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# The Bond Briefing

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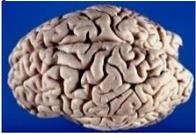


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

**Human Mentality:** McGilchrist - Savanna-bred brains subverted by Western reductive thought (4). **Health Policy:** RFK Jr. to shake up Medico-Industrial Complex. **Human Upbringing:** How Children learned in a state of nature. **Food Ideas:** Koyo Bowl (Wagamama). **Q&A:** Plant Toxins in Yams, Sweet Potatoes? **News Shorts:** Low step-count link to Depression. **Human Mentality:** More Psychedelic Therapies. **Human Behavior:** Dr Narvaez - The Science of Gender.

## Human Mentality

### Savanna-bred brains subverted by Western reductive thought (4)



<https://bit.ly/41kzbey> <https://bit.ly/3BORhwb>

Continuing insights from psychiatrist & neuroscientist, Dr McGilchrist's (cr [1]) majestic work [2]

[Last month](#) we saw how in the western world, Left Brain thinking, by reducing the complexity and richness of life to a stripped-down assembly of mechanical parts, is upsetting the natural order where the Right Brain would take charge and provide depth, context and **MEANING** to the lived experience.

#### Gendered Brains

McGilchrist, as a clinical psychiatrist and neuroscientist, has spent a lifetime studying subjects, some with mental disorders, and tying their behaviors into brain activities as measured by MRI scans for example.

Much can be learnt from patients who have suffered some kind of brain damage, for example from physical injury, strokes or tumors. Others are simply born with parts of the brain atrophied or missing. This is a vast subject and McGilchrist has interesting things to say about schizophrenia and autism for example. That is for a future episode. Today I will look at what he has to say about male/female brains. (See also **The Science of Gender**, p3)

Says McGilchrist, "striking sex-differences in functional >p3

## Health Policy

### RFK Jr. to shake up Medico-Industrial Complex



<https://bit.ly/4bfe4Pr>

In **American Health Crisis Roundtable**, [last month](#), I highlighted the role of Robert F Kennedy Jr (RFK).

He has led a decades-long battle to break the stranglehold that powerful crony capitalist interests have over the American food supply.

Their corrupting influence has resulted in a population, including children, getting massively sicker, fatter, and diabetic. Life expectancy, fertility, and the immune system's capabilities are plummeting.

President Trump picked RFK to 'drain the swamp' of the Medico-Industrial complex. He put him forward as Health and Human Resources Secretary for approval by the Senate.

In spite of being a lifelong Democrat, RFK's candidacy was fiercely opposed by the Democrat caucus. Perhaps not surprisingly since BigPharma and other powerful vested interests have friends in Congress.

Indeed, in a steamy exchange with Bernie Sanders, RFK accused many congressmen present of >p3

## Human Upbringing

### How Children learned in a state of Nature

Unlike kids in the United States, hunter-gatherer children in the Congo Basin learn how to hunt, identify edible plants and care for babies by the tender age of six or seven. So states a study [3] from Dr Sheina Lew-Levy [4], whom we have met several times before, see:

**Forager Kids Play Learning**, [March 2024](#) [5].

"This rapid learning is facilitated by a unique social environment where cultural knowledge is passed down not just from parents but from the broader community.

"The broad informal learning network in hunter-gatherer societies is made possible by intimate living conditions.

"Small camps, usually consisting of 25-35 individuals living in homes a few feet from each other, create an environment where children can observe and interact with a wide range of people.

"This allows them to learn essential skills, including caring for infants and cooking as well as hunting and gathering, through a process that is often subtle and nonverbal.

"Children learn the importance of equality and autonomy by observing the behavior of adults and children around them. They are not coerced into learning but are given the freedom to explore and practice skills on their own, fostering a deep understanding of their culture."

**My View?** Dr Lew-Levy is treading a well trodden path, see: >p4

## Food Ideas

### Koyo Bowl (Wagamama)



<https://bit.ly/4h2crGb>

It is not obvious how to choose a meal in a Japanese restaurant which doesn't include rice or noodles – but this is one of them!

In my innocence I thought that a koyo bowl was the name of a Japanese dish. It is actually the name of the bowl itself, co-opted by Wagamama, an international chain of Japanese-style cuisine to describe their particular dish.

Their koyo bowl dish contains: shredded raw beetroot, shredded carrot, shredded cucumber, shredded mooli (a mild-flavored winter radish), sliced red radish, and edamame (soy beans), all served on a bed of mixed leaves.

Needlessly to say, with the exception of the soy beans, this is a magnificent presentation of some 12 oz (340g) of raw plant food (“crudités”). The purist can have the edamame (soy bean) omitted.

What is wrong with soy-bean? See: **Legumes, Deadly Harvest, Chapter 3** [6] p. 65.

Briefly, soy contains at least 15 allergens, of which three are considered “major”. Soy is also strongly linked to cancers, senile dementia, thyroid disorders, pancreatic problems, and disrupted hormone function.

Even so, in our view, the occasional intake of soy is acceptable within the “80-15-5” rule where, if 80% is spot on, then 15% can be slightly off, and 5% can be a severe lapse. See: [Jan 2020](#) [7].

