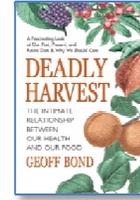


## CME LECTURE HANDOUT



### **So You've Patched up the Degenerative Disease, Now What do you Advise your Patient?** Revolutionary Insights from Evolutionary Anthropology



**Geoff Bond, M.S., M.I.C.E., M.I.L., M.I.T.I.**  
Evolutionary Lifestyle Anthropologist

**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, diabetes and co-morbidities.
- 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.
- The result is a restoration of our body's remarkable powers of self-repair leading to improved prospects of remission and cure.
- This information complements traditional medical practice. It is also vital in supporting patients and persuading them to contribute to their own recovery.

#### **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
- Low sodium-potassium ratio. Importance at the level of the cell
- 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: poor osteoblast signaling, lymphatic stagnation, poor blood sugar control, poor lipid control, poor mood control, poor cognitive health.

### Sunshine:

Our evolutionary history means that the body now expects sunshine to be there. Without it things go wrong: poor bone building, undermined immune system, increased likelihood of 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. It raises stresses our bodies don't know how to handle. Abnormal secretion of stress hormones and consequences: Two examples:

The workplace. In Pleistocene times, 'work' was fulfilling, gender specific, much shorter and no one could take away the livelihood.

The visual environment: Least stressed when in a savanna type landscape. Implications for ADHD, depression, 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

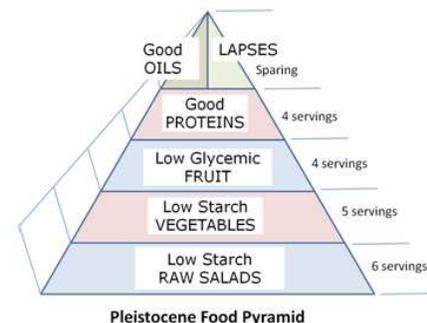
Vital to obtain and maintain adequate sunshine – work up to a good tan without burning and keep it there. Sunshine Consensus Statement of seven health institutions:

<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. (More about the 'Procrustean Bed' in Bond Briefing December 2010: <http://bit.ly/BB-2010-12>)



Try to 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://tinyurl.com/Deadly-Harvest-8>.

#### TAKE HOME MESSAGE

1. The vast majority of degenerative diseases 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. All we have to do is stop sabotaging its ability to repair itself.
4. Skip the magic bullet mentality. Degenerative diseases are due to a multitude of factors going wrong at the same time in unpredictable ways. They cannot be micro-managed.
5. Patients should understand that, by the way they live their lives, they have ultimate control over the progress or remission of their disease.

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#### About Geoff Bond

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 then 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 a great many hospitals including Eisenhower-Annenberg, Providence St Joseph, Encino-Tarzana, and Good Samaritan.

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.

There is more about Geoff as a lecturer at: [www.speakerbond.com](http://www.speakerbond.com).

Geoff writes extensively and, back in 1999, American Standard Inc distributed one of Geoff's early publications, *Natural Eating in a Nutshell*, to its 35,000 employees. More at <http://bit.ly/Bond-NE-Nutshell>.

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>

Geoff's latest book, *Deadly Harvest*, published by Square One of New York, encapsulates current thinking on lifestyle anthropology. *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's main website is: [www.geoffbond.com](http://www.geoffbond.com)

**Geoff Bond, M.Sc., M.I.C.E., M.I.T.I., M.I.L.**

Evolutionary lifestyle anthropologist

Mob (UK): +44 7813 80 85 81

email: [geoff@geoffbond.com](mailto:geoff@geoffbond.com)