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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

Food Ideas: Chocolate Avocado Cake. **Letter:** Caroline Grossmith. **Quote:** Risk and Covid-19. **Forager Anthropology:** RIP Frank Marlowe. **Q&A:** Non-organic Rapeseed Oil? How to put on Weight? Less Eating out, Less Obesity? Vegetarian: Tofu or Cheese? **Viewpoint:** Thoughts on Weights & Measures. **Book Review:** Stonewyldre Novels part V. **Breaking News:** Toilet-paper Stockpiler Personality? Crapsules for Crohn's Disease; Coconut oil Over-hyped.

Food Ideas

Chocolate Avocado Cake

Yield: about 12-16 servings



<https://bit.ly/3eMM3QX>

This is one of Nicole's most celebrated creations. Remarkably tasty, smooth and "moreish"!

Cake:

5¼oz (150g) avocado, mashed
 2 tablespoons lemon juice
 3 eggs medium
 2oz (60g) erythritol, or to taste
 2 teaspoons vanilla extract
 ½ cup/120ml light coconut milk
 ½ cup/120 ml coconut cream
 1½oz (40g) cacao powder
 7oz (200g) almond flour
 2 teaspoons baking powder

Frosting:

1¾oz (50g) dark chocolate, 85% cocoa solids minimum
 4 tablespoons light coconut milk
 3½oz (100g) avocado, mashed
 1 tablespoon lemon juice
 1 tablespoon cacao powder
 1½oz (40g) or to taste powdered erythritol

General: Blend the total of 8¾oz (250g) avocado (5¼oz, 150g for the cake) and 3½oz, 100g (for the frosting) in a food processor >2

Letter

From: *Caroline Grossmith, England.*



<https://bit.ly/3dsqf2p>

"I have often wondered what you must be thinking.... At last people are cottoning on to things you have been saying for years and years!

Eat what we are designed to eat; allow your body to heal itself; keep a healthy gut – and a healthy mind. I really appreciate your turn of phrase, which wittily conveys complex information in an easily comprehensible, relevant and memorable way. It took only four >3

Quote

Risk and Covid-19

"As a society, we need to accept that there is nothing without risk. The danger in becoming so risk averse as to shut everything down to save lives, is that we fail to live our lives. Our evolutionary history has taught us that, as a population, we will learn to adapt to COVID-19 naturally or through scientific intuition rather than fear. I certainly don't want my future generations to live in a box for the rest of their lives and miss the outside world I enjoyed." *Dr P Ariyaratnam*, [1]
 See: **Covid-19: What Price Life?** and **What is a Life Worth?: March 2020** [2] and **Epidemics in Perspective, Feb 2020** [3]

Forager Anthropology

RIP Frank Marlowe



I was sorry to hear of the death recently of anthropologist Frank Marlowe. I first got to know him in 2011 at the *Evolution and Human Behaviour Conference* in Montpellier, France.

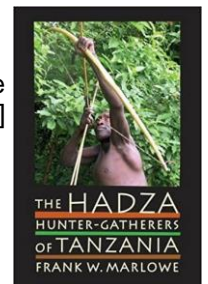
Frank was a long time observer of the Hadza tribe – the ones who still live the traditional hunter-gatherer way in our human homeland, the Rift Valley of Tanzania, east Africa.

At that time Frank asked me to review his newly published book **The Hadza - Origins of Human Behavior and Culture** [4].

I gladly did an Amazon review of this most remarkable work. See [review](#): [5]

This book is truly a Bible to the ethnography of this primal tribe and with terrific lessons for us westerners today. Not long afterwards Frank dropped out of sight although he stayed on my [#BondBriefing](#) list, and several subsequent research articles cited him.

It is only now that we learn that Frank began suffering from Alzheimers in 2013 and died recently at the young age of 65 >3



Food Ideas

Continued from Page 1

Chocolate Avocado Cake

and mix in the 3 Tblsp. Of lemon juice and set aside



Cake:

1. With an electrical hand-mixer beat the eggs with the erythritol and the vanilla extract.
2. Add the coconut milk, coconut cream, cocoa powder, almond flour, baking powder and 5½oz (150g) of the blended avocado and mix well until absolutely smooth and there are no lumps left. Adjust the sweetness to taste if necessary.
3. Bake in a hot oven at 320°F (160°C) for about 45 minutes. Check for doneness.

