



The science & art of living the way nature intended

# The Bond Briefing

www.thebondeffect.com | Subscribe: \$18 for 12 monthly issues



RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Human Mentality:** Psychedelics in Perspective (7). **Question of Month:** Blue Zone Longevity a Myth? **Q&A:** Washing Fruit & Vegetables; Rheumatoid Arthritis; Anti-inflammatory Diet Nixes Dementia; Irritable Bowel Syndrome (IBS) Treatment; Do Microbes cause OCD? Ketogenic Diet and Treatment of Pancreatic Cancer. **Evolutionary Upbringing:** Narvaez Blog – Modern Child Humiliation to exert Control.

## Human Mentality

### Psychedelics in Perspective (7)

*Last month* we saw how psychedelic drugs can be useful in various aspects of brain health: depression, anxiety, PTSD, ADHD, addiction, alcoholism, OCD and more.

We have come a long way from the initial enquiry ([March 2024](#) [1]) from paleo-orthodontist Dr Kevin Boyd, whom we have featured on several occasions, (e.g. **Malocclusion & Poor Impulse Control**, [May 2023](#) [2]).

The focus has been on psilocybin ('magic mushrooms') and LSD based on books by Michael Pollan [3] and Brian Muraresku [4]. We have bypassed other psychedelics such as DMT (ayahuasca), MDMA (ecstasy) and mescaline.

So what would our ancient forager ancestors make of this? One thing is striking: psychedelic experiences are common amongst hunter gatherers.

They find it necessary to disperse what the foragers call "star sickness", where tensions take over a group of people and cause "jealousy, anger, quarrels, and failures of gift giving." These behaviours pull people apart and damage unity. "Trance dancing" mends the social fabric "as it releases hostility".

As reported in **Myths & Rituals, Deadly Harvest, Chapter 8** [5] page 221: "The men describe their experience as a process of death and rebirth. "You give up what you are, give up your identity, enter the unknown, willingly going into fundamental mysteries and so enter the state of transcendence".

Interestingly, experiments find that a rhythmic drumming of 99 beats per minute are most conducive to inducing a mental state of "unity and disembodiment" [6]. It would be interesting to know if this is the beat adopted by foragers in their "trance-dance."

Secondly, seemingly, humans have had access to psychedelic drugs since the dawn of time. In particular the 'magic mushroom' psilocybe is common and widespread in our east African homeland.

Indeed two new species have just been discovered in Kwa-Zulu Natal in southern Africa [7]. These mushrooms were being used routinely by traditional healers of the Basotho tribe from the mountain kingdom of Lesotho.

This raises the interesting question: are we naturally evolved over eons to depend on psychedelics for healthy brain function?

Some might say that the world is suffering "star sickness" and what is missing is that experience and release of losing one's identity to merge into a feeling of oneness with the universe,

Personally, the only mind-altering drug I have indulged in is alcohol which, by all accounts, is no substitute for the healing powers of the psychedelic experience.

My view is that this is an open question, so I am all for the free study of psychedelic drugs, notably of psilocybin, the magic mushroom drug available for eons to our ancient ancestors. The caveat, as always, is that, for safety, it is used in the right 'set' and 'setting'. >4

## Question of Month

### Blue Zone Longevity a Myth?

**Q.** *The Blue Zone hypothesis is based on the lifestyles in places which, allegedly, have the highest percentages of centenarians and supercentenarians (110 years old and more). What do you make of these studies [8] [9] which find that many of these claims of extreme old age are exaggerated and fraudulent?*

**A.** In **Longevity Myths, July 2014** [10] I quoted the editor of **The Guinness Book of Records**, Norris McWhirter, as saying: "No single subject is more obscured by vanity, deceit, falsehood and deliberate fraud than the extremes of human longevity."

So it comes as no surprise that some of the Blue Zone extreme age claims are shaky. Indeed, the originator of the Blue Zone concept, French demographer Michel Poulain worried that the data for one of the Blue Zones, Okinawa, was corrupt and called for it to be thoroughly investigated [11]. See also: **Greek Centenarians: Facts and Fallacies, Oct 2009** [12].

The other Blue Zones of Ikaria, Greece; Nuoro Province, Sardinia; and the Nicoya Peninsula, Costa Rica, suffer from similar weaknesses in longevity records [13].

