



The Bond Effect The Bond Effect The Bond Effect

The Science and Art of Living the Way Nature Intended

The Bond Briefing

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Christmas: Last-minute Gift! **Cancer Watch:** Breast-cancer Healthy Lifestyle Works. **Evolutionary Psyche:** Fifth of Second to Fall in Love. **Thoughts from the Savanna:** Memorizing Life's Essentials. **Christmas Recipe:** Kim's Seasonal Carrot Cake. **Questions:** Sprouted Spelt Bread; Hard Water and Calcium; Menopause Strategies; Grapeseed Oil Status; Vitamin D Supplement View; Gallstone Prevention; Canned Fish vs. Fresh Fish. **News From the Labs:** Fish Oils Reduce Gum Disease. **Health Policy:** Palliative Care Better for Cancer. **Events:** USA Tour February-March 2011. **Hints & Tips:** Cod Liver: Load up on Fish Oil.

Christmas

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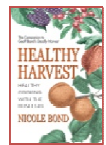
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Cancer Watch

Breast-healthy Lifestyle Works

Having a family history of breast cancer can lead some people to wonder if their risk is out of their control. However, a study of more than 85,000 postmenopausal women observed that regular physical activity, maintaining a healthy weight, and drinking less alcohol lowers breast cancer risk for women with, and without a family history of the disease [1].

"It's important to note that a family history of breast cancer can arise due to unhealthy behaviors that have been passed down for generations," say the researchers.

My View? Just so! See "**Bad Genes Don't Doom Us**", [April 2010](#).

Evolutionary Psyche

Fifth of Second to Fall in Love



When a person falls into passionate love, within one fifth of a second, 12 areas of the brain have released a cascade of euphoria-inducing chemicals such as dopamine, oxytocin, adrenaline and vasopressin [2].

Passionate love, just like cocaine, triggers the reward part of the brain.

Clearly such a visceral and instantaneous response must have ancient evolutionary origins – and it must have a purpose.

Certainly it defeats parents' efforts to arrange a marriage. Hunter-gatherer societies battled with it, the Vikings struggled with it (next article) and it is the stuff of drama from Romeo and Juliet to the Hindu soaps.

In the end, our genes strongly manipulate us to mate with the person of their choice. And that choice is based on what they (the genes) think will get them into the next generation.

See: '**Masculinity and Mating Strategy**', [Aug 2006](#); '**Ancient Mating Urges**', [Nov 2002](#).

Thoughts from the Savanna

Memorizing Life's Essentials



I've just finished re-reading the Sagas of the Icelanders [3]. These are the extraordinary stories surrounding the first Vikings to colonize (in the 9th century) Iceland and then Greenland. They even had an outpost, 'Vinland', in New England, USA.

The sagas are down-to-earth tales of the colonists' intrigues, vicissitudes, exploits, hopes, tragedies, triumphs and dreams. Their world of ice and snow, of watery summer sun and perpetual winter night could hardly be further removed from our savanna homeland.

Yet the constants of the human condition are still there: in-group, out-group relations; challenges of law-making and self-policing; dignity and honor; blood-lines and loyalty; male violence and female manipulation; love and dynasty; poetry and art – and many more.

But today I just want to focus on one aspect. The Vikings had, just like our Pleistocene ancestors, an oral society. They had no writing – anything important had to be learnt by heart. **Cont: p 4**

Christmas Recipe

Recipe submitted by Kim Lloyd of [Crendon Skin Clinic \[4\]](#). We featured Kim in [November 2009](#).



We pass this recipe on as we received it and will do our own trials in time for Christmas! We will be happy to credit Kim with this recipe when we publish our next cookbook.

As always, we welcome your recipe ideas and give you full credit for them.

Seasonal Carrot Cake



3 cups almond flour
1tsp baking soda
1tbsp cinnamon
1tsp nutmeg
1/4 cup mild olive oil
1/2 cup agave nectar
5 large eggs
3 cups grated carrot
1 cup raisins
1 cup walnuts

Topping

1/4 cup agave nectar
1 egg white
lemon juice to taste

Preheat oven to 375 °F
Grease two 9" dia. cake tins with oil, and dust with almond flour.

In a large bowl combine almond flour, baking soda, cinnamon, and nutmeg.

In a medium bowl, whisk together oil, agave nectar and eggs.

Stir mixture into dry ingredients and combine. Add carrots, raisins and walnuts. Divide mixture into cake tins.

Bake 25-30 mins. until a toothpick inserted into the centre comes out clean. Let cakes cool for an hour.