Frosting: While the cake is cooling

1. Melt the chocolate with the coconut milk in the microwave.
2. Add the 3½oz (100g) of blended avocado to the melted chocolate.
3. Mix in the cocoa powder and combine well. Sweeten to taste.
4. Spread the frosting over the completely cooled cake.

Choose ripe, soft avocados and blend until absolutely smooth. You don't want any green lumps! The frosting is optional, but it does take the cake to the next level. If not, dust the cake with cocoa powder. Store in the fridge. It also freezes well.

Questions

Non-organic Rapeseed Oil?

Q. My local health food store has stopped stocking organic rapeseed (Canola) oil. Is it all right to use the regular sort?

A. Yes, organic is best – but let not the perfect be the enemy of the good! In my view, the fact that it is rapeseed (a 'good' fatty acid) and not a nasty omega-6 oil like sunflower,

corn, safflower or peanut is the **MAIN** consideration.

So use organic rapeseed when you can, regular when you must.

How to put on weight?

Q. I follow the BondPaleo protocols very carefully, but I am concerned about my low weight, I am senior citizen, female, and have a BMI of around 18. How can I put on weight?

A. No need! You have the typical BMI of our female forager ancestors – so you are absolutely **NORMAL** In my view you need do nothing.

For those who genuinely have to put on weight there are two factors.

First, focus on building **MUSCLE**. That means working out. If you lead a sedentary life, you have to spend at least 1 hour a day doing heavy labor or working the weights in a gym.

Second, that means increasing your intake of fat and some protein. I recommend upping your intake of oily fish like salmon, sardines, mackerel, herring and so forth.

It is the same advice as I have given to our Iron-man eventers (e.g. **Patrick Garlepp** [Oct 2016](#) [6]), not that you have to go to that extreme!

Less eating out - less obesity?

Q. There are conflicting reports about how people are either putting on weight or losing weight during the covid-19 lockdown. Your view?

A. This lockdown is an interesting experiment. Many families are now doing much more home cooking and find they are losing weight.

Others are resorting to takeaway, home-delivery meals and putting on weight.

There are many factors at play here. But it adds to the mass of data indicating that restaurant meals are highly fattening and that, eating at home is not only healthier, it adds conviviality and improves feelings of well-being.

Vegetarian: Tofu or Cheese?

Q. To be more Paleo I am trying to eat more fish, but I have problems. I don't really like fish, I worry about mercury and I don't like breaking my meatless diet. Of tofu and cheese, which is the lesser of two evils?

A. Let's unpack two issues here:

a) Mercury: Don't worry about mercury in fish. See: **Mercury in Fish OK (yet again)**, [Feb 2015](#) [7].

b) Tofu or Cheese: This is a choice between the devil and the deep blue sea! Tofu contains plant poisons which, amongst other things, riddle the brain into Alzheimer's (**Legumes, Deadly Harvest**, p 131 [8]).

Cheese raises cholesterol, increases allergies, depresses the immune system, increases inflammation and is associated with osteoporosis, cancers, heart disease and hardening of the arteries (**Milk Group. Deadly Harvest, Ch 3**, p 67 [9]).

On balance, tofu is the lesser of two evils. Just know that we don't worry about mercury in seafood, never eat tofu (to us an unpleasant and bland confection!) yet occasionally indulge in a sinful nibble of a fine Stilton or Camembert...

Viewpoint

Thoughts on Weights & Measures

The topic of different systems of weights and measures comes to a head in our recipes. The systems can be grouped into two categories: 'organic' and 'artificial'.

The 'organic' measures have developed from the ground-up over centuries. They have grown and adapted in harmony with their purpose and have been fine tuned in the light of experience, custom, tradition, and usage.

One example is the American recipe system which uses cups, spoons and inches. Originally established in the early days of the frontier where nothing more sophisticated was available, these measures remain the standard to the present day in American recipe books.

Another 'organic' example is the British Imperial system of pounds, pints, ounces and, yes, spoons and inches. The British housewife, compared to her American counterpart, had readier access to a pair of scales for measuring weight.

In contrast there is the 'artificial' metric system of grams, millilitres, and centimetres. French 'savants' dreamt it up in the 18th C. In 1799 the French revolutionary "Directory"

imposed this system as a top-down, 'grand design' on the populace.

