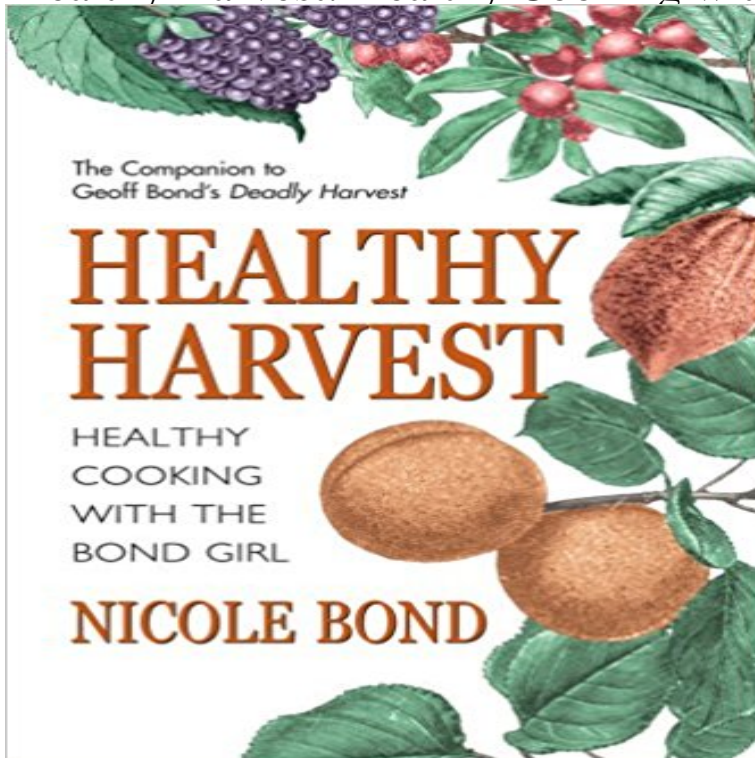


Healthy Harvest: Healthy Cooking with the Bond Girl



Healthy, tasty food in conformity with the principles of Nutritional Anthropologist Geoff Bond. (See his book *Deadly Harvest*). A comprehensive collection of nearly 100 delicious, fully tried and tested recipes. Most of us try to do the right thing by our children and spouses, especially when it comes to feeding them. But we are confused by the conflicting messages. We are inundated with a plethora of diet books and cookery manuals claiming to show us the way to health and happiness. So what is so different about this one? The difference is fundamental. It is none other than feeding ourselves the way Mother Nature intended! That way we avoid stressing our bodies with foods it was never designed to handle. You will draw comfort from the knowledge that, by cooking our way, you are building the foundations for long, healthy lives. We have designed all these recipes to conform to the principles of The Bond Effect. That is, they are in accordance with the basic guidelines formulated by nutritional anthropologist Geoff Bond. (See later). So when you follow these recipes you know that you are doing the right thing by yourself and your family. This way of life does not need you to eat in an outlandish way. Your dinner guests will be surprised to find that they have been eating what seem like conventional dishes. Only you will know what subtle, yet vital changes in ingredients and in cooking -- you have made. Nature fashioned our bodies to be nourished in a particular kind of way one that is special to us humans. However, for many generations, we have meddled in a state of ignorance with our food supply. The results have not always been happy ones, leading to diseases of civilization like cancer, heart disease, osteoporosis and diabetes. Geoff's book *Deadly Harvest*, describes how this happened and how we finally know the right way to feed us humans -- or as he puts it: how to put the

right gas in the tank . There are many surprises. We learn that many foodstuffs that we take for granted are secretly undermining our health. But the message is an optimistic one: we do not need to be food fascists we just need to prioritize what is important and what is not. In this cookbook we focus on the important issues. We avoid non-human foods that give our bodies trouble with allergic substances (like gluten and lactose) and antinutrients . (Antinutrients are naturally occurring poisons that plants make to fight off germs and funguses.) All this might seem quite unusual, but in practice all we are doing is clearing out foods that have been making us sick for generations and replacing them with ones that work in harmony with our bodies. We invite anyone who is interested in knowing the background to these guidelines to check out Geoff's book, Deadly Harvest. Goals We want you to feel comfortable with this new way of eating. We have devised recipes that follow the guidelines, yet use readily available ingredients and are simple to prepare. As Geoff says, we go hunting for our food in the same supermarket, we just hunt smarter! Nicole has tested each of the recipes many times to make sure they work well under all kinds of circumstances. We eat them regularly both for our family meals and when we are entertaining. They do not require huge expertise, just basic cooking skills and a willingness to try out new ways of preparing familiar dishes. Be prepared to be adventurous too! Try variations: experiment with different herbs and flavors for example.

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