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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

Human Mentality: Psychedelics in Perspective (6). **Ancestral Health:** Bowel Movement Frequency & overall Health. **Male Behavior:** What makes a 3-legged lion make the longest, crocodile infested, swim on Record? **Our Ancestral Feeding Pattern:** Paleo diet benefits for Diabetics. **News Shorts:** Erythritol & Blood clots again; Bed-sharing with baby OK; Low Magnesium damages DNA. **Pseudoscience Watch:** The noises people make in bed .
Feedback: Diane Lewis.

Human Mentality

Psychedelics in Perspective (6)

Last month we saw how some authorities think that psychedelics, by improving social awareness and cognition, were the glue that held societies together.

In contrast, concerned with the psychedelic-inspired anti-government counter-culture, President Nixon made psychedelics illegal in 1970. This put a stop to research into the benefits of psychedelics.

Since the mid-2000s the authorities have licensed carefully supervised clinical trials of psychedelics. The idea is that they might be useful in medical situations.

However, BigPharma is not interested in financing such studies since the main psychedelics, psilocybin (magic mushroom) being a naturally occurring substance is unpatentable, and the patents on LSD ran out decades ago.

So studies have been small and slow to get authoritative enough to be approved for medical use.

Nevertheless, psychedelics (of which psilocybin and LSD are the most studied) are coming up with promising uses for many psychiatric disorders.

One of the most advanced and successful is for depression, notably 'treatment resistant' depression [1]. Psychedelics are also effective for anxiety [2], particularly for people with terminal cancer:

"High-dose psilocybin produced large decreases in clinician- and self-rated measures of depressed mood and anxiety, along with increases in >4

Ancestral Health

Bowel Movement Frequency and overall Health

A study of healthy volunteers set out to investigate the relationship between frequency of bowel movements and consequences for health [3].

They categorized bowel movement frequency into four groups: constipation (one or two bowel movements per week), low-normal (between three and six bowel movements per week), high-normal (between one and three bowel movements per day), and diarrhea (four watery movements per day).

Under 'normal' frequency. 'good' bacteria in the gut ferment dietary fiber producing beneficial compounds such as 'short chain fatty acids' (SCFAs) like butyrate and propionic acid.

However, if the stools stick around in the gut too long, the dietary fiber gets all used up at which point 'bad' bacteria take over and ferment proteins. This produces several toxins that can make their way into the bloodstream.

These toxins create mischief, notably attacking kidney function. They are also associated with inflammation and damage to the nervous system leading to disorders such as Alzheimers, depression and anxiety.

See: **Gut Bugs affect behavior, mood, brain**, Jan 2017

In contrast, diarrhea undermines liver function and can also induce mood disorders.

My View? This study highlights the importance of having a 'normal' frequency of bowel movements. >3

Male Behavior

What makes a 3-legged lion make the longest, crocodile-infested swim on record?



<https://bit.ly/4dsdvRE>

Answer? Women! What else!

A pair of lion brothers have made the longest swim ever recorded for their species – about 1 mile (1.6 km) across hippo and crocodile-infested waters [4]. One of the lions had only 3 legs –having lost the fourth in a poacher's steel trap.

The brothers crossed the Kazinga Channel, at night, in Queen Elizabeth National Park, Uganda, to reach lionesses they could hear calling from 1¼ miles (2 km) away.

My View? As Darwin delicately put it in his chapter **Sexual Selection** in his post **Origin of Species** work **The Descent of Man** [5]: "The males of almost all animals have the stronger passions than the females... the females on the other hand are less eager than the male."

Our Ancestral Feeding Pattern

Paleo Diet benefits for Diabetics

As promised last month [6], we report on a study on the benefits of a true Paleo diet.

The experiment was carried out in Sweden on people suffering diabetes [7]. They used a Paleo diet on them for 12 weeks. >2

News Shorts

Erythritol & Blood Clots again

In: **Excess Erythritol & Blood clots, March 2023** [8] we reported on the surprising discovery that erythritol intake massively raised concentrations in the blood which, in people at risk of heart attack or stroke, had their risk doubled.

Now, the same team reports the results of a similar experiment on **HEALTHY** volunteers [9].

They find that blood clotting was increased leading to a raised risk of thrombosis.

The researchers opine that the designation of erythritol as a "Generally Regarded as Safe" (GRAS) food additive should be reconsidered.

Moreover, they: "would argue it is safer to drink a [sugar]-sweetened drink than an erythritol-sweetened drink in a patient at risk for clotting and having a heart attack or stroke"

My View? We don't condone sugar-sweetened drinks either.

Meanwhile this study reinforces the original findings which suggest that we should use erythritol parsimoniously and certainly avoid glugging it in the quantities found in some soft, 'diet' drinks.

See also: **Xylitol Linked to CVD, June 2024** [10].

