CONTENTS

Preface ix
Contributors xi

PART ONE
Background

1. Introduction and Overview of Evolutionary Medicine
Wenda R. Trevathan, E. O. Smith, and James J. McKenna
1

PART TWO
Politics, Nutrition, and Diet

2. Human Evolution, Diet, and Nutrition: When the Body
Meets the Buffet
Bethany L. Turner, Kenneth Maes, Jennifer Sweeney, and
George J. Armelagos
55

3. Diabesity and Darwinian Medicine: The Evolution of an Epidemic
Leslie Sue Lieberman
72

4. To Eat or What Not To Eat, That’s the Question: A Critique
of the Official Norwegian Dietary Guidelines
Iver Mysterud, Dag Viljen Poleszynski, Fedon A. Lindberg, and
Stig A. Bruset
96

5. Cow’s Milk Consumption and Health: An Evolutionary Perspective
Andrea S. Wiley
116
CONTENTS

PART THREE
Sex, Reproduction, and Health

6. Not by Bread Alone: The Role of Psychosocial Stress in Age at First Reproduction and Health Inequalities
   James S. Chisholm and David A. Coall
   134

7. Early Life Effects on Reproductive Function
   Alejandra Núñez–de la Mora and Gillian R. Bentley
   149

8. Impaired Reproductive Function in Women in Western and “Westernizing” Populations: An Evolutionary Approach
   Tessa M. Pollard and Nigel Unwin
   169

   Lynnette Leidy Sievert
   181

10. An Evolutionary Perspective on Premenstrual Syndrome: Implications for Investigating Infectious Causes of Chronic Disease
     Caroline Doyle, Holly A. Swain Ewald, and Paul W. Ewald
     196

11. Possible Role of Eclampsia/Preeclampsia in Evolution of Human Reproduction
     Pierre-Yves Robillard, Gustaaf Dekker, Gérard Chaouat, Jean Chaline, and Thomas C. Hulsey
     216

PART FOUR
Environments, Normality, and Lifetime Health

12. Breastfeeding and Mother–Infant Sleep Proximity: Implications for Infant Care
     Helen Ball and Kristin Klingaman
     226

13. Why Words Can Hurt Us: Social Relationships, Stress, and Health
     Mark V. Flinn
     242
Contents

14. Why Are We Vulnerable to Acute Mountain Sickness?
   Cynthia M. Beall
   259

15. Evolution and Modern Behavioral Problems: The Case of Addiction
   Daniel H. Lende
   277

16. After Dark: The Evolutionary Ecology of Human Sleep
   Carol M. Worthman
   291

PART FIVE
Chronic Diseases, Old Treatments, and More Misunderstanding

17. Evolutionary Medicine and Obesity: Developmental Adaptive Responses in Human Body Composition
   Jack Baker, Magdalena Hurtado, Osbjoern Pearson, and Troy Jones
   314

18. The Developmental Origins of Adult Health: Intergenerational Inertia in Adaptation and Disease
   Christopher W. Kuzawa
   325

19. An Evolutionary Perspective on the Causes of Chronic Diseases: Atherosclerosis as an Illustration
   Paul W. Ewald
   350

20. Genes, Geographic Ancestry, and Disease Susceptibility: Applications of Evolutionary Medicine to Clinical Settings
   Douglas E. Crews and Linda M. Gerber
   368

21. From Ancient Seas to Modern Disease: Evolution and Congestive Heart Failure
   E. Jennifer Weil
   382

22. Evolution at the Intersection of Biology and Medicine
   Stephen Lewis
   399
## CONTENTS

23. The Importance of Evolution for Medicine  
   *Randolph M. Nesse*  
   416

   *Notes* 435  
   *References* 441  
   *Index* 523