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# The Bond Briefing

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**Human Mentality:** Psychedelics in Perspective (3). **Rolling back Junk Food:** Morgan "Super Size Me" Spurlock dies at 53. **News Short:** Urban Indoor Gardening Boosts Immune System, **Words of Wisdom:** Dr William Osler. **Frontiers of Human Behavior:** Choice of Forename can influence social success; Infants don't restrict Mom's foraging productivity. **News Shorts:** Paleo beats Med Diet for gut health; Nutrients that slow brain ageing; Menstruation starts ever earlier; Half of all cancers linked to obesity; AI rates Conservative Women as Prettier.

## Human Mentality

### Psychedelics in Perspective (3)

[Last month](#) we continued 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 this month drawing on the book by Brian Muraresku, author of **The Immortality Key – The Secret History of the Religion with no Name**.

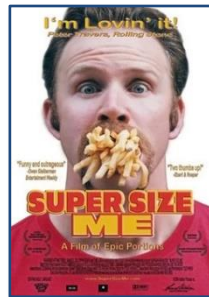
Typically the psychedelic experience, as evidenced by both western and small-scale societies, is described variously as: "a dissolution of the ego", "a merging of the ego with Nature and the Universe", "a sense of self which is subsumed into a larger whole", "a journey transcending time and space", "intuitively sensing the unity and sacredness of all things", "accessing of knowledge that is not normally available", "the merging of the everyday personality with a larger more fundamental whole", and even "being bathed in infinite love". These experiences leave the entranced subject feeling that he has somehow "glimpsed the ultimate nature of reality accompanied by intense feelings of joy, tranquillity, exaltation and awe".

Just one 'trip' is enough to engender this reaction which can last a long time – even a lifetime.

To the aforementioned author, Brian Muraresku, these experiences sound similar to the kind of 'transcendent merging with God' described in many ancient religious texts. He examined ancient manuscripts, >p4

## Rolling back Junk Food

### Morgan "Super Size Me" Spurlock Dies at 53



<https://bit.ly/4bof2aB>

I reported on Morgan Spurlock's experiment and documentary in **24/7 McDonald's Wreaks Havoc, April 2004** [3].

As a reminder, Spurlock undertook to live on McDonald's food entirely for one month and to accept a 'super-size' if it was offered to him.

The results were quick and severe: Within days he was vomiting, suffering headaches and depressed. His sex drive vanished. He gained nearly two stone (28lb, 13kg) and his cholesterol level soared from 165 to 230. "I got desperately ill," he told the New York Post. "My face was splotchy and I had this huge gut. It was amazing -and frightening." Doctors warned his liver was turning to pâté and could kill him.

Spurlock took 18 months of hard discipline to restore his body to its original self.

The fallout from the Super Size Me documentary was instantaneous. It changed the way people thought about food and how McDonald's sold and marketed it. > p3

## News Short

### Urban Indoor Gardening boosts Immune System

A Finnish study examined what happened when subjects planted, in regular window boxes, peas, beans, radish, mustards and salads [4].

Participants were instructed to monitor, harvest, and consume their produce daily.

"One month of urban indoor gardening boosted the diversity of bacteria on the skin of the subjects and was associated with higher levels of anti-inflammatory signaling molecules (cytokines) in the blood." says Finnish doctoral researcher Mika Saarenpää [5].

The experimental group used a growing medium with high microbial diversity emulating forest soil,

In contrast, there was no health benefit for the control group growing plants in peat. Peat is widely used as a growing medium but it is sterile and has little or no microbial content.

Saarenpää considers it important to invest in children's exposure to nature and microbes, as the development of the immune system is at its most active in childhood. Planter boxes filled with microbially rich soil could be introduced at kindergartens, schools and, > p4

## Words of Wisdom

"The person who takes medicine must recover twice, once from the disease and once from the medicine" *Dr William Osler, "The father of modern medicine" 1849 - 1919*

## Frontiers of Human Behavior

### EHBEA Conference 2024

This is a forum to catch up with the latest insights about how our evolutionary past programmed our natures. We pick a couple of items which can interest readers.



Geoff during discussion break  
<https://bit.ly/3VHCkT6>

### Choice of Forename can influence social success

A French study [6] of which Dr Michel Raymond (see [last month](#)) is a co-author, and which is still in preparation, found that, in the French language, male forenames that sound masculine are considered both more romantically desirable and more professionally competent.

Female forenames that sound feminine (as well as female names that end in a final 'a') are considered more romantically desirable, but less professionally competent.

The study also found a correlation between a female name's perceived femininity and its attractiveness. However, it did not find a correlation between a male name's masculinity and its attractiveness.