All these communities are isolated, poor and closely knit. They follow a Mediterranean or plant- & fish-based diet, they have a busy domestic life with energetic chores.

The Blue Zone Diet assumes that common dietary factors have been identified and that following the diet will make us live longer. > 2

## Questions

Continued from Page 1

### Blue Zone Longevity a Myth?

... According to Dr Harriet Hall [14], "That appears to be a false assumption based on speculation, misinformation, and wishful thinking, not on science" [15].

Having said all that, the chief marketer of the Blue Zone way of life, Dan Buettner, does espouse some lifestyle principles that we can agree with.

The diet eschews factory and junk food in favor of meals prepared from fresh, basic ingredients grown locally. Sugary sodas are banned in favor of wine, coffee and teas. Plentiful physical activity from being up-and-doing most of the day. Plentiful sunshine, good social connectedness, and an easy-going low stress lifestyle.

So even if they don't lead to extreme longevity, compared to the standard western lifestyle, the Blue Zone precepts are more likely to lead to a long **HEALTHY** life expectancy, avoiding the diseases of civilisation like cancer, heart disease, dementia and so forth.

A life spent in good health until the end is the priority I place on studies of peoples like the Japanese and the Cretans. See: **Japanese Longevity and Health**, and **The Cretans**, [Deadly Harvest, Chapter 4](#) [16], pp 92,93. See also: **Sardinian Centenarians, 2002-11** [17] and **How to Live to 100 and More**, [2008-03](#) [18].

### Washing fruit & Vegetables



**Q.** What do you make of the American authorities recommending washing fruit & vegetables only in running tap-water? The [Centers for Disease Control and Prevention](#)

[19], and the [Food and Drug Administration](#) [20], both recommend washing produce with running water and not other solutions, including vinegar or commercial produce washes.

*They say: "Produce is porous. Soap and household detergents can be absorbed by fruits and vegetables, despite thorough rinsing, and can make you sick. Also, the safety of the residues of commercial produce washes is not known and their effectiveness has not been tested."*

**A.** This goes to show how we must always challenge our assumptions!

When I was growing up the only soap we had was basic "Castile soap" – pure sodium stearate – and we used that (or washing soda), for washing the dishes. And the common wisdom was that, if it is safe for washing dishes, then it is safe for washing fruit and vegetables too – which it was.

I carried this mentality right through till now, although of course switching to dishwashing (washing-up) liquids when they started to come in during the 1960s. Since then, I have been using a spray of dishwashing liquid diluted 10 to 1 with boiled water to wash fruit & vegetables.

But your question has made me dig deeper into the whole issue. Even though I take care to choose a dishwashing brand like Ecover Zero which is 'Free From' perfumes, allergens, and toxic bactericides like triclosan (see: **More Triclosan Mischief**, [Sept 2012](#) [21]) I see that Ecover Zero's ingredients, although 'Generally Recognized as Safe' (GRAS), are a litany of chemicals many of which, including 'sodium lauryl sulfate', should be restricted to tiny amounts. See the full list here [22].

**My View?** On the one hand, I have survived 60 years of highly diluted modern washing-up liquids to clean my fruit and vegetables; on the other hand, what could be easier than flushing fresh produce under a stream of tap-water? I'll give it a try!

### Rheumatoid Arthritis

**Q.** I've suffered from rheumatoid arthritis for many years. Medications keep it under control, but can your Paleo diet help?

**A.** In a word, yes. Even though rheumatoid arthritis is an auto-immune disease (so almost impossible to fix at source) the symptoms – mainly inflammation, swelling, and pain – can be alleviated – which is all that medications do anyway.

The main culprit is **INFLAMMATION** and the most potent **ANTI-INFLAMMATORY** is omega-3 fish oils. So load up on fatty fish like salmon, sardine, herring and so forth (at least one portion a day) and ruthlessly strip out the inflammatory omega-6 oils like sunflower, safflower, corn (maize), and peanut oils.

At the same time omega-3 oils reduce **SWELLING** and **PAIN** sensitivity.

A second feature is a good intake of polyphenols (micronutrients), notably ones from berries such as blueberries.

A third feature is good sunshine exposure, notably of its production of good vitamin D levels.

Finally avoid allergens like gluten (from anything made from wheat, rye, and barley) and lactose (from most dairy products).

