega-3 reduces Hard Arteries; Gestational Diabetes diet controlled in early Pregnancy; High Heart Rate – Dementia; Fat Children Lockj in Health Problems for Life; Giving Social Support Quenches Inflammation.

Spreading the Word

Radio Interview: HBN Show



<https://bit.ly/34AZdAR>

At short notice, I gave an interview to *Martie Whittekin* of her **Healthy by Nature Show** (www.hbnshow.com) in Dallas, Texas on Feb 5th. You can listen to it on her website at this link: <https://bit.ly/3GyqVew>

We covered a lot of ground and it was a pleasure to work with a hostess who is so well informed and professional.

You can also catch up with this interview and some of my previous Radio Interviews at this link: <http://bit.ly/Bond-Audio>

Nutrition Policy

Flawed U.S. Dietary Guidelines

I, and many other observers, despair at each edition of the **Guidelines** as they get revised and issued every fifth year.

Our main criticism is that they are not the truth: they are a grubby compromise between a) the science and, b) a coterie of vested interests from the industries of dairy, sugar, fast food, confectionary; and the beef barons, politicians, financiers and many more. However, a study finds another major flaw – and that is in the science data itself [1]. The data under scrutiny come from the **What We Eat in America** and the **"National Health and > p.4**

Food Policy

Food: Health Ranking Attempt

Over the years we have approvingly featured the work of Dariush Mozaffarian, Dean at Tufts University, Boston, USA. (e.g. See: **Doc Rethinks Food/Disease Link, Aug 2010** [2].

Now Mozaffarian and his team have drawn up a food profiling system ("Food Compass") to rank foods according to their healthiness.

Each food, beverage, or mixed dish receives a score ranging from 1 (least healthy) to 100 (most healthy). Of course I don't fully agree with Mozaffarian's rankings, but they seem to be an improvement on the USDA's **Dietary Guidelines for Americans**. See: **Flawed U.S. Dietary Guidelines**, this page.

For what it's worth, here is a sample of **AVERAGE** rankings, from first to worst, of Mozaffarian's groupings. See if you come up with the same criticisms as I do:

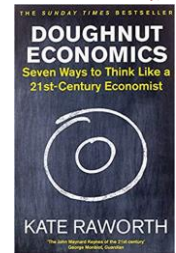
Raw fruits	100
Tomato juice, Celery juice	100
Legumes, nuts, and seeds	78.6
Fruits, dried, canned	73.9
Vegetables	69.1
Seafood,	67.0
Milk	49.0
Starchy vegetables	43.2
Poultry	42.6
Pork, lean	40.0
Sugar-sweetened sodas	27.6
Beef	24.9
Snacks & sweet desserts	16.4

My View? It is good to see vegetables ranked well above starchy vegetables. But I do have a few quibbles:

I would exchange the pork ranking with that of beef. > p.4

Socio-economic Policy II

Economics for Human Thriving II Sickness of conventional economics



Kate Raworth (3) The Book (4)

[Last month](#) [5] we saw how *Kate Raworth* has been making the case that the obsession with growth in GDP (Gross Domestic Product) totally ignores, to their detriment, so many other dimensions of being human.

It started to go wrong with English political economist John Stuart Mill (1806 –1873), who having presciently said that: "The increase of wealth is not boundless" also sought to: "turn away from naming economic goals towards discovering its apparent laws."

Since then, there has been a runaway explosion of theoretical mathematicians drawing up graphs and partial differential equations to turn economics into a 'science', all the while totally ignoring human nature and what we actually need to thrive in the real world, on a planet with limited and fragile resources.

Raworth's idea of 'Doughnut Economics' is to find the sweet spot between economic exploitation sufficient to give everyone a 'thriving' life and yet limited to avoid stressing the planet's ability to sustain it. As Raworth says: "although we have material abundance we do not have emotional abundance." > p.3

Recipe

Cabbage Frittata

Yield: 8 Servings



Frittata is a kind of baked omelette stuffed with vegetables. It also transports well, so you can bring slices to picnics or as a packed lunch. Here the process turns the humble cabbage into a tasty dish.