Napoleon came to power shortly after the Directory's decree and he had no love of the metric system. He says:

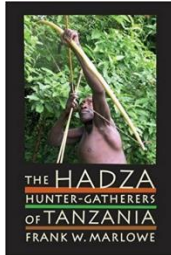
"Nothing is more at odds with the way the mind, the memory and the imagination work." [10]

Next month: Part II. More Napoleon, top-down grand designs, and what of the forager view?

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RIP Frank Marlowe

Over the years, I have quoted Frank's work a lot. Here is a selection: **Eat First, Share Later**, [April 2016](#) [11], **Forager stepfathers**, [Dec 2008](#) [12], **Forager**



Longevity, [Sept 2011](#) [13], **Hadza Forager Energy: Expenditure same as Westerners**, [Sept 2012](#) [14], **Outdoor Life for Eyesight**, [Aug 2013](#) [15].

See also: **Indigestible Fiber Intake**, [Aug 2011](#) [16], **Three Meals a Day - Really?** [Feb 2015](#) [17], **Is Honey all right after all?** [Nov 2014](#) [18],

Continued from Page 1

Letter: Caroline Grossmith

months from hearing your talk 10 years ago to cure my painful hips which gave me sleepless nights and jeopardized my horse-riding



business where I was five hours a day on horseback. It now seems my 62nd year will be the most three dimensionally active yet!

Many of my clients adopted your philosophy with similar results fixing asthma, depression, obesity and much more. Thank you forever from all of them

I hope you are not listening to the news too much, it is so crazy how resistant people are to hearing, accepting and doing what is good for them. Thank you for your work and thank Nicole too - you are an enormous gift to my life, I am eternally grateful!

Book Review (part V)

Stonewylde Novels by Kit Berry

Gollancz, 2011 [19]

From [March 2020](#).

Finishing the review of novels about a community of villagers still living the way of life led by their Celtic-Saxon ancestors.



If the people of Stonewylde had a belief system it was one that venerated Nature and drew inspiration from the memory and deeds of ancestors. This chimes with our forager heritage where peoples like the San and the Hadza have no belief in gods, the supernatural, or an after-life. However, they have a rich set of myths and stories about ancestors, about the sun, moon and stars and a modest range of rituals and taboos. See: **The World until Yesterday**, [June 2013](#) [20].

In a similar way, the Stonewylde people had a similar pattern of talking to that of foragers. In the forager world, "Day talk" was practical whereas "Night talk" was a time for fantasy, ceremony, healing and imaginative creativity. In particular the mesmerising influence of firelight induced a trance-like state. See: **Daylight Talk vs. Firelight Talk**, [Oct 2014](#) [21] and: **Story-telling in Evolution**, [Oct 2009](#) [22]

The social dynamics in Stonewylde mirrored those of hunter-gather society. Without a police force, good behaviour has to be enforced through social pressures. Individual selfishness is suppressed for the good of the band. Antisocial behavior is powerfully stigmatized. There is the tension between good neighborliness and selfish dominance. See: **Policing the Forager Band**, [April 2006](#) [23].

Kit Berry ends her Stonewylde saga with an optimistic view of the future. What is to become of this throwback medieval village co-existing as an oasis in the modern world? As the Magus (Lord of the Manor) observes, "we cannot expose the villagers to the modern world with its rampant consumerism, we'd shatter the

simplicity and harmony of their lives irrevocably".

On the other hand, to the average "outside worlder" who is living in a bleak, soulless, concrete tower block, subsisting on pizzas and canned food, and frazzled with the intense stress of modern life, Stonewylde can offer a therapeutic haven to reconnect with Nature and restore physical health, become mentally well-adjusted, and to rediscover their humanity.

Breaking News

Toiletpaper Stockpiler Personality

We watched in astonishment at the scenes of panic buying of toilet paper at the start of the covid-19 lockdown. What is so important about toilet paper above all else?

Not only us, but researchers wondered: What is going on? They looked at data [24] from 35 countries and correlated the behavior against the six main personality domains of: Honesty-Humility; Emotionality; Extraversion; Agreeableness (versus Anger); Conscientiousness; and Openness to Experience. For more explanation, see ref: [25].

They found that Emotionality is a big factor: that is, those who worry a lot and feel anxious. A second factor is Conscientiousness, which includes traits of 'organization', 'diligence', 'perfectionism' and 'prudence'.

Older people stockpiled more than younger ones, and Americans stockpiled more than Europeans.

But why toilet paper? The authors did not have an answer and say that there are surely many more factors at work which are yet to be uncovered.