Indeed there is a plethora of studies supporting this scenario:

**Favor:** an anti-inflammatory diet [23] (see later), omega-3 oils, Mediterranean diet, vitamin D [24], vitamin C, polyphenols and fibre [25].

**Avoid:** Red meat, salt [26], gluten, and lactose. [27] [28].

**Bottom Line.** All this adds up to the BondPaleo eating pattern as the way to go to minimize the symptoms of rheumatoid arthritis. See: **Paleo Diet Reduces Inflammation**, [Oct 2017](#) [29].

See also: **Rheumatoid arthritis**, [Deadly Harvest, Chapter 9](#) [30], page 248.

Of course, if you do go on the program, do it in consultation with your doctor. There may even be a need to modify your medications.

### Anti-inflammatory Diet



There is no formal definition of an anti-inflammatory diet but this is Harvard Health's version [31].

#### Anti-inflammatory foods

- fatty fish-like salmon, mackerel, sardines
- tomatoes, olive oil
- green leafy vegetables, such as spinach, kale, and collards
- nuts like almonds and walnuts
- fruits such as strawberries, blueberries, cherries, oranges

#### Inflammatory Foods

- refined carbohydrates, such as white bread, cereals, pastas, and pastries
- French fries and other fried foods
- soda and other sugar-sweetened beverages
- red meat (burgers, steaks) and processed meat (hot dogs, sausage)
- saturated fats like butter, margarine, shortening, and lard

Note: some sources cite **alcohol** as inflammatory too and other bad lifestyle factors are **obesity** and **smoking** [32].

See also my review of **Nancy Appleton's** book, **Stopping Inflammation: Relieving the Cause of Degenerative Disease**, [Oct 2004](#) [33].

### News Shorts

#### Anti-inflammatory Diet nixes Dementia

In a study of 84 342 older adults with cardiovascular disease (CVD), those on an anti-inflammatory diet (AID) had a 31% lower risk of dementia compared to those with a pro-inflammatory diet [34]. See **Anti-inflammatory diet** this page.

In addition, those with the anti-inflammatory diet, had significantly larger gray matter volume and significantly lower burden of white spots known as "white matter hyperintensities". White spots can be a cause for concern, including strokes or multiple sclerosis (MS). However, other explanations are not alarming, such as vitamin deficiencies or migraines [35].

**My View?** A useful confirmation that living the way nature intended is the way to go for good brain health. See **Brain Health**, [Deadly Harvest, Chapter 9](#) [36], page 251.

#### Irritable Bowel Syndrome (IBS) Treatment

One way of dealing with IBS is to consume a 'low FODMAP diet'. That is one that eliminates "Fermentable Oligo-saccharides, Di-saccharides, Mono-saccharides, and Polyols". Also, gluten and lactose are avoided.

This diet requires an encyclopaedic knowledge of what is in everything we eat. For example, oligo-saccharides are a component of fibre from plant tissue and are present in asparagus and onions.

Polyols are more familiar to us as compounds such as maltitol, sorbitol, and xylitol.

Now a study finds that there is a much simpler way of achieving the same benefit: cut out sugar and starches! [37]. In addition, avoid highly processed food, sweet treats, and ready meals.

Says researcher Bodil Ohisson of Lund University, Sweden, "It's how everyone should eat, not just those with IBS."

**My View?** Just so!

#### Do Microbes cause OCD?

A study published this year, [38] in which a team at Shanghai Jiao Tong University, China, transplanted fecal gut bugs from humans with OCD into mice.

Two weeks later, the mice began to exhibit repetitive behaviours and signs of anxiety compared with animals that didn't receive a transplant.

The researchers also found inflammation in a key brain area implicated in OCD called the "*medial prefrontal cortex*". The inflammation was probably due to the accumulation of a substance called "*succinic acid*" driven by the transplanted microbes.

This not only indicates that gut microbes might be a causative factor in OCD, but opens up potential routes to treating the condition through diet or manipulation of the types of microbes in our digestive system.

**My View?** Could inflammation in the brain be a factor in OCD? If so, can gut dysbiosis (bad bugs) be one of the causes? So many questions and so much to find out.

