Evolutionary Paradigms for Health

- Evolution is the default perspective in science.
- Evolution may help inform modern health affairs.
- Modern environments mismatch our ancestral environments in notable ways.
  - This mismatch can burden and break our biochemistries and physiologies.
- Diseases of civilization (metabolic syndrome) underlie many current health challenges.
- Neolithic (esp. post-industrial) diets are linked to obesity/diabetes/autoimmune disorders.
- High-fructose corn syrup (HFCS), refined sugars, processed vegetable oils, trans-fats, and other non-whole foods are not traditional dietary components of any ancestral lineage.
- Nutrigenomic research indicates that dietary components interact with human genome actively.
- Understanding nutrigenomics and how to apply these insights could require evolutionary theory.

Future Direction in Physiology: Look Backward for Ancestral Wisdom

- Current generation of children projected to live shorter lifespans than their parents.
- Deviating further from ancestral nutrition (whole foods) traditions could increase Diseases of Civilization and metabolic syndrome problems.
- Nutrition and lifestyle treatments are recommended co-therapies in many people’s cases.
- Ancestral Health community can integrate evolutionary perspectives into health affairs.
- Ancestral Health Symposium at UCLA in August 2011 to foster interdisciplinary translational collaborations between experts & patients to share approaches to restoring and achieving health.

Epigenetic Outcomes from Ancestral Nutrition: Two e-Patient Cases

- Ancestral Health community self-organized online (e.g., blogs).
- Physicians, scientists, health experts, and patients interact to share evolutionary lifestyle insights.
- e-Patients (i.e., you) access this information and then self-experiment on their own bodies (safely) daily.
  - Aaron Blaisdell applied principles to improve his erythropoietic protoporphyria, a ‘genetic’ condition (top figure), using an epigenetic treatment approach.
  - Brent Pottenger cured his migraines and sinus infections through ancestral nutrition (right-hand figure).
- Number of actively-engaged e-patients is increasing rapidly.
- Positive epigenetic responses from e-patients spurs further growth through social media networking.
  - Ex. Mark’s Daily Apple: The Primal Blueprint