My View? I was attracted to this whole phenomenon because it exhibits a trait of the human psyche: the "herd instinct".

This term was invented by the pioneer of marketing, Edward Bernays (Freud's nephew), because he recognised the propensity of humans to 'follow the herd'. It is sufficient to persuade a few "influencers" and the mass of the population follows. See: **Brainwasher Bernays**, [Dec 2003](#) [26]

As I describe in: **Herd Mentality**, [Jan 2008](#) [27], in a forager setting, "doing

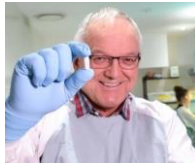
what everyone else does" is very efficient from several points of view. It saves "reinventing the wheel" and, when stalked by a lion, you don't want to be the one on your own.

However, it is an 'evolutionary trap' which makes us behave in ways that are counter-productive in today's world. See: **Editorial: Herd Mentality**, [Sept 2010](#) [28].

So, by a chance process, toilet paper became the focus, the herd instinct took over and everyone chased after it. It could equally have been shoes or sealing wax – or (more healthfully) of cabbages. Ho hum!

'Capsules' for Crohn's Disease

We have spoken often of 'gut dysbiosis' whereby the microbiome in the gut, instead of



working in symbiosis with our body, is undermining it. One outcome is the inflammatory bowel illness called Crohn's Disease.

I have also spoken of the benefits of 'fecal transplants' which populate the diseased gut with 'good' gut bugs from a healthy donor. See: **Fecal Transplants**, [April 2018](#) [29].

Australian fecal transplant specialist, Dr Thomas Borody, has successfully cured Crohn's sufferers with transplants that have lasted decades. He

has now perfected a capsule filled with freeze-dried fecal material from a healthy donor, which he calls a 'capsule' [30]. He says that this can easily be taken orally and avoids disagreeable transplant operations.

My View? So far so good. But I would rather people live and eat like nature intended so that they cultivate **NATURALLY** a good microbiome.

Many studies find that western microbiomes are way out of whack with forager ones. See: **Forager Stools**, [July 2016](#) [31] and **Forager Gut Bugs not like ours**, [April 2014](#) [32].

Also: **Modern Era Microbe Extinctions**, [Dec 2017](#) [33]; **Seasonality of Gut Bugs**, [Sept 2017](#) [34]

Coconut Oil Over-hyped

We have always had an ambivalent attitude to coconut oil, damning it with faint praise. See: **Coconut Oil Mania**, [Oct 2011](#) [35].

Nicole uses it in some recipes, mainly because it can have the consistency of fat at room temperatures.

Now a major study finds that coconut oil significantly increased total cholesterol by 14.69 mg/dL and 'bad' LDL-C by 10.47 mg/dL [36]

The researchers conclude: "From the point of view of risk of cardiovascular disease, coconut oil should not be viewed as healthy, and that it is good to limit coconut oil consumption".

The authors also addressed the fact that the main fatty acid in coconut oil is the saturated fat, 'lauric acid'. Coconut proponents claim that since lauric acid is a 'medium chain fatty acid' (MCHA), then it is innocuous compared to 'bad' long-chain saturated fatty acids like myristic and palmitic acids.

Not so, says JAMA senior editor, Philip Greenland, MD. The body treats lauric acid just the same as the other 'bad' saturated fats.

My View? The major flaw with this line of reasoning is that it pins its arguments on cholesterol levels. It is as though the researchers haven't heard that the USDA pronounced back in 2015 that: "Cholesterol is no longer a nutrient of concern". See: **USDA Guidelines 2015-2020**, [Jan 2016](#) [37]. This follows on earlier studies such as: **Cholesterol Hypothesis Debunked**, [May 2016](#) [38] and **Cholesterol Levels mean little**, [March 2009](#) [39]

So my view remains the same: coconut oil is not a miracle nutrient and that we just use it when its properties are particularly convenient.

Spreading the Word

All speaking events are cancelled until further notice

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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1 Salisbury Review, 23 April 2020.

<https://bit.ly/2BmBA0a>

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

3 <https://bit.ly/37Zm06U>

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5 <https://amzn.to/2H70kIE>.

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10 Napoleon Bonaparte, Memoirs of the History of France Vol 4, H. Colburn & Co, 1824. ISBN-13: 978-0461097825.

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20 <http://bit.ly/2Fu4IE8>

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