Download Recipe: <https://bit.ly/3sVhqBu>

Olive oil spray

200 g white onion, chopped

3 cloves garlic, minced

700 g white cabbage, chopped

salt + pepper to taste

6 eggs, omega-3

1 pinch of nutmeg

80 g almond flour

15 g nutritional yeast

about 4 tablespoons almond or coconut milk, more if needed

optional: 100 g sweet pepper and eggplant paste

80 g shredded cheddar cheese (the purist will leave it out)

1. Spray a large frying pan with the olive oil and sauté the onion, until soft and translucent, but not brown. Stir in garlic. Sauté for another few minutes.

2. Mix in the cabbage and sauté until cooked. Salt and pepper to taste.

3. Meanwhile beat the eggs with an electric hand mixer. Season with salt, pepper and nutmeg.

4. Mix in the almond flour and nutritional yeast.

5. Add the cabbage mixture, the almond or coconut milk (quantity as needed)

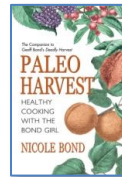
6. Mix in 50 g of the cheddar cheese.

7. Optional: stir in the sweet pepper and eggplant paste.

8. Fill the cabbage mixture into a big oiled baking dish and sprinkle the remaining cheddar cheese over the top.

9. Bake in a hot oven at 320°F (160°C) for about 30 minutes or until the eggs are done. Place under the broiler for 2 to 3 minutes, or until cheese is golden brown.

Many more dishes are in Nicole's [Paleo Harvest](#) cookbook: ISBN: 978-0-9927512-0-3 [6]



News Shorts

Dietary Fiber boosts Immune cells against Melanoma

Those melanoma patients who had a diet high in dietary fiber had the strongest tumor-fighting immunity response [7]. Probiotics (containing 'good' bacteria) had **NO** positive effect.

My View? Yet another confirmation of the mysterious workings of our gut bacteria. Mysterious at least for the time being.

But we can by-pass the mystery since the lesson is clear: live like nature intended and you give your body the best chance to fight off cancers like melanoma.

Moreover, it is not possible to second-guess the workings of the body by taking supplements of so-called 'good' bacteria.

Countryside helps PMS Sufferers

Women who live in rural areas are less likely to suffer from anxiety and period pain [8]. Being around nature and green spaces reduced the symptoms of premenstrual syndrome (PMS). Think the researchers, being in nature reduces stress which in turn reduces the stress hormone, cortisol, which in turn reduces pain sensitivity.

My View? Our human natures are evolutionarily designed to be embedded in the environment of nature. Remove us from it and we suffer both mentally and physically from **ALIENATION**. That is why 'Forest Therapy' is so effective. See [Green-space Deficiency Disorders, Aug 2018](#) [9].

Pregnancy & Beauty Product Hormones

Researchers found that the use of hair products, particularly hair dyes, bleach, relaxers and mousse are associated with lower levels of sex steroid hormones, which have a critical role maintaining pregnancy and fetal development [10].

Disruptions of these hormones may contribute to adverse maternal and pregnancy outcomes like growth restriction, preterm birth and low birth weight.

The researchers looked at a wide range of "endocrine-disrupting chemicals" (which mess with your hormones) like phthalates, parabens, phenols, and toxic metals.

My View? I achieved adulthood well before such chemicals become all-pervasive and it took me a while to become alerted to their harms.

Now the evidence is piling up that we should indeed be wary of these novelties. In this case, pregnant women should be reticent about using certain hair-care products. See also: **Chemicals in Personal Care Products, Feb 2019** [11]. See too: **Microplastics & IBD** p 3

Omega-3 reduces Hard Arteries

Atherosclerosis (hardening of the arteries) is linked to chronic inflammation in the blood vessels. This inflammation is normally controlled by molecules called "resolvins" [12].