Meanwhile this dish is served, optionally, with a fillet of grilled salmon. This will provide a good ration of protein and of omega-3 fish

oils. See, amongst many others: **High omega-3 fish oil, low omega 6 beats prostate cancer, Dec 2024** [8].

## Questions

### Plant Toxins in Yams, Sweet Potatoes?

**Q.** Your potato article [last month](#) was surprising, for example keeping them in the dark to avoid them producing toxins.

*Do yams and sweet potatoes carry the same risk?*



Yellow Yam

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

**A.** You do well to make a distinction between ‘yams’ and ‘sweet potatoes’ since in the USA, they can both be called ‘yams’.

As for toxicity the varieties of yam and sweet potato used for human consumption are, as far as we know, free of toxins.

Indeed, when we lived in West Africa in the 1960s, we ate yams, chipped, mashed, and so forth as a substitute for potato (we didn't know any better then!). And we survived without any ill effects.

On the other hand, both yams and sweet potato are glycemic and are best avoided.

## News Shorts

### Low Step-count link to Depression

Compared with fewer than 5,000 steps per day, reaching 5,000 or more steps per day was associated with fewer depressive symptoms. In addition, counts above 7500 steps per day were associated with a 42% lower prevalence of depression. So finds a Spanish study published in the US doctors' journal, JAMA [9].

Improvements in depressive symptoms increased up to 10,000 steps per day. However, **ANY** level of

physical activity is better than nothing, because even low physical activity levels showed protective associations.

**My View?** This study made no distinction between men and women. But no matter, for both sexes, throughout the millennia of evolutionary history, being ‘up and doing’ was an omnipresent fact of life. Eventually our mentalities came to rely on it being there and, if it isn't, things go wrong. See:

**7,000 Steps per day “Good enough” Oct 2021** [10].

**Paleo-conforming Physical Activity, Sept 2018** [11]

## Human Mentality

### More Psychedelic Therapies In Psychedelics in Perspective (6), Aug 2024

[12], I highlighted the research finding that psychedelics, notably the ‘magic mushroom’ psilocybin, are effective treatments for many mood disorders. Here are three more studies:

**Doctors' Depression:** A University of Washington School of Medicine, Seattle, USA, study finds that psilocybin therapy resulted in a significant, sustained reduction in symptoms of depression experienced by clinicians after frontline work during the COVID-19 pandemic [13].

The findings: “establish psilocybin therapy as a new paradigm of treatment for this post-pandemic condition.”

**Cancer:** in cancer patients, “Psilocybin-assisted psychotherapy (PAP) significantly improved anxiety, depression, interpersonal sensitivity, hostility, obsession–compulsion and psychosomatic disorders without inducing any lasting phobia, paranoia or psychosis [14].

**Alcohol addiction:** Alcohol addiction withers many positive personality traits. In contrast, treatment with PAP (Psilocybin-assisted psychotherapy) improved addicts' mental health generally [15].

There were decreases in neuroticism, depression, and impulsiveness; and increases in

extraversion, openness to feelings, and openness to fantasy. According to the researchers, these features, notably the reduction in impulsiveness, help alcoholics overcome their addiction.

**Generally:** Most study participants experience profound alterations in perception, emotions, and sense of self, often including experiences that are felt to be of great personal and spiritual significance.

Because psilocybin raises blood pressure and heart rate and can sometimes cause overwhelming psychological effects, researchers caution that: "it should only be used in controlled settings and in conjunction with medical and psychological evaluation and careful preparation."

**My View?** Magic Mushrooms remain illegal in most jurisdictions and it is only with special dispensation that studies are authorized at all.

However, as I opined in **Psychedelics in Perspective (7), Sept 2024** [16], magic mushrooms seem to have played a part in our evolutionary history. "Can it be that the magic mushroom, psilocybe, is an essential feature of the Paleo way of life? Stranger things have been!"

**Human Behavior**

*Evolutionary anthropologist, Dr Narvaez [17] writes a weekly blog. We highlight from time to time her articles of interest to us.*

**The Science of Gender**

In this blog [18] Dr Narvaez makes the point that chromosomes (XY or XX) define whether the fetus will develop a male (XY) or a female (XX) body. Normally they also define whether the boys will have a male (XY) brain, and girls have a female (XX) brain.

These brain transformations depend on flash-floods of powerful hormones that take place in the womb and again at puberty.

However, says Dr Narvaez, sometimes things go wrong, and a few individuals end up with a male brain in a female body and vice-versa.

**My View?** The most interesting thing is that Dr Narvaez is stating out loud that there is such a thing as a male brain and a female brain, and that they are different. (See **Gendered Brains**, p1.)

This is in flat contradiction of the post-modernist view that gender is a social construct and that brains are all the same. Will Dr. Narvaez suffer disgrace and peer cancellation?