In a small saucepan over medium heat bring the agave nectar to the boil, stirring frequently. Lower heat and simmer for 4-8 minutes until nectar darkens to amber.

In a large bowl whip up the egg white to stiff peaks and then slowly add agave nectar and lemon.

Use as sandwich filling between the two cakes, and as a frosting.

My Comment: At this time of year we can let things go a little - and with this recipe it truly is only a little.

The agave syrup is basically liquid fructose, which is 40% sweeter than sugar, so a total of $\frac{3}{4}$ cup does seem a lot. We will try reducing it. The carrot is a bit glycemic - but who's counting?

But when all is said and done, this cake follows the fundamentals: no flour, no butter, no sugar - that's pretty good, and it looks good too - enjoy!

Questions

Sprouted Spelt Bread

Q. *I have found a sprouted bread made by Sunnyvale UK which uses spelt rather than wheat. It claims to be low glycemic too. What do you make of it?*

A. Spelt is just an ancient variety of wheat and it has no intrinsic advantages.

The sprouting removes most of the gluten, which is a move in the right direction. However this increases its dry-weight starch percentage from 64% to 70%. This belies the claim that it is low glycemic; indeed Sunnyvale provides no evidence for their claim, which I regard as spurious.

In my view this bread is no improvement over other sprouted breads. See my

review of this subject in **'Sprouted Bread'**, [Sept 2009](#).

Calcium and Hard Water

Q. *I thought that drinking hard water would be beneficial because of the calcium content. But now I hear it's the wrong sort of calcium. Is that true?*

A. No, the calcium is just the same. A great many studies on hard water suggest that it can be helpful, particularly with regard to acid/base balance, bone mineralization and bone health [5].

However it is not only the calcium in hard water: other dissolved minerals such as magnesium [6], silicon [7] and zinc are equally valuable [8].

On the other hand, contrary to earlier reports, hard water seems not to have a beneficial effect on arteriosclerosis [9].

It is all very well to consume calcium but, as always, it all depends what the body does with it!

With the wrong signals, the body could be depositing calcium in the wrong places - like calcified heart valves, calcium spurs in joints, or in kidney stones.

And the wrong signals come from the other lifestyle errors that I talk about so much - for which see **'Osteoporosis'**, page 266, [Chapter 9](#), Deadly Harvest.

Menopause Strategies

Q. *I am experiencing all the menopause symptoms and am desperate to find relief without using medication. I have tried many things with little or no results. Any recommendations?*

A. Yes. Please check out first **'Menopause'** [August 2006](#) and **'The Menopausal Woman'** in Deadly Harvest, [Chapter 7](#), page 184' (click on the links).

They are the best summary of my advice - live like we say! Western lifestyle makes symptoms worse and returning to our primitive ways will reduce them.

More recent studies reinforce: a) the importance of a good intake of omega-3 [10] and, b) the importance of high levels of physical activity [11].

See also '**Cohosh Futile for Hot Flashes**', [Jan 2007](#)

Grapeseed Oil Status

Q. *I have a new gluten-free cookbook which uses grape seed oil in the recipes because "it's low in cholesterol and has a neutral flavor." I guess you could substitute olive oil but is grapeseed oil OK?*

A. Grapeseed oil is a potent omega-6 oil and we wouldn't use it. So yes, olive oil would be better – or even cooking grade rapeseed oil (Often sold in supermarkets as 'vegetable' oil – but do check the ingredients).

See my article: '**Grape Seed Oil**', [February 2002](#).

Vitamin D Supplement View

Do you think Dr Cannell's views www.vitaminCouncil.org on vitamin D supplementation are on the mark?

He lists many studies showing beneficial effects. Is the science of vitamin D supplementation improving? What if one doesn't have access to sunshine or sun-tan beds?

A. Dr Cannell provides an eloquent summary of the ambiguities and unknown factors in trying to second-guess the body's need for vitamin D.

There is no doubt that vast swathes of the population are vitamin D deficient. So any supplementation is going to make a difference.

But it is also easy to overdose. So how much is the right amount for you? As Dr Cannell says, how much vitamin D you need varies with: age, body weight, percent body fat, latitude, skin color, season of the year, use of sunblock, sun exposure, physical activity levels, and whether you are sick with something. (Phew!)

He comes to the only possible conclusion: that the only way to manage supplementation is to have regular blood tests for vitamin D status.

