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# The Bond Briefing

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**Human Mentality:** Psychedelics in Perspective (2); Gen Z Climate Anxiety. **Frontiers of Human Behavior:** EHBEA Conference 2024 – Carbs reduce Facial Attractiveness. **Quote:** Isaac Asimov. **Evolutionary Behavior:** Infant Day-care poor substitute for Mom-care. **News Shorts:** Waist-to-Height ratio detects obesity in youngsters best; Farmed Salmon Fish-food for us; “Why are so many young people getting cancer?”; Doctor misdiagnosis in US hospitals leads to death & injury; Home Fecal Testing Caution, **Quote:** Red Skelton.

## Human Mentality

### Psychedelics in Perspective (2)

Last month we started looking at psychedelic medications at the suggestion of Paleo dentist, Dr Kevin Boyd, of Chicago, USA, particularly with reference to two books: [1,2]. We continue:

The magical trance dance is integral to the customs and beliefs of the Bushman. Also known as the healing dance, this ritual brings together the entire community. While the community members maintain rhythm through clapping and chanting, the healers and elders, who lead the ceremony, dance around the fire, stamping, clapping and mimicking animals. The exertion, accompanied by hyperventilation, induces a powerful trance-like state in which they can enter the spirit world. The dance has a number of functions from healing sickness to dispelling the “star-sickness” which causes ill-will, anger, arguments and jealousy.

So that is inducing trances by physical exertion – trances which left the subject with the sense that he had lost his individuality and became one with the universe – “becoming one with God” as some would say.

What about psychedelic plants? The San used several [3]:

- *Loranthus oleifolius* facilitate a trance state of “kia”. *Loranthus* contains scopolamine which has psychoactive properties.
- “*Naiego*” or *Indigofera flaviscuns* .
- *Plurnbugo zeylancia L.* which contains substances that have a stimulant and narcotic action on the central nervous system. > p 3

## Human Mentality

### Gen Z Climate Anxiety



“They say AI could kill humans within two years. On the plus side, we can stop worrying about climate change.”

Credit: [Matt, Daily Telegraph](#)

A Curtin University, Perth, Australia, study of ‘Gen Z’ youngsters (born 1995-2010) finds that 80% of them are anxious about climate change [4].

“Climate anxiety manifests as disturbing thoughts, overwhelming distress about future climate disasters and the continuing fate of humanity and the world. It can also translate into feelings of fear, insecurity, anger, exhaustion, powerlessness, and sadness.”

**My View?** Climate change happens and in Australia itself the Aboriginals 20,000 years ago had to cope with the seas advancing by 3 miles a year in the Gulf of Carpentaria as the ice melted at the end of the last Ice Age, and sea levels rose 400 feet (120 meters). See: **The Flood and our Forager Forebears**, [June 2020](#) [5].

Why are Gen Z particularly affected? One thing is Social Media, as so well explained by Jonathan Heidt [6] in his book **The Anxious Generation: How the Great Rewiring of Childhood > p 4**

## Frontiers of Human Behavior

### EHBEA Conference 2024



Geoff absorbed in a lecture

<https://bit.ly/4bB4s0X>

Last month I mentioned meeting up with Dr Claire Berticat and Dr Michel Raymond at the conference in Montpellier, France.

Even though they were too involved with managing the conference to give any lectures, I think it is interesting to highlight a paper that they and their team have just published in the prestigious journal PLoS One:

### Carbs reduce Facial Attractiveness

This is a complex study [7] with many variables:

- 3 meals: breakfast, afternoon tea, and a “between-meal” snack
- High carb vs low carb meals
- High calorie vs low calorie meals
- Male vs Female subjects.

So I will focus on the essential factor for us: **REFINED CARBOHYDRATES** (starches and sugars). The study found that: > p3

## Quotable Quote

“Science gathers knowledge faster than society gathers wisdom.”  
*Isaac Asimov, professor of bio-chemistry and science fiction writer.*

### Evolutionary Behavior

#### Infant Day-care poor Substitute for Mom-care

The UK think tank Civitas studied the claim that “universal infant education’ is a way to “give every child the best start in life”.

Governments amongst other authorities believe that: “this will improve infant’s educational outcomes, reduce social inequality; and also that it will empower women and boost the economy by enabling more mothers to go to work.”

However, Civitas found that: “of 40 studies reviewed, not a single one was able to demonstrate a clear and lasting benefit for children under 3 of attending childcare rather than being cared for by their own parents [8].

“The claim that universal childcare from a young age gives every child “the best start in life” is simply not backed up by evidence.”

Says study author Dr Maria Lyons, “At a time when the political consensus is in favour of babies and toddlers spending less time with their families and more time being “educated” by the state, this report provides a vital counter to claims about childcare that do not stand up to scrutiny.”

