

# P3A

PAPHOS THIRD AGE



## **ILLUSTRATED TALK APRIL 30, 2011**

### **Our Ancient Past Programmed us for a Long Life and 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.

#### **LECTURE NOTES**

For our next speaker we are very fortunate to have Geoff Bond, the Evolutionary Lifestyle Anthropologist, and author of the reference work on the subject, [\*Deadly Harvest\*](#). This could be a life changing experience!

Geoff lectures regularly to medical and general audiences both in USA and Europe. He is a member of the health panel for the UK think-tank “Reform”. His message is revolutionary and cutting edge.

Geoff has just returned from his annual speaking tour in America. His lectures for hospital physicians educate them in the link missing in conventional medicine: how to advise the patient after they have patched up the lifestyle disease (e.g. cancer, heart disease, arthritis, osteoporosis, etc.). After the lecture physicians are able to:

- Insist with patients that many of their medical problems are self-inflicted and that the patient has control over the progression or remission of the disease.
- Advise patients on the lifestyle patterns which support recovery and prevent relapse

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

- Our human origins and the lifestyle and feeding patterns to which we are still naturally adapted.
- The way we live today is a sharp mismatch with this ancestrally hard-wired lifestyle.
- The ways in which this mismatch gives rise to so-called “diseases of civilization”.
- How we can align our lifestyles 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.

## RESOURCES

- Geoff Bond's website [www.geoffbond.com](http://www.geoffbond.com) ([www.naturaleater.com](http://www.naturaleater.com))
- Geoff Bond's monthly *Bond Briefing* – a non commercial, pure intelligence, update on the latest thinking in evolutionary lifestyle anthropology. Normally by subscription, attendees of the talk are offered free access for 6 months. Send an email to Geoff Bond at [geoff@geoffbond.com](mailto:geoff@geoffbond.com). (We hate junk mail and promise not to spam you or abuse your email address in any way.) View a sample copy at <http://bit.ly/news-2011-01>
- Geoff Bond's latest book, *Deadly Harvest* ([www.deadlyharvest.com](http://www.deadlyharvest.com)). Copies available at the talk.

## MORE ABOUT GEOFF BOND

An applied science post-graduate of London University, Geoff spent his early career living and working in remote African villages where he widened his studies in evolutionary human development. He is one of a small breed of scientists bringing unique insights to human health. They peer back in time to see how nature forged both our bodies and our minds to live in a particular kind of way and then to describe how we don't do it anymore -- and why it matters.

Many of our lifestyle habits, some of which we have been taught to think of as healthy, actually undermine our bodies' ability to function properly causing illness and disease.

---

If you would like to come along to hear Geoff's talk and presentation on **Saturday 30th April** at the **Coral Star Restaurant**, Coral Bay please reserve a place by email to: [denise1.holt@gmail.com](mailto:denise1.holt@gmail.com). Or telephone 26940839

**A refreshment ticket will be given to you for Euro3 upon arrival for you to submit to the bar from 9.45am. Geoff's talk and presentation will start at 10.30am and, allowing for Q&A, will finish at approx. 12 Noon.**

With all good wishes,

**Denise Holt**  
**P3A Social and Publicity**