

CONTENTS

Preface	v
Acknowledgements	vii
Introduction	xiii
A. The Acid that Eats Anything	xiii
B. De-Evolution	xv
C. Baby, We Were Born to Run	xv
D. Once We Were Hunters	xvii
E. Save Your Life	xviii
PART I EVOLUTION AND CARDIOVASCULAR DISEASES IN A NUTSHELL	1
Chapter 1: Lucy in the Sky	3
Chapter 2: Evolution	6
Chapter 3: The Hunting Season	8
Chapter 4: Athero-People	10
Chapter 5: All Selection that really Matters Happens before Reproduction	13
Chapter 6: Our Population Now	15

Chapter 7: Vascular Epidemiology, Its Meaning and What Population Studies Tell Us	17
Chapter 8: Rift Valley	20
Chapter 9: A Theory to be Demonstrated	25
Chapter 10: Evolution, Natural Selection and Atherosclerosis. We Still Are What We Have Been Selected For	27
Chapter 11: Now What?	29
Chapter 12: Knowing Our Destiny	30
Chapter 13: Conclusions?	32
Chapter 14: Atherosclerosis as a Response to Accumulation of Lipoproteins in the Arterial Wall. The Response-to-Retention Hypothesis in Early Atherogenesis	33
PART II EVOLUTION AND MEDICINE	43
Chapter 15: Evolutionary Medicine	45
A. Introduction	45
B. Original Selection and Evolution, and Discrepancy between the Evolutionary Shape of Humans and the Present Human Figure	47
C. Common Objections to Natural-Selection-Based Theories in Medicine	49
D. The Evolutionary Design (ED) and the Present Environmental Conditions (EC)	50
E. Our Life	52
F. Evolution and Our Story Now. And Cosmically Speaking: Does It Matter?	53
G. The Evolutionary Ladder	55

Chapter 16: Savuti, Botswana. The Beginning and the End of the World	58
A. Aggressivity	59
B. The Symbolic Hunting Response	60
C. Diet and Vascular Disease	61
D. Super-Stimuli	62
E. Conditioning	63
E. Voluntary Food Restrictions	65
G. Exercise and Being Lazy	66
H. Contacts (Well, Actually No Contacts)	67
I. The Problem of Food Biodiversity	69
J. Immunology and Contacts	72
K. High Blood Pressure	76
Chapter 17: Cardiovascular Disease and Evolution	78
A. How Do We Use These Observations?	79
B. Individual and Group Selection	80
C. Evolution — Bits	81
D. How Do We Use These Considerations?	83
Chapter 18: You Can Save Your Life	85
PART III LESSONS TO REMEMBER	91
Chapter 19	
A. Junk Food Homo	93
B. The Cradles	94
C. African Edens	96
D. The Lesson of Bwindi, the Impenetrable Forest	97

xii *Contents*

E. Our Nature in a Spaceship	100
F. Chronology	100
G. The Evolutionary Snake	104
H. From the Survival-of-the-Fittest to the Survival-of-the-Fattest	104
I. Nomadism, Colonialism and the Evolution of Africa in the Recent Past	105
Chapter 20: Places in the Book: The Last ‘Cradles’	110
Index	113