Do foragers suffer from OCD? Seemingly not. They are universally described as well-adjusted and at ease with themselves in ways that are rare in Western societies. (see: **Jared Diamond** in **The World until Yesterday**, [Aug 2013](#) [39] and **Daniel Everett** in **Childhood: Forager Indulgent or Modern Discipline? Part II**, [Oct 2011](#) [40].

#### Ketogenic Diet and Treatment of Pancreatic Cancer

Pancreatic cancer is notoriously difficult to treat. A new drug, "*eFT508*", still in clinical trials, shows some promise.

However, to the surprise of researchers, the drug was far more effective, and the tumors shrank, when the experimental mice were put on a ketogenic diet [41]. See **Ketogenic Diet Revisited**, [Jan 2024](#) [42]

The ketogenic diet starves the cancer of sugars to feed on, so the cancer switches to gorging on fat. That is where the new drug comes in: it blocks the ability of the pancreatic cancer to feed on fat too. So the cancer dies off.

**My View?** Wow! This is a big deal. It is a remarkable and innovative example of how lifestyle improvements can go hand in hand with conventional medicine to the

mutual benefit of both in their fight against pancreatic cancer.

**Continued from Page 1**

### Psychedelics in Perspective (7)

That is to say, just as in forager days, the subjects are mentally prepared for the forthcoming experience, and then to have their 'trip' under the supervision of an experienced healer.

So my thanks go to Dr Boyd for opening my eyes to this, for me, an unexplored area of forager lifestyle: the ubiquity of psychedelic drugs in their daily lives. Can it be that the magic mushroom, psilocybe, is an essential feature of the Paleo way of life? Stranger things have been!

**Bonus:** for an enlightening discussion on psychedelics see evolutionary psychologist, **Dr Jordan Peterson** in conversation with champion podcaster, **Joe Rogan** at: <https://bit.ly/3NHNVxl>

### Evolutionary Upbringing

#### Narvaez Blog - Modern Child Humiliation to exert Control

We have reported in the past about Dr. Darcia Narvaez, of Notre Dame University, Indiana, and her research, into what she calls 'The Evolved Nest' [Oct 2023](#) [43]

Her basic thesis is that babies are born, helpless, into an intricate web of support ("The Evolved Nest") which, in the case of westerners, we have largely lost – to the

detriment of children's psychological health and harmonious social connectedness.

Dr. Narvaez writes a regular blog, some articles of which, if you ignore the slanted "academia-Newspeak" [44], can throw a new angle onto our work.

A recent article entitled **Child Humiliation** speaks of how: "Fundamental to totalitarian systems ... an individual's spirit is ideally broken in babyhood ... for later obedient conformity to the hierarchical system. Parents in the USA break their children's spirits usually without realizing what they are doing..."

Read the whole thing here: <https://bit.ly/48jZcOg>.

**Paleo in a Nutshell:** Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. [www.paleo-nut-shell.com](http://www.paleo-nut-shell.com)

email: [admin@NaturalEater.com](mailto:admin@NaturalEater.com)



**Paleo Harvest Cookbook:** Over 170 delicious, Bond Precept conforming recipes [www.paleo-harvest.com](http://www.paleo-harvest.com)



mob +357 99 45 24 68 **Skype:** gvlbond

1 <https://bit.ly/3WBJ9ra>

2 <https://bit.ly/3pDd3x6>

3 How to Change your Mind, 2018, ISBN-13: 978-0141985138

4 The Immortality Key, 2021, ISBN-13: 978-1250281500

5 <http://bit.ly/ch-8>

6 Relationship between neural entrainment and altered states of consciousness & electronic music. Raquel Aparicio-Terrés, bioRxiv 2024.01.16.575849; doi: 10.1101/2024.01.16.575849

7 van der Merwe, B., Two novel Psilocybe species from southern Africa and African traditional hallucinogenic mushroom use. Mycologia, 116(5), 821–834. DOI: 10.1080/00275514.2024.2363137

8 Supercentenarians and the oldest-old are concentrated into regions with no birth certificates and short lifespans, Saul Justin Newman, July 16, 2019, bioRxiv 704080; doi:10.1101/704080

9 Supercentenarian and remarkable age records exhibit patterns indicative of clerical errors and pension fraud. Saul Justin Newman. March 2024, bioRxiv 704080; doi: <https://doi.org/10.1101/704080>

10 <https://bit.ly/1yEuKuN>

11 Poulain, Michel. "Exceptional Longevity in Okinawa: A Plea for

in-Depth Validation." *Demographic Research*, vol. 25, 2011, pp. 245–84. JSTOR, <http://www.jstor.org/stable/26349664>. Accessed 22 Oct. 2024.

