

## **LECTURE HANDOUT**

### **Continuing Medical Education**



## **Integrative Medicine: Science-based lifestyle principles to enrich medical practice - Insights from our Pleistocene origins.**



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This science of evolutionary lifestyle anthropology dovetails with traditional medicine to move towards an integrative approach to healing. Understanding how our evolutionary heritage designed our bodies and minds to function is producing an earthquake in received ideas.

This information is new to medical practice and is vital to understanding – and putting into practice – supportive measures to help prevent, or beat back, lifestyle diseases like cancer, CVD, diabetes, osteoporosis, diabetes, arthritis, dementia, etc. It applies to everyone on the planet, so is independent of ethnicity.

**REFERENCES:** The lecture will cover a vast field and the scientific literature is correspondingly copious. The over 480 citations are available online at: <http://bit.ly/Bond-DH-References>.

#### **IN THIS LECTURE:**

- Our human origins and the lifestyle and feeding patterns to which we are still naturally adapted are explored.
- The way we live today is in sharp discordance with this ancestrally hard-wired lifestyle. Comparisons of: physical activity patterns, feeding patterns, stress patterns, environmental and sunlight patterns.
- This discordance disturbs many physiological and psychological processes.
- Absence in forager societies of today's leading causes of death – the degenerative diseases of heart disease, cancer, stroke, osteoporosis, diabetes, dementia, MS and co-morbidities. Also the absence of ailments like ADHD, autism, migraines, PMS, indigestion, IBS, erectile dysfunction, macular degeneration, and many more.
- How the way we live today disrupts vital biochemical processes culminating in these major degenerative diseases. The fundamental mechanisms by which this happens are examined.
- The ways in which we can align our lifestyles today as closely as possible to our Pleistocene-bred natures are presented.
- Human-friendly hospitals for maximum healing, and for minimizing costs and errors.
- Overview of some complementary therapies (e.g. homeopathy, acupuncture etc.)
- The integration of these complementary insights into conventional treatment restores the body's powers of self-repair leading to improved prospects of remission and cure.

#### **Objects:**

The major diseases today are ones of lifestyle. After the lecture physicians will be able to:

- Insist with patients that many of their medical problems are self-inflicted and that the patient has control over the progression or remission of the disease.
- Advise patients on the lifestyle patterns which support recovery and prevent relapse
- Advise patients on avoiding the errors of some received wisdom which is either a waste of money and effort or even counterproductive.

**MAIN POINTS**

**Feeding Patterns**

- Obligate low insulinemic
- Fatty acid profile: Absence of myristic and palmitic acids. Strong presence of alpha-linolenic acid, DHA and ALA. The powerful role of omega-3 and omega-6 eicosanoids.
- The role of hunger pangs
- High intake of dicot plant food, rich in micronutrients, plant fibers and alkalizing in nature. The importance for colon biomass and its symbiotic relationship with the body
- Null effects on serum pH (which is neutral)

How it went wrong: the advent of grass seeds, dairy, potato, sugar, omega-6 vegetable oils. The consequences of it going wrong.

**Physically Activity Patterns:**

- Women foraging and walking 4 to 5 miles a day carrying loads including back-borne toddlers.
- Men walking and jogging 7 to 10 miles several days of the week. Often carrying heavy loads.

Our evolutionary history means that the body now expects this physical activity pattern to be there. Without it things go wrong, many of which drop our defenses against cancer: lymphatic stagnation, immune depression (also osteoporosis, CVD, diabetes, and many other conditions).

**Sunshine:**

Our evolutionary history means that the body now expects sunshine to be there. Without it things go wrong many of which drop our defenses against cancer: e.g. undermined immune system (also poor bone building, CVD, diabetes, MS, depression, etc).

The recent recognition of the importance of sunshine. Discussion in the BMJ. New guidelines recommending midday sunshine without sunscreen.

**Stress:**

Modern living is cross-threaded with our savanna-bred natures. Stress responses designed only to be triggered occasionally are now triggered many times a day. Abnormal secretion of stress hormones; depressed immune response.

- Social connectedness: Forager band an extended family with high ‘social connectedness’. Alloparenting, grandmother hypothesis. Contrast with today’s low social connectedness; parental stress; intense nuclear family stress.
- The workplace. In Pleistocene times, ‘work’ was fulfilling, gender specific, and the hours shorter. Vitally, mastery of livelihood.
- The visual environment: Least stressed when in a savanna type landscape. Implications for hospital patients.

