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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

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Putting Paleo into Practice

Harris Family Update & Tips III



April Harris

<https://bit.ly/2xKwXuT>

Continuing from [Last Month](#) tips from the Harris family in Melbourne, Australia. Dad Peter reports:

Our daughter, April, doesn't like the hot green Thai curry that I, Sarah, and Adele sometimes have for dinner.

So on those nights she has her own meal which is not perfect – but quite a bit healthier than our meal!

It consists of: small Greek salad, sardine and avocado mix, snow peas, seasonal fruit (mandarin), beetroot, gourmet cheese, boiled egg, nuts, and a rye cracker.

It's a bit of an odd mixture but she loves it – perhaps because it is familiar routine.

My View? Several interesting points here. First of all, yes Peter, that 'hot Thai curry' is not great. It is a big factor in irritable bowel, heartburn, acid reflux and leaky colon. See: **Hot Spicy Foods**, [April 1999](#) [1]. > p. 3

Letter

Metabolic Disorders Reversed



<https://bit.ly/3cr08C6>

From Antje Goldhammer, Germany

I have suffered from metabolic disorders for many years. Now, after learning from Geoff (& Nicole) in Cyprus and reading Geoff's book "Natural Eating" ([German edition](#) [2]) I have not been sick since returning to Germany.

It amazes me: I used to be the first to get infected and was constantly sick. My husband, Markus, says that he is so happy to get back again the girl he married!

I am really grateful to Geoff for the tips. The step-by-step plan in Natural Eating makes it easy to gradually make dietary changes. I find that, as a "fructose intolerant", I can now eat fruit again. Even on an empty stomach in the morning and even apples again. I'm really happy. That is such a gain in my quality of life.

I used to get hypoglycemic and almost fainted if I didn't get something to eat in time. That is gone now. And I need less salt and I drink less.

Oh yes, and we visited our friends for a few weeks after Cyprus. My friend said she no longer recognizes me. I had to lend her your book.

Now, after Natural Eating, I am still strong and happy!

Health Policy

Covid-19: What Price Life?

There is much hand-wringing over the dilemma of finding the balance between: a) lock-down to save lives and b) the massive damage to livelihoods and to an economy being bombed back to the Stone Age.

What would a forager do? They lived on a knife-edge between survival and extinction. Anyone who was too frail to support themselves – and with no hope of improvement – was left for dead. For foragers, decisions about life and death were ever present. They were fatalistic about death. They might be sad, but that was life and they got on with it.

Studies have examined the patterns of grief in the !Kung San (Bushmen) compared to western societies and they find remarkable similarities [3]. Indeed our brains are hard-wired the same. Parents felt more grief for the loss of a healthy child than an unhealthy one – an instinctive response to the future value of that life. They felt more grief for the death of an older child than a younger one. > p4

Spreading the Word

Spicer: Deadly Harvest Review

EllenSue Spicer is a free-lance writer specializing in Food & Nutrition. Here are extracts from her fulsome review:

"Reading this book was like taking a crash course in early (positive) eating habits and their comparison with today's (negative) eating habits. The book would serve well as a text for a class in nutrition, and might very well explain why we suffer from so many "modern" ailments—while our ancestors did not"

and: > p3.

Food Ideas

Asparagus and Vegetable Roast

Yield: 2-4 servings as a side dish



<https://bit.ly/2XGRoUD>

A magnificent, colorful and tasty vegetable dish that is quickly put together. You can vary the quantities as you wish..

- 1 big shallot (1 $\frac{3}{4}$ oz, 50g), minced
- 1 bunch green (or white) asparagus, peeled and cut in pieces
- 1 big yellow bell pepper, about 7-9oz (200-250g), seeded and cut into 1-inch strips
- Cocktail tomatoes (9oz, 250g)
- 2 tablespoons olive oil
- salt, to taste
- fresh ground black pepper, to taste

1. In a large bowl combine the olive oil, shallots, and vegetables.
2. Salt and pepper to taste.
3. Lay out a baking paper on a baking sheet. Spread out the vegetables.
4. Bake in a hot oven at 340°F (170°C) for about 20 minutes, or until the vegetables are done, but still crunchy.
5. Adjust the seasoning as needed.