**My View?** To my mind there is something dystopian in the desire of governments to wrench young infants from their mums in order to institutionalise them in an impersonal day-care facility and turn the mums into wage-slaves.

We note that Dr Lyons is also research director for the campaign group *Mothers at Home Matter* [9]. Even so she talks a lot of sense.

See: [last month: Childcare in a State of Nature, March 2024](#) [10].

### News Shorts

#### Waist-to-height ratio detects obesity in youngsters best

In [Waist-Height Ratio Beats BMI, July 2017](#) [11], we saw how this ratio beats BMI (Body Mass Index) in measuring the amount of excess

fat in adults. This is in contrast with BMI which doesn’t distinguish between fat and muscle.

Now a study finds that the same criterion works for children and adolescents too [12].

According to the study a normal waist-to-height ratio is 0.45 and a ratio of 0.53 (or more) definitely indicates excess fat.

**My View?** Excess fat in youngsters is a growing problem today – so it is good to have a rapid, easy-to-use method of catching it early. But it is hard to get doting parents to do anything about it! However, for the future health of the child it is essential that the parents do get a grip.

#### Farmed Salmon Fish-food for us



*Whitebait (credit Shutterstock)*

<https://bit.ly/4bTQp6R>

Farmed fish like salmon are routinely fed on other fish. This study asks the question: why not eat the salmon’s fish food directly? [13].

Indeed, why not? The species most often used to feed salmon are: herring, anchovies, mackerel, whiting, and whitebait. All of these are regular human food too.

The researchers find that many nutrients are lost in converting fish-meal into salmon. Notably 33% of omega-3 is lost in the conversion,

**My View?** There is also the factor of the FIFO (Fish in, Fish out) ratio. For example, it takes 5 tons of fish-feed to raise 1 ton of salmon. So, yes, in so many ways it is more efficient to eat the fish-feed rather than the salmon itself.

Even so, salmon is tasty and convenient so we do eat it regularly. Otherwise we go for wild-caught fish where we can. See

also: **Fish-farmed Salmon, Feb 2023** [14]

#### “Why are so many young people getting cancer?”

That is the title of a paper published in the prestigious journal *Nature* [15]. Of course it attracted my attention to this important question.

The author, *Nature*’s USA staffer, Dr Heidi Ledford, lays out much data showing how cancer is affecting younger and younger people around the world.

The rates of more than a dozen cancers are rocketing among adults under the age of 50. This rise varies from country to country and cancer to cancer. Some of the sharpest increases are cancers of the bowel, pancreas, stomach, breast, and prostate.

So what is the reason? No-one knows for sure! Dr Ledford reports various authorities speculating that it might involve obesity, processed food, poor gut health, and inflammation. All are agreed that it is complicated and multi-factorial.

**My View?** Cancer is a “disease of civilization”, it was virtually unknown in ancient times. It has not been recorded in foragers either. The evidence strongly points to the **MISMATCH** in lifestyle between the one designed by our evolutionary past and the way we live today.

So why are even young people now being afflicted? It seems to me that the “mismatch” in the last 40 years has a) got dramatically worse, b) spread like wildfire around the world and, c) us old-timers, over the age of 50, benefited from a much healthier start in life. We walked everywhere, we were skinny and often hungry, no junk food, no convenience food, out of doors and in the sunlight a lot more, and a slower pace of life.

**Moral?** To avoid cancer, live a lifestyle that emulates our ancient, cancer-free ancestors! See: **Cancer Avoidance and Recovery, Deadly Harvest, Chapter 9**, page 231.

### Doctor misdiagnosis in US hospitals leads to death & injury



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

Credit: Cartoon Stock

A study published in the American doctors' trade journal JAMA finds that some 23% of patients admitted to hospital or sent to the ICU (Intensive care unit) were misdiagnosed. Of these some 18% died [16].

Another study in January 2024 published in the British doctors' trade journal BMJ found that: "An estimated 795 000 Americans become permanently disabled or die annually across care settings because dangerous diseases are misdiagnosed." [17]

**My View?** None of this is new. We've been reporting this phenomenon for over 20 years:

**Medical Treatment 3rd Leading Cause of Death**, [Jan 2004](#) [18];

**Medical Error: a Leading Cause of Death**, [May 2016](#) [19]

I have a lot of sympathy for doctors – they usually do their best in an impossible situation. Diagnosis and treatment is an art as much as a rigorous science: there is only one way of being right and an infinity of ways things can go wrong.

So our motto, as always, is: "stay out of the clutches of the medical-industrial complex by living the way nature intended and thereby keeping healthy!"