**PRACTICAL APPLICATION**

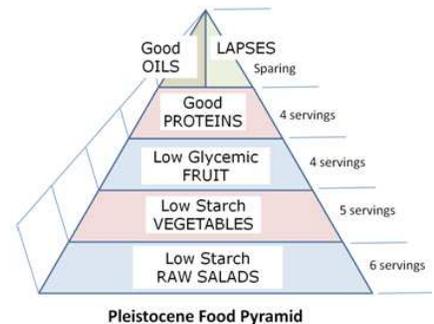
**Feeding Pattern**

See Pleistocene Food Pyramid on the right. More information at: [www.naturaleater.com](http://www.naturaleater.com) and in Geoff’s latest book *Deadly Harvest*: [www.deadlyharvest.com](http://www.deadlyharvest.com).

See also: <http://bit.ly/Bond-science>

**Physical Activity**

Get the equivalent of Pleistocene activity: golfing, dancing, housework, gardening, chopping wood and more. More at: <http://bit.ly/bond-cordain>.



## Sunshine

Vital to obtain and maintain adequate sunshine – work up to a good tan without burning and keep it there.

- Sunshine Consensus Statement of seven health institutions: <http://bit.ly/Bond-Sunshine>
- The BMJ Debate: BMJ 2008; 337:a764. Is Sun Exposure a Major Cause of Melanoma? No; 22 July 2008, doi:10.1136/bmj.a764. Sam Schuster. <http://bit.ly/BMJ-Sun>

## Stress

“...the scientist will prepare the bed on which mankind must lie; and if mankind does not fit – well, that will be just too bad for mankind. There will have to be some stretching and amputations...” – Aldous Huxley, *Brave New World*, 1936.

Take life-decisions that do not conflict with our savanna-bred natures. A vast subject about which Geoff Bond writes regularly in his monthly Bond Briefings <http://bit.ly/BB-Index>. And in Chapter 8 of *Deadly Harvest* (free access): <http://bit.ly/DH-08>. The role of trance.

## The Human-friendly hospital

References:

- Neuroscience, the Natural Environment, and Building Design, Salingaros NA, et al, in: Biophilic design, ed Kellert SR, Wiley, New York 2008.
- The Role of the Physical Environment in the Hospital of the 21<sup>st</sup> Century, Ulrich R, et al, The Center for Health Design, Sept 2004.
- Fable Hospital 2.0: The Business Case for Building Better Health Care Facilities, Sadler BK et al, Hastings Center Report. Jan-Feb 2011. Vol 41, No 1, pp 13–23.
- Heerwagen, J, Psychological Value of Space in: Whole Building Design Guide; National Institute of Building Sciences (NIBS); Washington; 2005.

## TAKE HOME MESSAGE

1. Most of the major diseases today, with rare exceptions, are due to the mismatch between the lifestyle designed by our evolutionary past and the way we live today.
2. Latest scientific insights give us the route-map to the human evolutionary adapted lifestyle.
3. It is never too late to change; most conditions will stabilize and many will go into remission. The body has remarkable powers of self-repair; stop sabotaging its ability to repair itself.
4. Patients should understand that, by the way they live their lives, they have a vital influence over the progression or remission of their disease.

## About Geoff Bond

Geoff latest book, *Deadly Harvest*, was 13 weeks best seller in Amazon’s ‘Preventive Medicine’ Kindle category. *Deadly Harvest* is heavily referenced, containing some 35 pages of primary source citations. A copy is donated to the library. More at: [www.deadlyharvest.com](http://www.deadlyharvest.com).

Geoff Bond graduated with Honours in the rigorous sciences from London University in 1964, and completed post-graduate applied science professional qualifications in 1968. Geoff spent 15 years of his early career living and working in remote African villages where he widened his studies in evolutionary human development.

He is one of a small breed of scientists who peer back in time to see how nature forged our bodies and minds to live in a particular kind of way. He describes how we don’t do it anymore, why it matters and what we can do about it. Bringing unique insights to the challenges of national healthcare, Geoff is an expert contributor to the UK think-tank “Reform”.

Geoff lectures regularly to CME audiences in Europe, Britain and in USA. Recently he was keynote CME speaker at the Body Conference (London), and at the Antiageing Conference (London). In California, he has given CME lectures to many hospitals including Scripps Center for Integrative Medicine, Eisenhower-Annenberg, and Providence St Joseph.

Geoff has been keynote speaker at seminars promoted by Dr Elber Camacho, medical director of the Comprehensive Cancer Center, Palm Springs; by Dr Rita Stec, director of the Women’s Wellness Center; and by Dr Stephen Gundry, medical director of the International Heart Institute, Desert Hospital. More at: [www.speakerbond.com](http://www.speakerbond.com).

For the last 15 years Geoff has authored a monthly Intelligence Briefing that brings original, cutting-edge thinking for health professionals. More at <http://bit.ly/Briefing-pl>. Complimentary access for bona fide health professionals [write to me at [geoff@geoffbond.com](mailto:geoff@geoffbond.com)].