Questions

Mystery Debilitating Disease HPU

Q. I am very sick from a disorder called HPU (Hemopyrrolactamuria). I was so weak that I had to lie down almost night and day and could hardly eat anything. I lost weight. It became dangerous. They thought I would die. My doctor told me that HPU is due to a genetic and enzymatic malfunction which results in impaired absorption of zinc, vitamin B6 and manganese. So I take these as supplements. Even so I suffer from fatigue, allergies, depression, weakness, sleep difficulties, and general inability

to function normally. I do feel better when I go on holiday to the Mediterranean, and eat differently, get sunshine and fresh air. Would it help to live the Bond-Paleo way?

A. I've done an extensive trawl of the scientific literature and find that HPU is not recognized as a medical condition. Indeed the only reference brands HPU as a "pseudo-disease" [4] More generally, all references to the term HPU lead back to someone calling himself "Baumeister-Jemsch MD" who promotes German and Dutch based testing laboratories. However, it is not for me to contradict your medical doctor.

Nevertheless, you can 'stack the deck of cards in your favor'. Live like nature intended, and give your body the chance to rediscover its natural functioning.

It is your decision whether or not you follow your doctor's advice and continue taking the supplements. But I do recommend that you immediately live like nature intended and adopt the Bond protocols. These include not only the changes to diet but also the improvements in access to sunlight, fresh air, physical activity, stress control, and sleep. Let us know how you get on!

UPDATE: This questioner did indeed let us know: – see **Letter**, page 1.

Covid-19

What is a Life Worth?

A study from Bristol University, UK, finds that, if the damage to the economy exceeds 6% of GDP, then that will cause more deaths than those saved by lockdown [5]. The argument is that with lower GDP more people die of "diseases of despair" (suicide, drug overdose, alcohol abuse), and that, with the lower standard of living, life expectancy is shortened.

So what are we willing to sacrifice, economically, to save a life? Economists put a price on life all the time. On deciding, for example, whether to spend money on improving a road-junction accident black-spot. One thing for sure, the price of a life cannot be "infinite" as NY governor Cuomo claims: "It is a false choice to choose between public health or

restarting the economy because you cannot put a value on a human life." The harsh reality of human existence is that judgements have always had to be made about the value of a life. See: **Covid-19 - What Price Life?** p.1

Hints & Tips

"Breakfast like a King...?" ... lunch like a prince and dine like a pauper." So goes the old saying which I have quoted on several occasions. The evidence continues to mount up that there is some truth in this old saw when it comes to weight control. A German study has discovered why [6]. The body converts calories eaten in the morning into **HEAT**, a process known as 'thermogenesis' – see **Not all Calories the same**, [May 2013](#) [7]. So the calories are lost as heat rather than being laid down as fat in your belly.

So says lead author Juliane Richter MSc. She finds that a breakfast that contained 69% of daily calories burned **OFF 2 1/2 TIMES** as much heat as a low calorie (11%) breakfast. Over the day, calories consumed by subjects were either:

- a) 11% breakfast, 20% lunch, 69% dinner or:
- b) 69% breakfast, 20% lunch, 11% dinner.

I asked Ms Richter what did people actually eat for breakfast in each scenario? She excused herself saying that what they ate was not necessarily a healthy recommendation!

For low calorie it was: crispbread light (2 slices), cream cheese (20 g), yoghurt (1.5 % fat, 200 g), cucumber (50 g) and nectarine (50 g).

For high calorie it was: berry compote (200g), custard sauce (100ml), crispbread (2 slices), butter (10g), cream cheese (40g), yoghurt (3.8 % fat, 300g), cucumber (50g).

Top ups of the sugar maltodextrin were added to adjust to individual energy requirements.

My View? As I wrote in **Calorie spread through the Day**, [Aug 2016](#) [8], foragers were hungry most of the time and ate frugally especially early in the



morning. So this idea of eating most of your calories at breakfast is a trick to play on your biochemistry – but it could work for weight loss. On the other hand, it does mean eating only 11% of your day's calories for dinner – quite a challenge!