Masculinity/femininity ratings were made by participants of the opposite sex and some examples (to French ears) are:

Strongly masculine: Tristan, Eddy, Adam, Jason.

Weakly masculine: Gerald, Kevin, Lucas, Alan, Morgan.

Strongly feminine: Sarah, Lisa, Laura, Alycia.

Weakly feminine: Chloe, Stephanie, Sophie, Jennifer

The researchers conclude that: "the sound structure of a first name influences social perception, particularly in the context of mate choice."

**My View?** "What's in a name? That which we call a rose by any other name would smell as sweet." [7]. Maybe Juliet was attracted to Romeo's family name of Montague?

Had his family name been Morgan, there might have been no romance and thereby no tragedy!

Fanciful speculations aside, a person's destiny does seem to be at least partially shaped when parents decide what forename to put on the birth certificate. (Or is there indeed "a divinity that shapes our ends, rough-hew them how we will." [8] )?

It would be interesting to see a similar study done for native English speakers.

### Infants don't restrict Mom's foraging productivity

An international group of researchers studied a band of BaYaka foragers in the Congo Basin [9].



<https://bit.ly/3zvmBPf> Cr: [10]

*Alloparenting: grandmother looks after child while mother forages*

They were interested to know if, when the mothers went foraging, it made a difference if they took their infants with them.

They found that either way, the mothers traveled the same distance, and had the same exploration range, and energy expenditure – and they collected the same amount of food. The only difference – they took longer over it. Unsurprisingly this was because mothers took time out intermittently for breast feeding.

The researchers also conclude that females foraging in groups, thanks to 'alloparenting' [11] from other women, enables BaYaka mothers to travel greater distances and ranges, regardless of infant presence.

## News Shorts

### Paleo beats Med Diet for gut health

An interesting study from Italy finds that a cohort of Italians following a 'Modern Paleolithic Diet' (MPD) for a

year have a much healthier gut microbiome than those following even a Mediterranean Diet (MD) [12].

The Paleo (MPD) diet featured the consumption of vegetables, fruit, nuts, seeds, eggs, fish and lean meat, while excluding grains, pulses, dairy products, salt, refined sugar, and processed foods.

The gut microbiome showed greater diversity and an increased abundance of bile-tolerant and fat-loving microorganisms.

Thanks to the high intake of resistant dietary fiber (which can only be digested by gut-bugs) there was an abundance too of those bugs which go on to produce healthful 'short-chain fatty acids' (SCFAs) like propionic- and butyric-acids. See: **Gut Bugs affect behavior, mood, brain**, [Jan 2017](#) [13]; **Seasonality of Gut Bugs – II**, [Oct 2017](#) [14]; **Titanium Nanoparticles Inflamm the Colon**, [July 2020](#) [15].

Then the researchers compared the Paleo gut microbiome with that of hunter gathers, notably the Hadza [16]. They found, to their surprise, that they are very similar. See: **Forager Stools**, [July 2016](#) [17].

Encouragingly, say the researchers, this finding suggests that it is possible to 'rewild' the Western gut microbiome in ways that were thought impossible.

**Nutrients that slow Brain Ageing**  
Most studies of this kind rely on participants a) remembering what they ate and faithfully recording it and, b) measure cognitive decline by questionnaire.

This study was much more rigorous [18]. It measured nutrients actually in the blood and related them to brain ageing as measured by MRI scans.

It found that those whose brain aged the slowest had the following nutrients at higher levels in the blood: omega-3 fatty acids (plus three other, obscure and unimportant fatty acids) [19]; the antioxidants lutein and zeaxanthin; two forms of vitamin E; and choline.

Say the researchers, a Mediterranean diet would supply this kind of nutrient intake.

**My View?** We have met lutein and zeaxanthin previously, see: **Higher Antioxidant levels lower Dementia risk**, [June 2022](#) [20] and choline in: **Choline Fights Alzheimer's**, [April 2019](#) [21].

Be reassured that the Paleo diet is even closer than the Mediterranean for these nutrients.

But that is not the whole story for good brain health. Other Paleo factors are important too such as: physical activity, sunshine, sleep patterns, and low glycemic diet. See: **Brain Health**, [Deadly Harvest, Chapter 9](#), page 251.

### Menstruation starts ever earlier

The average age at menarche -- the first menstrual period -- has been decreasing among younger generations in the U.S., especially those belonging to racial minorities and lower socioeconomic statuses [22].

Among participants born from 1950-1969, the average age at menarche was 12.5 years. Among participants born from 2000-2005, the average age of menarche had dropped to 11.9 years.