Sunbeds are all right after all

20 years ago, in **Tanning Salons are useful, Aug 2004** [11] I was already opining against the demonization of tanning beds:

"We all need sunlight -- **ARTIFICIAL IF NECESSARY**. Don't be freaked out by the alarms of conventional medicine-- we just need to exert common-sense -- and avoid over-reddening."

Now an authoritative UK study finds that those who used sunbeds, had a 15% reduction in all deaths, a 23% reduction in CVD deaths, and 14% reduction in cancer deaths [12].

Prof Chris Dibben, from the University of Edinburgh said: "Our paper shows that relatively higher

exposure to UV is good for your health.

"Though there may be a small risk of skin cancer (but no increase in death) this risk is vastly outweighed by the huge reduction in the risk of death from cancer and CVD.

"Sunlight boosts bones, reduces inflammation, strengthens the immune system, and improves cognitive function and glucose metabolism.

"UV light also helps regulate the body clock, keeping sleep and other biological rhythms in sync, which is crucial to health and longevity."

The researchers also noted that, while UK is a relatively low sunlight country, those living in the sunniest part (Cornwall) had improved sunshine-induced health compared to those living in gloomier parts such as Glasgow.

My View? For eons our ancient ancestors lived, stark naked, under a tropical sun. Our bodies expect sunlight to be there and without it things go wrong and sickness becomes more likely.

See also: **Sunbeds OK after all, Feb 2018** [13]

Bed-sharing with baby OK

A UK study found no association between bed-sharing at 9 months and childhood emotional or behavioral problems [14].

Dr Bilgin of the Department of Psychology, University of Essex, UK, said: "Despite the ongoing debate about the potential long-term harms and benefits of bed-sharing, parents can rest assured that as long as it's practiced safely, bed-sharing is unlikely to have any negative impact on children's emotional and behavioral development."

My View? Phew! An outbreak of common sense! As Prof. Darcia Narvaez, University of Notre Dame, Indiana, passionately explains in **The Evolved Nest, Oct 2023** [15], new-borns need full-time body contact for the first years of life.

Babies are born totally helpless and remain so for the first months of life. Any separation from their carer triggers a panic that, if maintained, undermines the baby's healthy mental development.

Throughout the eons of our forager past, babies slept with their mothers and that is a practice that is right for us too.



<https://bit.ly/3XG2czH>

Aboriginal woman sleeping with her baby on her breast.

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Paleo Diet benefits for Diabetics

They found that, on average, subjects lost 6.7 kg (15 lb) of fat, improved insulin sensitivity by 45%, HBA1c (a measure of blood sugar levels) decreased by 1.1%, and leptin (a fat control hormone) decreased by 42%.

"We conclude that the Paleolithic diet is a powerful tool to improve fat mass and metabolic balance including insulin sensitivity, glycemic control, and leptin in individuals with type 2 diabetes."

The researchers go on to opine: "The reduction of carbohydrates with a high glycemic index may be an important part of the beneficial effects of this diet." [Our view? Just so!]

The diet was based on consuming lean meat, fish, seafood, eggs, vegetables, fruits, berries, and nuts.

They excluded cereals, dairy products, legumes, refined fats, refined sugars, and salt. The amount of food consumed was mostly unlimited.

However, they restricted the following: eggs (1–2/day but a maximum of 5/week), potatoes

(1 medium sized/day), dried fruit (130 g/day), and nuts (60 g/day). Rape-seed or olive oil (maximum 15 g/day) and small amounts of honey and vinegar were allowed as flavoring in cooking.

Participants were instructed to drink mainly still water. Coffee and tea were restricted to a maximum of 300 g/day (one standard mug per day), and red wine to a maximum of one glass/week.

My View? Basically, an excellent depiction of the standard Paleo eating pattern even if rather strict on tea, coffee and wine!

And of course, it had the desired effect on people with type 2 diabetes.

This result mirrors that of the study made by Australian professor Kerin O'Dea. She carried out a landmark experiment in the 1980s on a band of middle-aged Type II diabetic Australian Aboriginals [16].

She returned them to the bush to live in their traditional hunter-gatherer ways. After just seven weeks, they had got their diabetes under control. See our report in **Food for Diabetics**, [Aug 2013](#) [17].

But the fundamental message is that the Paleo Diet is right for **EVERYONE!**

Low Magnesium Damages DNA

An Australian study [18] found a strong link between low magnesium blood levels and high amounts of homocysteine. (Homocysteine is a toxic amino acid which, amongst other effects, can disrupt DNA.)

This toxic combination damages the body's genes, making people more susceptible to Alzheimer's and Parkinson's disease, gastro-intestinal diseases, a range of cancers, and diabetes.

My View? I have written extensively about magnesium and deficiency in the modern western diet. See: **Magnesium Deficiency Anxiety**, [Oct 2015](#) [19].

But there is no excuse for being magnesium deficient. This mineral is present in chlorophyll – so just

eat up your greens! But you don't need to focus on spinach or curly kale.