Another trick I wrote about is to compress all meals into a 12 hour window. See: **Have a Short Mealtimes Window**, [Feb 2016](#) [9].

Continued from Page 1

Harris Family Update & Tips III

Herbs & Spices, Deadly Harvest, [Ch 5](#), p. 117 [10] and, [Ch 6](#), **Red traffic light**, p. 144.

Secondly, you didn't let perfection be the enemy of the 'good enough'. April's meal did contain some non-paleo foods (cheese and rye cracker) – but so what?

In an otherwise healthy individual these are minor sins. Only people who have allergies or are combating a life-threatening disease need to be perfect. See: **The 18-15-5 Rule** [Jan 2020](#) [11], **How to get your priorities Right**, Natural Eating, [Chapter 9](#) [12].

Thirdly, you are going with the flow – you are going with what works for April. And it is important that what 'works for April' is thanks to the good habits you have inculcated in her from her earliest years.

Covid-19 Immune Defence

As we said [last month](#) in **Surviving Covid-19: "Our only defense is our IMMUNE SYSTEM"**. Here we continue with tips to keep your immune fully tuned up.

Physical Activity

Professor Jane Lord at Birmingham University UK found in 2016 that those older adults who walked **10,000 steps a day**, had the neutrophil profile as good as young adults [13]. Neutrophils are white immune system cells that are the first line of defense against **BACTERIAL** infections.

How does that help fight Covid-19 which is a **VIRUS**? Because **PNEUMONIA** is the real killer in cases of Covid-19. Pneumonia **IS** bacterial and so the neutrophils come to the

rescue. See: **10,000 Steps a Day?** [July 2014](#) [14]

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Deadly Harvest Review

"It is clear that Bond has done his homework. I am still "digesting" this information, and recommend that anyone really concerned about staying in good health or repairing his or her body to a state of well-being would do well to read this book cover-to-cover, slowly."

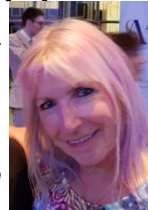
Spicer has posted her review on her website www.menopause.info, and Amazon: <https://amzn.to/3eBpvDv>.

Book Review (part IV)

Stonewylde Novels by Kit Berry

Gollancz, 2011 [15]

From [last month](#). *Continuing the review of novels about a community of villagers still living the way of life led by their Celtic-Saxon ancestors.*



Belonging

The people of Stonewylde were confident in who they were, where they come from, and where they are going. They had a profound and reassuring feeling of belonging to a community that had its roots in a sense of place, custom, neighbourhood, tradition, history, well-trying laws, and a spirit of trust in each other.

Somehow author Kit Berry has encapsulated the feelings of "belonging" so important to our ancient ancestors for a million years. Today, many of us are living in a world which conspires to undermine our feeling of belonging – to separate us from our attachment to place, to our traditions, and to airbrush our history (as Orwell said: "The most effective way to destroy people is to deny and obliterate their own understanding of their history.")

This "belonging" is a vital feature of forager life. You knew who were your "people" – and they accepted you. If you didn't "belong" anywhere, you died. The consequences today are not quite so dire.

Nevertheless, it is a need deeply buried in our psyches. Not knowing

who you are, or where you come from, is a source of great psychological distress for modern peoples – who, perhaps without realizing it, feel rootless, aimless and worthless.

My View? If this is your condition, work out which 'people' you belong to. Then bone up on their history, traditions, customs and language. This anchoring of your **IDENTITY** is a vital contribution to good psychological health – to being 'well-adjusted'.

Next month: Myth, Ritual, Religiosity

News Flashes

Keto Diet best in small Doses

The Ketogenic Diet [April 2010](#) [16] continues to throw up interesting foods for thought (!). A study on mice finds that the Keto diet is safe for up to a week [17].

In this state, the diet forces the body to secrete 'ketone bodies' for energy instead of glucose. This has the effect of flushing anti-inflammatory immune cells from fat into the rest of the body.

This suppression of inflammation is good in the short term: it helps suppress diabetes and obesity. However, after about a week, the body runs out of these special immune cells (called Gamma-Delta-T-cells) and the inflammation, diabetes and obesity return with a vengeance.