Resolvins **SWITCH OFF** the inflammation and stimulate tissue healing and repair through a process called "resolution of inflammation".

Here is the kicker:

Resolvins are formed from omega-3 fatty acids.

So the moral (as ever) is: load up on omega-3 foods, like oily fish (salmon, sardine, etc) and some vegetable oils like Canola (rapeseed) and flaxseed.

Gestational Diabetes diet controlled in early pregnancy

Unsurprisingly, a study has found that an anti-inflammatory diet in pregnancy reduces the mother's risk of gestational diabetes [13].

Furthermore, a higher consumption of fat and especially saturated fats

was connected to gestational diabetes. The intake of saturated fats is known to increase the body's inflammation.

Say the researchers: "Eating vegetables, fruit, berries, as well as unsaturated fats is particularly important. They reduce inflammation. Mothers who are overweight or obese before the pregnancy would benefit from dietary guidance in early pregnancy,"

My View? Just so!

High Heart Rate - Dementia

Individuals, over 60 years old, with a resting heart rate of 80 beats per minute, or higher, on average had 55 percent higher risk of dementia than those with a heart rate of 60-69 beats per minute [14].

My View? Who knows? It is very possible that there is a link. But what are the factors that lead to high heart-beat rate? The researchers suggest that it is all linked to bad cardio-vascular health.

For my part, I have a resting heart rate of around 50 per minute and am still capable of editing this [#BondBriefing!](#) So, perhaps the message is: live like we say...

Microplastics & IBD



Credit: Times of India

Stools from patients with IBD (irritable bowel disease) contained 42 micro-plastic pieces per gram in dried samples from people with IBD and 28 pieces in those from healthy people [15]. That is an increase of some 50%

Say the researchers: "We are all exposed to this pollution, at rapidly increasing levels. Studies suggest that microplastics can damage human cells, cross the blood/brain barrier, and now, correlate to IBD, a problem which is also being detected at rapidly increasing levels.

My View? In the long ago past I was relaxed about the idea of polluting substances in our food supply. But

for many years now it has been at the forefront of our concerns. See:

Are Pollutants a Worry? and **Pollutants Switch on Bad Genes Permanently**, [April 2012](#) [16]

As for plastics, the worry has been concerned with "endocrine disrupters" (which mess with your hormones) such as *BPA* and *phthalates*. See: **Chemicals in Personal Care Products**, [Feb 2019](#) [17]. But now we have to worry about the solid microplastic particles themselves.

There is certainly a good argument for exchanging plastic bottles for glass ones and avoiding plastics in food contexts wherever possible.

See also: **Pregnancy & Beauty Product Hormones**, p.2.

Fat Children lock in Health Problems for Life

For the two years of the Covid pandemic the percentage of obese children and teens in U.S.A. jumped from 19% to 22%.

A study of 600 children, adolescents and young adults, found that their arterial stiffness increased with increase of abdominal (visceral) fat. Visceral fat is the fat found in the abdomen and which infiltrates vital organs [18].

High arterial stiffness stresses the cardio-vascular system leading to a variety of linked diseases notably CVD and kidney disease.

Moreover, 145 of the subjects had been diagnosed with Type 2 diabetes.

Say the researchers: "Diabetes is a very pervasive, scary condition in youth, even more so than in adults. Many body systems tend to degrade at a more accelerated rate if the disease occurs during the growing years than in adulthood. This disease attacks the brain, the kidneys, the bones, the liver..."

My View? Yes, obesity is a bad thing for health (yawn) but I think the last point is most important (and one I have made on several occasions): obesity in the young locks in a dysfunctional bio-chemistry which might be impossible to repair in adulthood.

Giving Social Support Quenches Inflammation

In **Lessons for Today**, [Deadly Harvest](#), [Chapter 8](#), p 225, I wrote:

"In forager society, each individual had a much higher degree of "social connectedness," a phrase sociologists use to describe the number and quality of links a person has with other members of the wider family. Husbands and wives had less intensity of contact with each other but a much richer and developed suite of contacts with everyone else in the band."

