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Food and Western Disease; Contents; Foreword; Preface; 1 Introduction; 1.1 Why do we get sick?; 1.2 We are changing at pace with the continental drift; 1.3 Are we adapted for milk and bread?; 2 Expanding our perspective; 2.1 The perspective of academic medicine; 2.2 The concept of normality; 2.3 Genetics; 2.4 Dietary guidelines; Problems and limitations in nutritional research; Old and new concepts of healthy diets; 3 Ancestral human diets; 3.1 Available food; 3.2 Nutritional composition; Minerals, trace elements; Common salt; Vitamins; Protein content; Protein quality; Fat content Saturated fat Polyunsaturated fat; Trans fatty acids; Monounsaturated fat; Cholesterol content; Carbohydrate content; Carbohydrate quality; Energy density; Total energy intake; pH; Fibre; Phytochemicals; 4 Modern diseases; 4.1 Ischaemic heart disease (coronary heart disease); Incidence studies; The Kitava study, Trobriand Islands; Effects of urbanisation; Relevant dietary factors; Tobacco smoking; Physical activity; 4.2 Stroke; Incidence studies; Relevant dietary factors; 4.3 Atherosclerosis; Prevalence studies; Appearance in animals; Regression studies; Relevant dietary factors 4.4 Type 2 diabetes Prevalence studies; Preventive/causative dietary factors; Diet in established type 2 diabetes; 4.5 Overweight and obesity; Prevalence studies; Potential consequences; Relevant dietary factors; William Banting; 4.6 Insulin resistance; Prevalence studies; Attempts to explain; Associated abnormalities; Relevant dietary factors; 4.7 Hypertension (high blood pressure); Prevalence studies; Effects of urbanisation; Risks with hypertension; Relevant dietary factors; 4.8 Dyslipidaemia (blood lipid disorders); Prevalence studies; Effects of urbanisation; Risks with dyslipidaemia Relevant dietary factors 4.9 Heart failure; Prevalence studies; Primary prevention; Secondary prevention; 4.10 Dementia; Prevalence studies; Relevant dietary factors; 4.11 Cancer; Prevalence studies; Prehistoric skeletal remains; Relevant dietary factors; Future research; 4.12 Osteoporosis; Prevalence studies; Prehistoric skeletal remains; Relevant dietary factors; 4.13 Rickets; Rickets in osteological material; Rickets in medical literature; Relevant dietary factors; 4.14 Iron deficiency; Prevalence studies; Prehistoric; Relevant dietary factors; 4.15 Autoimmune diseases; Relevant mechanisms Relevant diseases Palaeolithic elimination diet; 5 Risks with the Palaeolithic diet; 5.1 Haemochromatosis; 5.2 Iodine deficiency; 5.3 Exaggerated drug effects; Hypotension (abnormally low blood pressure); Low blood sugar; Warfarin-induced bleeding; 6 Viewpoint summary; 6.1 Evolutionary medicine instead of vegetarianism?; 6.2 Traditional populations are spared from overweight and cardiovascular disease; 6.3 Insulin resistance is more than abdominal obesity and diabetes; 6.4 Non-Europeans are affected the hardest; 6.5 'Foreign' proteins in the food; 6.6 Effects of an ancestral diet 6.7 The ancestral diet: a new concept

Nutrition science is a highly fractionated, contentious field with rapidly changing viewpoints on both minor and major issues impacting on public health. With an evolutionary perspective as its basis, this exciting book provides a framework by which the discipline can finally be coherently explored. By looking at what we know of human evolution and disease in relation to the diets that humans enjoy now and prehistorically, the book allows the reader to begin to truly understand the link between diet and disease in the Western world and move towards a greater knowledge of what can be defined