Magnesium is present in useful amounts in just about everything we eat on a paleo eating pattern – from sardines to walnuts, from raspberries to kiwi, avocados and dark chocolate. So it will all add up to comfortably exceed the minimum intake of 420 mg/day.

For a brilliant review paper on the '**Multifaceted and widespread pathology of magnesium deficiency**', go to this link on my website: <http://bit.ly/1kDYmm5> [20]

See also: **The Magnesium Solution for High Blood Pressure** by **Jay S. Cohen MD**, [Jan 2005](#) [21]

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Bowel Movement Frequency and overall Health

The authors make a nod to the conventional wisdom: eat plentiful fruit and vegetables for their fiber, good physical activity, and good hydration.

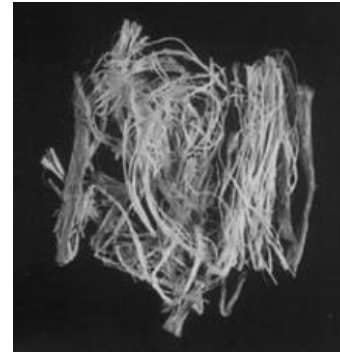
But it seems to me that bowel movement frequency is not as simple as that. Modern advice is to consume at least 30g of fiber per day. That is quite hard to do.

Modern plant foods (fruits, salads and vegetables) are quite low in fiber – around 3g per 100g. That would mean an intake of some 1kg (2.2lb) per day to achieve 30g fiber per day. (Some foods like tree nuts and avocado have higher content with some 6g to 8g fiber per 100g.)

But is 30g per day enough? In the 1970s, the Irish researcher Dr Denis Burkitt found that rural Africans passed stool that was up to five times greater by mass, had intestinal transit times that were more than twice as fast, and ate 3 to 7 times more dietary fiber (60–140g versus 20g) than their Western counterparts. See: **Constipation – Part I**, [Dec 2019](#) [22].

And this points up one major element that is missing in modern plant food: **ROUGHAGE**. That is the matter that is not digested by

anything, including gut bacteria. It just passes all the way through the digestive system and comes out the other end unchanged.



<https://bit.ly/4gLRvnJ>

This is an image of a quid of roughage spat out by a Hadza forager after prolonged mastication of a tuber. But this is just the visible part. An equivalent amount was swallowed by the forager. See: **Indigestible Fiber Intake**, [Aug 2011](#) [23].

At the time of writing, I have no easy answer to how we can ingest good amounts of indigestible stringy fiber. See also: **Forager Stools**, [July 2016](#) [24] [25].

Secondly, something we can do little about: a virus infection. It can depress gut motility, see: **Viruses kill Gut Motility Neurons**, [Nov 2018](#) [26] and **Herpes/Chronic Constipation Link**, [July 2016](#), [27]

Pseudoscience Watch

The noises people make in bed

To my astonishment I discovered from the journal **Evolution and Human Behavior** that there is a website: orgasmsoundlibrary.com where people can upload sounds of their orgasms.

Even more astonishing is that a researcher, Andrey Anikin of Lund University, Sweden, thought it worthwhile to make a study of these sounds [28].

In a full-length paper, replete with charts, graphs and scatter plots, Anikin finds that: "Sexual vocalizations become longer, louder, more high-pitched, voiced, and unpredictable at orgasm in both men and women.

"Men are not less vocal overall, but women start moaning at an earlier stage; speech or even minimally verbalized exclamations are uncommon... Human sexual vocalizations likely include both consciously controlled and spontaneous moans of pleasure, which are perhaps best understood as sounds of liking rather than signals specific to copulation."

The kicker: Anikin admits that it was impossible to know if any of the uploaded sound files were faked, or due to masturbation or, indeed, of heterosexual couples.

My View? This paper has a playful amusement value, but it cannot be considered a serious scientific study. The data on which it is based is fundamentally unreliable: it is impossible to know how much

of it is genuine, and how much is fake, make-believe, or fantasy.

Feedback

From Diane Lewis, Wyoming.

I miss seeing you [in USA] greatly, but I enjoy your newsletters tremendously.

The Bond Briefing has confirmed my belief that, if we lived the way nature intended (like you say) we could all do better, feel better, perform better.

Since it's the only life I've got, I choose to live it the way nature intended, or as close to it as I possibly can.

Thank you for opening my eyes to such a great possibility. It's truly a great adventure!

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Psychedelics in Perspective (6)

... quality of life, life meaning, and optimism, and decreases in death anxiety.

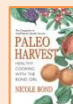
At 6-month follow-up, these changes were sustained, with about 80% of participants continuing to show clinically significant decreases in depressed mood and anxiety." [29].

Psychedelics have also shown help with PTSD [30]; Addiction [31]; Obsessive-compulsive disorder [32,33]; quenching inflammation [34]; ADHD [35]; and Alcoholism [36].

Next month: Tying psychedelics to our forager past.

Paleo in a Nutshell: Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nutshell.com

email: admin@NaturalEater.com



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