



Droushia Village, near Polis

Map: <http://goo.gl/maps/rB53r>

**FRIDAY NOVEMBER 29<sup>TH</sup> at 6:30 PM**

**Illustrated Talk**

**Our ancient past programmed us for a long life  
lived in good shape to the end**

**How it went wrong, why we get diseases like  
cancer & heart disease and what we can do about it.**



**GEOFF BOND**  
**Nutritional Anthropologist**

A Buffet meal will follow at the special price of €14.00 per person. Please call 26-332200 for bookings. Accommodation can be booked at the special rate of €40.00 per person for half board in a double room.

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**IN THIS TALK:** Geoff will focus on:

- Our human origins and the lifestyle designed for us by our evolutionary past.
- The way we live today is a sharp mismatch with this ancestral lifestyle.
- The ways in which this mismatch gives rise to so-called “diseases of civilization”.
- How we can live today to work in harmony with the way our bodies recognize.
- Practical ways of mobilizing the body’s defenses and powers of self-repair so as to avoid the lifestyle diseases like cancer and heart disease, or if we have them, to favor maximum remission.

**Geoff Bond, M.S., M.I.C.E., M.I.L., M.I.T.I.**, graduated with honours in applied sciences from London University, and completed post graduate professional qualifications in 1968.

Geoff spent his early career living and working in remote African villages, where he widened his earlier studies in anthropology, biochemistry and evolutionary human development. An independent researcher for more than 20 years, Geoff has stayed at the cutting edge of this new science of evolutionary lifestyle anthropology.

From his insights on human origins and our ancient nutritional heritage, Geoff has become a recognized authority on what it means to be human in lifestyle terms. He explains how we know these things, what is going wrong today and what we can do about it.

Geoff contributes his revolutionary message to the health policy panel of the think-tank Reform and in his lectures to medical and general audiences both in USA and Europe.



**Geoff’s website:** [www.geoffbond.com](http://www.geoffbond.com)

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