My View? I have always said that to have occasional **BOUNTS** of ketosis seems to be part of our ancestral programming. Without it we are more liable to epilepsy [18], depression, Alzheimer's [19] and other brain disorders. Even mental sharpness can improve [20].

But to be in a **CONSTANT** state of ketosis is dangerous. See: **Ketosis: Devoutly to be Wished?** [June 2012](#) [21]. See also: See: **Brain Health**, [Deadly Harvest](#), [Ch 9](#), p. 251 [22]

Obese Moms' Breast Milk Fiber linked to infant obesity

Breast milk contains (at the last count) at least 150 types of dietary fiber (of which only two are routinely added to baby formula).

However the variety and composition of dietary fibers in obese mothers' breast milk is found wanting [23]. It results in infants who are also likely to become obese.

My View? “Breast is Best” is the watchword – but only if mom is not obese! It is fascinating that the infant’s gut bugs are so influential in its health outcomes. See: **Breast Milk’s Fiber Feeds Infant Gut Flora**, [May 2012](#) [24].

Milk increases Breast Cancer

Consistently drinking as little as one cup of dairy milk per day **INCREASES** the rate of breast cancer by up to 50% [25]. Drinking two to three cups increased the risk a further 70% to 80%. The effect was the same with semi-and skimmed-milk.

Say the researchers: “Current guidelines for dairy milk consumption could be viewed with some caution.”

My View? This was a population study so it can only find correlations. Nevertheless, it has some credibility since it also looked at soy “milks” and found no link with breast cancer. (Mind you, soy has other problems and is not recommended. See **The Trouble with Soy**, [May 2006](#) [26]).

No, we know that milk is not human food and, amongst other things, increases **INFLAMMATION** and so is a major factor in lifestyle diseases like cancer and osteoporosis. See: **Got Milk? Die Soon, Brittle Boned**, [Nov 2014](#) [27]. **Milk Scepticism goes Mainstream**, [Nov 2014](#) [28].

Low Fish oil, low Male Virility

A Danish study finds that the more a young man is deficient in fish oils, the more he has lower semen volume, lower sperm count, smaller testicles and poorer hormonal ratios. [29].

My View? I have catalogued many times the disastrous fall in omega-3 intake in modern times. See **Fats & Oils, Deadly Harvest, Ch 4**, p. 104 [30]. This is yet one more instance reinforcing the point that we need to keep our intake of omega-3, preferably as oily fish (like salmon and sardine), at high levels. That means at least one portion a day.

We also reported similar results in **Saturated Fats Depress Sperm Quality, Omega-3 Helps**, [April 2012](#) [31].

Also: **Soy Kills Sperm**, [Aug 2008](#) [32].

Tetracycline Zaps Sperm, [May 2012](#) [33].

When Fathers Exercise, Children are Healthier (re: sperm), [Nov 2018](#) [34]

Continued from Page 1

Covid-19: What Price Life?

Grief is at a maximum for the death of a pubertal adolescent. This is understandable: with the older pre-adult child, the parents have invested many years in their upbringing, they have survived the vicissitudes of childhood and their potential to contribute decades to the survival of

(and new babies for) the forager band is lost.

At the other end of the age range, grief levels both with foragers and with Westerners, drops dramatically for someone who dies in their late 70s and beyond [35]. The feeling is: they have had a good innings and there is not much lost in future contribution to the common good.

Life-and-Death Choices: Today’s pandemic has shone a spotlight on standard practice in most public supported health systems: the practice of ‘triage’. The process where doctors decide the fate of a patient by weighing up the likelihood of successful treatment using scarce resources, against the value of the life saved.

This is the UK’s official decision-path diagram here: <https://bit.ly/3bn9nTX>.

A second factor is **FRAILTY**, which sorts out the able-bodied from the disabled and old. This is the UK’s Frailty Scale: <https://bit.ly/3ap8IFO>.

A forager would understand these stark decisions very well – but, until now, us moderns have had the luxury of avoiding such heart-wrenching decisions in today’s abundance. See: **What is a life worth?** page 2.

Spreading the Word

Speaking events are cancelled

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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