12 <https://bit.ly/1y8Z2lg>

13 Rosero-Bixby, Luis (2023-10-18), The vanishing advantage of longevity in Nicoya, Costa Rica. *Dem Res.* 49 (27): 723–736. doi:10.4054/DemRes.2023.49.27. ISSN 1435-9871.

14 Harriet Hall, MD (The SkepDoc) writes about pseudoscience and questionable medical practices.

15 Hall, Harriet (October 12, 2021). "Blue Zones Diet: Speculation Based on Misinformation". *Science-Based Medicine on Misinformation*. <https://bit.ly/3YoR1vv>

16 <http://bit.ly/1omEi2m>

17 <https://bit.ly/46nXIWI>

18 <https://bit.ly/2qpL5gk>

19 <https://bit.ly/4fq1RZa>

20 <https://bit.ly/4f63dsc>

21 <https://bit.ly/1LK0yVI>

22 **Ecover Zero ingredients:** Water, sodium lauryl sulfate, lauryl glucoside, glycereth-6 cocoate, coco-glucoside, lactic acid, sodium chloride, sodium octyl sulphate, alcohol, citric acid, sodium citrate, isopropyl alcohol.

23 Vadell AKE, Anti-inflammatory Diet in Rheumatoid Arthritis. *Am J Clin Nutr.* 2020 Jun 1;111(6):1203-1213. doi: 10.1093/ajcn/nqaa019.

24 Gioia C, Dietary Habits and Nutrition in Rheumatoid Arthritis: *Nutrients.* 2020 May 18;12(5):1456. doi: 10.3390/nu12051456.

25 Dourado E, Diet as a Modulator of Intestinal Microbiota in Rheumatoid Arthritis. *Nutrients.* 2020 Nov 14;12(11):3504. doi: 10.3390/nu12113504.

26 Gioia C, Dietary Habits and Nutrition in Rheumatoid Arthritis: *Nutrients.* 2020 May 18;12(5):1456. doi: 10.3390/nu12051456.

27 Guagnano MT. Improvement of Inflammation and Pain after Three Months' Exclusion Diet in Rheumatoid Arthritis Patients. *Nutrients.* 2021 Oct 9;13(10):3535. doi: 10.3390/nu13103535.

28 Bruzzese V. Efficacy of gluten-free diet in patients with rheumatoid arthritis. *Reumatismo.* 2021 Jan 18;72(4):213-217. doi: 10.4081/reumatismo.2020.1296. PMID: 33677948.

29 <https://bit.ly/2MQ0mXO>

30 <http://bit.ly/DH-Ch9>

31 <https://bit.ly/4e7PBeC>

32 <https://wb.md/4hj0RHT>

33 <https://bit.ly/1r4ffmQ>

34 Dove A. Anti-Inflammatory Diet and Dementia in Older Adults with CVD. *JAMA* 2024;7(8):e2427125. doi:10.1001/jamanetworkopen.2024.27125

35 <https://bit.ly/4fkfTvo>

36 <http://bit.ly/DH-Ch9>

37 Bodil Roth. A Starch- and Sucrose-Reduced Diet Has Similar Efficiency as Low FODMAP in IBS. *Nutrients*, 2024; 16 (17): 3039 DOI: 10.3390/nu16173039

38 Zhang, YD., Human microbiota from drug-naive patients with obsessive-compulsive disorder drives behavioral symptoms and neuroinflammation via succinic acid in mice. *Mol Psychiatry* 29, 1782–1797 (2024). DOI: 10.1038/s41380-024-02424-9

39 <https://bit.ly/1NbWBUu>

40 <https://bit.ly/2xEDOgN>

41 Haojun Yang, Remodelling of the translome controls diet and its impact on tumorigenesis. *Nature*, 2024; DOI: 10.1038/s41586-024-07781-7

42 <https://bit.ly/3UXwkgq>

43 <https://bit.ly/3TEeEPW>

44 George Orwell, "1984"