Notably the band operated as an organic entity where the health of the group, its survival even, relied on each member being willing to pitch in and help any other member as needed.

An interesting and unusual study has looked at the benefits to the person **GIVING** social support to friends and family [19].

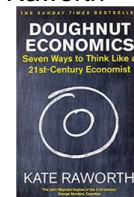
It finds that such socially supportive family individuals have **LOWER** levels of chronic inflammation (measured by the cytokine "Interleukin-6") compared to those who don't.

The researchers noted that this effect was more pronounced in women than in men and that "social relationships seem more important for women than for men."

Continued from Page 1

Economics for Human Thriving II

by Kate Raworth



We need to: "Deepen our understanding of human nature... and to shift human ingenuity away from making more stuff with fewer people towards repairing and remaking things with less stuff." And:

"Traditional societies have lived by a principle of self-sufficiency instead."

My View? The forager lifestyle had no **MEASURABLE** Gross Domestic Product at all! Everything they did was **UNMEASURABLE** by conventional economists – yet, in the words of

James Suzman, the South African social anthropologist (and fierce defender of San Bushmen rights), foragers had “Affluence without Abundance” [20] – that is the ideal that Howarth wants for us too.

Back in the 1930s, the eminent English economist Maynard Keynes predicted that we would only need to work 15 hours a week in the near future. Just so! Just like a forager! But modern economics have created a ghastly distortion: there is inequality and structural disregard for the heedless exploitation of the Earth’s resources.

In particular, the obsession with GDP totally disregards what cannot be measured by money and market transactions. As long ago as 1968, Senator Robert Kennedy said: “GDP measures everything, except that which makes life worthwhile.” [21].

GDP does not measure health, education, equality of opportunity, the state of the environment or many other aspects of quality of life [22].

Howarth has been promoting her ideas into the teeth of the economics establishment (notably Harvard and The London School of Economics) for a decade or more, but gradually her ideas are gaining ground.

The OECD [23] has adopted the approach in its **Better Life Initiative**,

which provides citizens with a way to measure their performance on the things they care about. Even The World Bank and the International Monetary Fund (IMF) are also shifting their thinking.

Much of Raworth’s economic philosophy ties in with that of American evolutionary biologists Heather Heying and Brett Weinstein in their book **A Hunter-Gatherer’s Guide to the 21st Century**. I will share their insights with you [next month](#) [24].

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Flawed U.S. Dietary Guidelines

... **Nutrition Examination** surveys. These rely on subjects recalling their food and beverage intake over the previous 24 hours. Conclude the researchers:

1. The vast majority of data are implausible and incompatible with life. They are not valid estimates of food and beverage intake.
2. Human memory is too inaccurate to be used as science data.
3. The survey protocols are known to induce false memory and recall.
4. Memories of food and beverage consumption are inadmissible as they cannot be independently observed, measured, or falsified.

5. Physical activity, cardio-respiratory fitness and exercise are ignored or badly measured.

Say the researchers: There is no scientific foundation to past or present *U.S. Dietary Guidelines*. This can explain why nutrition recommendations are continually changing and the average consumer is confused as to what constitutes a healthy diet."

My View? Just so! We like to think that we provide “an ever-fixed mark” [25] to guide you to safe dietary and lifestyle habits.

Meanwhile, I still dutifully review the *U.S. Dietary Guidelines* each time they are revised. For the latest (2020), see [May 2021](#) [26].

As for the worthlessness of so many studies American Prof John Ioannidis has campaigned for years. See: **Population Studies: Finding the Specks of Gold in the Mass of Dross**, [Sept 2018](#) [27]. See also: **Food Health Ranking Attempt**, p.1

Continued from Page 1

Food Ranking Attempt

Poultry needs a more granular approach. For example I would rate duck and goose higher. Legumes and milk are not human food and I would drop their ranking significantly. See the full Food Compass rankings here: <https://bit.ly/3qWVOz9>.

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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