Why is this happening? The researchers opine that the main factor is obesity; other factors could be psychological stress, and environmental factors such as endocrine-disrupting chemicals and air pollution. See: **Pollutants**, [Dec 2017](#) [23].

We report on another factor: insufficient sunshine in: **Low Vitamin D, Early Menarche**, [Jan 2012](#) [24].

Does it matter? Say the researchers, early menarche is associated with increased rates of cardiovascular disease and cancer.

**My View?** In a state of nature, menarche begins between the ages of 15 to 17. See: **Female Puberty and Fertility**, [Deadly Harvest, Chapter 8](#) [25] page 210.

One consequence of early menarche is that there is an increased lifetime dose of monthly estrogen spikes. These are a sore

provoker of breast and ovarian cancers.

It is estimated that, on average, in a lifetime, a modern woman experiences some 400 menstrual cycles compared to just 100 for forager women, see: **Hunter-Gatherer Studies II**, [Feb 2012](#) [26].

The difference is mainly due to forager women's menstruation being suppressed by: a) being pregnant many times and, b) breast feeding 24/7. See: **Natural Family Planning, Deadly Harvest, Ch 8** [27], p 216.

See also: **Early Menarche, Late Menopause**, [Jan 2003](#) [28]

### Continued from Page 1

### Morgan "Super Size Me" Spurlock Dies at 53

The shockwaves generated by Super Size Me hit McDonald's profits which, by the end of 2004, slumped to a 30-year low in the UK.



Now we hear that, 20 years later, Spurlock dies at the young age of 53 from a cancer. There is no more detail so it is hard to draw any conclusions.

I think it unlikely that his McDonald's experiment was solely responsible but it might have weakened his body's ability to fend off cells going cancerous.

Even so, the basic message remains clear: don't dice your health with fast food/junk food.

See also: **KFC can wreak Havoc**, [Dec 2021](#) [29] where Australian Conan Visser challenged himself to only eat Kentucky Fried Chicken (KFC) for a month with similar results.

### News Shorts

### Half of all cancers are linked to obesity

A Swedish study on over 4 million individuals finds that obesity is the main factor in over 100 forms of cancer [30] [31].

These cancers include bowel, breast, womb, kidney, melanoma, stomach, small intestine, pituitary

glands, as well as types of head and neck cancer, vulval and penis cancer.

Lead researcher Dr Ming Sun, from Lund University, said: "Our findings suggest that the impact of obesity on cancer might be greater than previously known, in that it is a risk factor for more cancers, especially of rarer kind."

**My View?** Cancer is very rare in historical times and unknown in hunter-gatherers, see: **The State of the San's Health**, [Deadly Harvest, Chapter 1](#) [32], page 18.

The body has many defenses against rogue cells becoming full blown tumors but these defenses are undermined by many lifestyle errors. A major factor is **INFLAMMATION** and fat mass, (particularly a pot belly) is a major inflammatory organ.

For more on cancer avoidance see: **Cancer**, [Deadly Harvest, Chapter 9](#) [33], page 229.

### AI rates Conservative Women as Prettier

Conservative women are perceived as both prettier and happier than left-wing women, at least according to artificial intelligence (AI).

An AI model gave conservative women high "attractiveness" scores, according to a March 2024 study [34]

The researchers also observed that an expression of "contempt" was related to "a predicted probability of left-wing ideology.

"We also found that expressing happiness is associated with conservatism for both genders,"

One concern is this: if AI can identify political affinity from a snapshot of one's face what are the implications for privacy?

**My View?** Previous studies suggest that many left-wing women downplay their femininity and, ideologically, are grimly and dogmatically puritanical. See: **Female Image Appeal Brands Political Party**, [Oct 2012](#) [35].

What would our forager think? Not a lot – just go for the pretty one!

**Continued from Page 1****Psychedelics in Perspective**

... in their original languages, for clues as to the recipes for mind-altering potions. He found that common alcoholic drinks in ancient times, such as wine and beer were regularly 'spiked' with hallucinogenic herbs. Examples are hemlock, nightshade, henbane, mandrake, opium, ivy, and betony.

The new science of 'archaeo-chemistry' studies minute traces of ancient molecules to figure out what, for example, an ancient clay pot had once contained.

Thanks to this science, traces of the fungus ergot (a source of the psychedelic LSD) is found in dried out wine and beer jars.

Muraresku focused on the Ancient Greeks and their highly secret cult of the "Eleusinian Mysteries".

Participants drank mystery potions and indulged in arcane rituals. They emerged with beatific visions and the sense of becoming one with the gods.