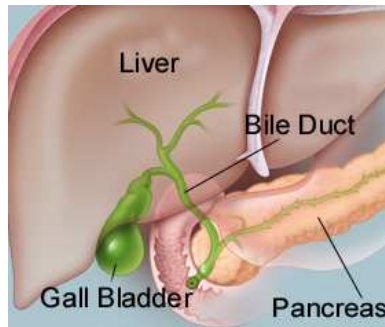
So it's either that or get the sunshine (from tanning beds if necessary) and let the body do the deciding.

And don't forget, vitamin D is only one aspect of sunlight's bounty. Sunlight also provides an 'unidentified factor' which blocks autoimmune disease, e.g. multiple sclerosis [[June 2010](#)], it regulates the body clock, and it peps up mood.

I know which I prefer!

Gallstone Prevention

Q. *My mother had gallstones and had to have her gall bladder removed. Is there anything I can do to prevent it happening to me?*



A. Yes. Gallstones are a disease of lifestyle – so the first thing is: don't live like your mother!

The gall bladder serves as a reservoir for bile digestive juices made in the liver from cholesterol. They are also the main route for the body to expel excess cholesterol.

In addition, recent research suggests that the gall bladder has other functions, such as the production of insulin [12].

Most gallstones are of the 'cholesterol' type and that is what I am talking about here.

So what is unhelpful? Saturated fats [13]; insulin resistance and a high glycemic diet [14]; being fat, and having poor bowel movements (low dietary fiber intake) [15]; high bean and lentil intake [17].

What helps? Good levels of physical activity [16]; Good intake of omega-3 fatty acids [17] and of magnesium [18]. Also helpful: garlic and onion intake [19]; moderate caffeine and alcohol intake [20].

It all adds up to living like we say: physical activity allied with a diet that is low glycemic, high micronutrient, high plant food, correct fatty acid profile, and which eschews dairy and legumes.

Canned Fish vs. Fresh Fish

Q. *Does canned fish (e.g. salmon) have the same content of 'good' fish oil as fresh fish?*

A. Yes. Just know that, whether canned or fresh, farmed fish (so far) has less good oil than canned or fresh wild fish.

See '**Farm Fish vs. Wild Fish**' [March 2007](#).

News Shorts

Fish-oils Reduce Gum Disease

In a study on over 9,000 people, those who had the highest consumption of fish oils had 20% less periodontal disease than those on average consumption [21].

The effect is due to omega-3's role in suppressing inflammation.

Health policy

Palliative Care Better for Cancer

Patients with incurable lung cancer and given palliative care had a better quality of life and lived longer than those getting standard aggressive chemo- and radio-therapy [22].

Patients were half as likely to suffer from depression, had mild treatment yet lived on average 2.7 months longer.

My View? It's a mistake we tend to make: to think of the body as a machine and, if something goes wrong, we have to go in with spanners and screwdrivers.

On the contrary, it is a vital, throbbing organism with immense powers of survival. Sometimes it's best just to stop meddling and let the body do the work only it knows best.

Events – Advance Notice**Jan 2011**

Private Consultations & Talks

Feb 2011 - March 2011

Speaking Tour USA

CME - CPD lectures for doctors

April 30 2011

P3A lecture, Paphos, Cyprus

Hints and Tips**Cod Liver: Load up on Fish Oil**

In today's food environment it can be tough to keep intake of omega-3 up at good level. See 'Fish Oil Dosage', [April 2009](#).



Cod liver products are an excellent source of fish oils, plus of course, vitamin A and

vitamin D (see Vitamin D Supplements, p 3). A 2-oz serving (half a can) is plenty.

Canned pâté and livers are mainly produced in Scandinavia and are readily available in parts of Europe. In the English-speaking world, the Internet is probably a better source, e.g. www.danishfooddirect.co.uk.

**From Page 1
Thoughts from the Savanna****Memorizing Life's Essential**

Contracts between two parties required witnesses who committed to memory the terms of the agreement.

The laws of the land were memorized by everybody and recited annually in open assembly by a specially appointed "law-speaker".

Everybody knew their ancestry back for many generations and

related it, whenever they met a stranger, to find common blood-ties – just like any San Bushman, South Sea Islander or New Guinea Tribesman [23]. The sagas themselves are a prime example: children learnt them by heart, just like Aborigines learn their song-lines [songs that function as maps and must be learnt by each generation], San Bushmen their morality tales – or, in the Muslim schools, children memorize the entire Koran. Today, we hardly commit anything to memory – not even our multiplication tables! Have we lost anything as a result? Philosopher George Steiner opines that original and creative thought is impossible without having learnt by heart a "ballast" of cultural knowledge and lore.

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