See also: **Medicine's Manifold Side Effects**, [June 2011](#) [20]; **The Quagmire: How American Medicine is Destroying Itself**, [Aug 2011](#) [21]

### Home Fecal Testing Caution

For decades I have highlighted the importance of good gut health and how dysbiosis (malfunctioning gut bugs) is at the root of so many diseases, both physical and mental. See: **The Underrated Colon**, [Deadly Harvest, Ch 5](#), p.114; and, **Our living gut**, [June 2016](#) [22]

We have even described how fecal transplants from healthy people are used to help sick people: **Fecal Transplants**, [March 2018](#) [23].

But what makes for a healthy microbiome? We might suppose that it is like a forager's microbiome, see: **Foragers' Stools**, [July 2016](#) [24].

But the overall picture is very confusing – we just don't know yet!

Cue in an article in the prestigious journal Science [25]. It warns that unscrupulous firms are cashing in on the public's interest in gut health and offering fecal tests and advice. Indeed, most of them then follow up with the recommendation to buy their pre-biotic or pro-biotic nostrums.

The article calls for government to regulate this industry.

**My View?** Regulation or not, just don't be taken in!

**Continued from Page 1**

### EHBEA Conference 2024



### Carbs reduce Facial Attractiveness

"Chronic refined carbohydrate consumption, during the three studied meals reduced attractiveness, while a high energy intake increased it."

What is going on? The researchers say that:

"The high-glycemic breakfast generated [2 hours later] hypoglycemia [low blood sugar] which affects blood flow and skin and

thus affects attractiveness perception."

"Chronic hyperinsulinemia [dangerously high insulin levels] as a consequence of hyperglycemia, interferes with growth factors and sex hormones," Men, particularly obese ones, have lower testosterone levels whereas (paradoxically) women have increased male hormone levels.

"Chronic hyperglycemia accelerates "*glycation*" [see "AGEs" later] which, in turn, have an impact on skin aging." In other words, *glycation*, amongst other mischiefs, causes premature skin ageing. See **What are AGEs?** [Dec 2011](#) [26]

**My View?** Just one more argument to rid your diet of high glycemic foods. See also, by the same authors: **Chronic Sugar Intake Harms Cognition and Behaviour**, [May 2019](#) [27].

[Next month](#): Reporting on some interesting presentations.

**Continued from Page 1**

### Psychedelics in Perspective

And that is just the San. There is a huge range (over 300) of psychoactive plants just in southern Africa alone [28]. Indeed, magic mushrooms (containing the psychedelic chemical, *psilocybin*) are extremely widespread. They are found on all continents and in almost every ecological niche [29]. The implication is that almost every forager band on Earth during our evolutionary past used magic mushrooms [30].

But, seemingly, they were used under controlled conditions. A shaman or witchdoctor would have the secrets to the location and preparation of the mushroom. The drug would only be administered in group sessions after much ritual, dancing and drumming (known as 'setting') and after much mental preparation of the positive and meaningful experience to come (known as 'set').

Today's experiments on volunteers highlight the importance of 'set' and 'setting' to avoid 'bad trips' and

trance-induced foolhardiness such as jumping off a high building.

**Next month:** transcendence in the ancient world; what is going on in the brain?

**Continued from Page 1**

**Gen Z Climate Anxiety**  
**The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness** [31].

A second, related, reason is that their brains are not fully matured, notably the decision-making part: "The rational part of a teen's brain isn't fully developed and won't be until age 25 or so [32]. In fact, recent research has found that adult and teen brains work differently. Adults think with the

prefrontal cortex, the brain's rational part.

"This is the part of the brain that responds to situations with good judgment and an awareness of long-term consequences. Teens process information with the amygdala. This is the emotional part of the brain" [33].

**My View?** According to Jonathan Heidt, the smart-phone/'Like' button/fast broadband revolution which took off in 2012 is having a disastrous effect on the wiring of Gen Z's brains from which they are unlikely to recover. This, Heidt suggests, is an existential threat to western societies. Heidt has many lectures and discussions on YouTube, of which these are a couple: [34,35]

From a Paleo point of view, modern childhoods are completely out of synch with not just hunter-gatherer ways but also the way most of us over 40 years old enjoyed childhood. Notably unstructured play done out of doors, with risk-taking and physical activity. At the same time, learning how to socially integrate with other children.

See **last month: Childcare in a State of Nature, March 2024** [36].

**Laughter the best Medicine**

"My doctor said I looked like a million dollars – green and wrinkled!

*Red Skelton, American entertainer*

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

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**2 The Immortality Key: The secret history of the religion with no name**" [2] by classicist scholar of Greek, Latin, and Sanskrit, Brian C Muraresku

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