This cult survived for over 2,000 years from Homeric times until

392 AD when the Christian emperor Theodosian put an end to these 'pagan' practices.

Muraresku then notes that Christianity got going in the Greek world where a secret, mind-altering potion was already well established. He goes on to speculate that the practices of the Eleusinian cult were taken up by the early Christians whose psychedelic potion transported them to a "transcendent merging with god".

This ties in with pronouncements in Paul's Letters, the Gospel of St John, and also the Gnostic Gospels of Mary and Thomas. Indeed, the Gnostics believed in the direct experience of God without the necessity of an intermediary such as a priest.

In particular, Muraresku opines that the wine of the early Christian Eucharist was spiked with psychedelics and really did give the participant the feeling that he is transported into an eternal state of blissful beatitude where he really is consuming the godhead.

No wonder, says Muraresku, that Christianity spread like wildfire!

However, again, the puritanical Theodosian put an end to the pagan inheritance of the spiked Eucharist in 392 AD. Ever since, the eucharist wine might be alcoholic, but it has no psychedelic properties.

**Next month:** Beer triggered farming revolution? What is going on in the brain?

**Continued from Page 1****Urban Indoor Gardening boosts Immune System**

... for example, hospitals, especially in densely built urban areas.

**My View?** These findings support the "Hygiene Hypothesis" which blames over-cleanliness on the outbreak of autoimmune disorders (such as allergies, MS, and asthma) due to an immune system which has failed to mature properly. See: **Allergies: Hygiene Good, 'Old Friends' Germs, Good, Nov 2012** [36].

So it is good news that, even living in an inner city flat, one can get the benefits of contact with Nature.

**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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**1 How to change your mind:** *The new science of psychedelics* [1] by the science journalist, Michael Pollen

**2 The Immortality Key:** *The secret history of the religion with no name* by classicist scholar, Brian C Muraresku

**3** <https://bit.ly/3cCI9eF>

**4** Mika Saarenpää. Urban indoor gardening enhances immune regulation and diversifies skin microbiota. *Env Int*, 2024; 187: 108705 DOI: 10.1016/j.envint.2024.108705

**5** Faculty of Biological and Environmental Sciences, University of Helsinki.

**6** Hope Anderson, "The effect of names' sound structure on perceived attractiveness and competency."

**7** Juliet in: *Romeo & Juliet*, Shakespeare

**8** Hamlet, Shakespeare

**9** Amandine Visine; childcare during foraging of BaYaka mothers in Congo Basin,

**10** Karlina Janmaa, 2016

**11** See: Childhood: Forager Indulgent or Modern Discipline? Part I Sept 2011, <http://bit.ly/1sX4jH2>

**12** Barone M, Gut microbiome response to a modern Paleolithic diet in a Western lifestyle context. *PLoS One*. 2019 Aug 8;14(8):e0220619. doi: 10.1371/journal.pone.0220619.

**13** <https://bit.ly/4249TA5>

**14** <https://bit.ly/2MQ0mXO>

**15** <https://bit.ly/3kUWhE6>

**16** Schnorr, S. Gut microbiome of the Hadza hunter-gatherers. *Nat Commun* 5, 3654 (2014). DOI: 10.1038/ncomms4654

**17** <https://bit.ly/2kmbT1M>

**18** Christopher E. Zwilling. Nutrient biomarkers of healthy brain aging. *Aging*, 2024; 10 (1) DOI:10.1038/s41514-024-00150-8

**19** vaccenic, gondoic, eicosadienoic and lignoceric acids

**20** <https://bit.ly/3b2oxDn>

**21** <https://bit.ly/2WxR2jG>

**22** Zifan Wang, Menarche 1950 and 2005. *JAMA*, 2024; 7 (5): e2412854 DOI: 10.1001/jamanetworkopen.2024.12854.

**23** <https://bit.ly/2DAJTCl>

**24** <https://bit.ly/35Et4pe>

**25** <http://bit.ly/ch-8>

**26** <https://bit.ly/1tSVHZC>

**27** <http://bit.ly/ch-8>

**28** <https://bit.ly/3a8EuqD>

**29** <https://bit.ly/3KLclDr>

**30** Ming Sun, Body Mass Index and Risk of Over 100 Cancer Forms and Subtypes. *Lancet*, 17 Apr 2024.

**31** Dr Ming Sun, European Congress on Obesity 2024, Venice, Italy.

**32** <http://bit.ly/DH-1>

**33** <http://bit.ly/DH-Ch9>

**34** Rasmussen, S.H.R., Using deep learning to predict ideology from facial photographs: *Sci Rep* 13, 5257 (2023). DOI: 10.1038/s41598-023-31796-1

**35** <https://bit.ly/RFvic7>

**36** <https://bit.ly/2KQNXla>