**Continued from Page 1**

**RFK Jr. to shake up Medico-Industrial Complex**



... receiving a total of \$ billions from the pharmaceutical industry. See: [https://youtu.be/29tu5nr7\\_-s](https://youtu.be/29tu5nr7_-s)



*"I appreciate your offer, but I'm afraid that I'm already bought and paid for." CartoonStock.*

<https://bit.ly/43d6gM0>

In the teeth of vicious opposition, RFK was finally confirmed as health chief and as such will oversee 13 divisions and agencies including the U.S. Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDC), and the National Institutes of Health (NIH). In addition, he will head up a new, Trump-created commission called 'MAHA' (Make America Healthy Again).

RFK early pronouncements included his intention to "end the childhood chronic disease epidemic"; and his observation that "77 percent of young Americans would not qualify for the military" and that "the U.S. cannot be a strong nation if it has a 'weak citizenry.'"

On a matter of detail, he noted that the top item bought by recipients of the 'SNAP' food stamp program

(designed to help poor people feed themselves) was sugar-sweetened sodas!

Any previous attempts to limit food stamps to healthy foods alone were viciously and successfully opposed by the beverage industry, junk food industry, supermarkets and corner shops.

RFK has come under criticism because of his alleged anti-vaxxer stance. I have followed many of his statements in full on the issue. He takes the view that governments have no business forcibly injecting its citizens and that taking a vaccine should be a matter of individual choice. Even so, he did have his own children vaccinated at the time.

RFK also has a justifiable skepticism about the safety of vaccines. Contrary to governments' pronouncements during the Covid pandemic, all vaccines do carry some risks, and RFK incurred opprobrium for pointing this out.

For an overview of RFK's platform watch the first 10 minutes of this video from the **American Health Crisis Roundtable:**

<https://www.youtube.com/live/2iWE465RCOK>

**Continued from Page 1**

**Savanna-bred brains subverted by Western reductive thought (4)**



asymmetry [between left and right hemispheres] do exist" and that "men have greater functional asymmetry than women."

As an example, men are more likely to display verbal deficits after Left Brain damage, and non-verbal deficits after Right Brain damage. In contrast women do not suffer the same predictability of deficits.

In addition, women's brains show greater connectivity **BETWEEN** the two brains, whereas male brains show greater connectivity **WITHIN** each brain. All told this means that the "hemispheres are more

specialized in the male than the female brain.”

These differences translate into sex-differences in a wide range of areas. Males are more reliant on the Right Hemisphere than females in decision-making, working memory, spatial orientation, special attention, face perception, verbal and musical creativity, emotional processing, and appreciation of beauty.

These differences reflect how evolution has programmed men and women for different roles – for provisioning, the workplace, safety and protection, and in mothering and child rearing. I have already spoken of many of these, see:

**Working Patterns**, [Deadly Harvest, Chapter 8](#) [19], page 201;  
**Workplace: Gender Differences**, [Oct 2021](#) [20]  
**Male/Female Wayfinding Update**, [March 2021](#) [21]  
**Male-Female Pairing Evolved to lock in Male Protection for Kids**, [Sept 2014](#) [22]  
**Women Emote more Intensely than Men**, [Feb 2015](#) [23]  
**Men-Women Personality Chasm**, [March 2012](#) [24]  
**Maternal Instinct is Female**, [Aug 2019](#) [25]

### Separate Gender Roles Beat Gender-neutral Neanderthals, [Jan 2007](#) [26]

Only in 'language', which is the province of the Left Brain, do males and females give equal weight and priority to Left Brain function.

In this regard, as noted in **Part 1, Oct 2024** [27], this only applies to the LITERAL use of language. The left hemisphere: “largely fails to understand metaphor, myth, irony, tones of voice, jokes, and poetry” which are the province of the Right Brain’s imagination and creativity.

[Next Month](#): More on the male/female brain.

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### How Children learned in a state of Nature

... **Childhood**, [Deadly Harvest, Chapter 8](#) [28], p 218, and also Dr Darcia Narvaez in ‘**The Evolved Nest**’ **Review (I)**, [Oct 2023](#) [29]. Even so, it is another brick in the wall confirming how, in a state of nature, children learn the skills of life through play and through osmosis from the surrounding adults. Nevertheless, we live in a world today where many skills do not come naturally and need to be TAUGHT.



Steven Pinker cr. [30]  
<https://bit.ly/41k8B5v>

For example, cognitive psychologist Steven Pinker in his book **The Language Instinct** [31] notes that nature has programmed human toddlers to learn their mother tongue by absorption from the people around them but, in contrast, that they need to be TAUGHT how to read and write their native language.

With that caveat a) there is a consensus that there is a catastrophic decline in unstructured play and social learning and, b) the feeling that schools have become indoctrination centers of the “ideological possessed” to the detriment of the teaching of basic skills, like the “three Rs” (reading writing & arithmetic).

See: **Nixing “Nature Deficit Disorder”**, [May 2018](#) [32], **Gen Z Climate Anxiety**, [April 2024](#) [33], **Active at 5, Healthy at 11**, [Aug 2009](#) [34].

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1 Rebel Wisdom, CC BY 3.0, <https://commons.wikimedia.org/w/index.php?curid=76267498>.

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17 of Notre Dame University, Indiana, researches ‘**The Evolved Nest**’. See: [Oct 2023, https://bit.ly/3TEeEPW](#)

18 <https://bit.ly/3QuKN9W>

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