

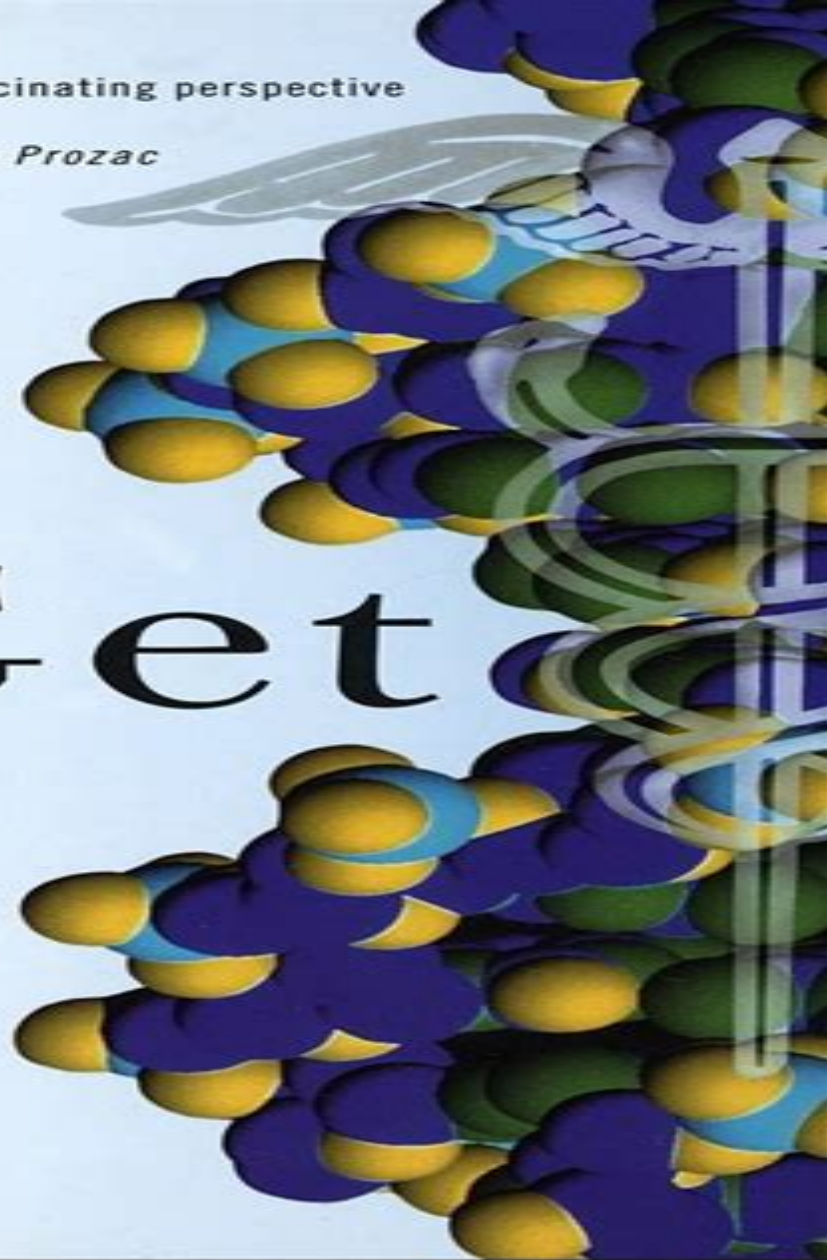
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Why We Get Sick

The New Science of
Darwinian Medicine

RANDOLPH M. NESSE, M.D., AND
GEORGE C. WILLIAMS, PH.D.



Why We Get Sick The New Science Of Darwinian Medicine

**Claire M. Zedelius, Barbara C. N.
Müller, Jonathan W. Schooler**



Why We Get Sick The New Science Of Darwinian Medicine:

Why We Get Sick Randolph M. Nesse, MD, George C. Williams, 2012-02-08 The next time you get sick consider this before picking up the aspirin your body may be doing exactly what it is supposed to In this ground breaking book two pioneers of the science of Darwinian medicine argue that illness as well as the factors that predispose us toward it are subject to the same laws of natural selection that otherwise make our bodies such miracles of design Among the concerns they raise When may a fever be beneficial Why do pregnant women get morning sickness How do certain viruses manipulate their hosts into infecting others What evolutionary factors may be responsible for depression and panic disorder Deftly summarizing research on disorders ranging from allergies to Alzheimer's and from cancer to Huntington's chorea Why We Get Sick answers these questions and more The result is a book that will revolutionize our attitudes toward illness and will intrigue and instruct lay person and medical practitioners alike

Why We Get Sick Randolph M. Nesse, 1995 The Oxford Handbook of Evolutionary Medicine Martin Brüne, Wulf Schiefenhövel, 2019-01-31 Medicine is grounded in the natural sciences where biology stands out with regard to our understanding of human physiology and the conditions that cause dysfunction Ironically though evolutionary biology is a relatively disregarded field One reason for this omission is that evolution is deemed a slow process Indeed the macroanatomical features of our species have changed very little in the last 300 000 years A more detailed look however reveals that novel ecological contingencies partly in relation to cultural evolution have brought about subtle changes pertaining to metabolism and immunology including adaptations to dietary innovations as well as adaptations to the exposure to novel pathogens Rapid pathogen evolution and evolution of cancer cells cause major problems for the immune system Moreover many adaptations to past ecologies have actually turned into risk factors for somatic disease and psychological disorder in our modern worlds i.e. mismatch among which epidemics of autoimmune diseases cardiovascular diseases diabetes and obesity as well as several forms of cancer stand out One could add depression anxiety and other psychiatric conditions to the list The Oxford Handbook of Evolutionary Medicine is a compilation of up to date insights into the evolutionary history of ourselves as a species exploring how and why our evolved design may convey vulnerability to disease Written in a classic textbook style emphasising physiology and pathophysiology of all major organ systems the Oxford Handbook of Evolutionary Medicine is valuable reading for students as well as scholars in the fields of medicine biology anthropology and psychology

Evolutionary Thinking in Medicine Alexandra Alvergne, Crispin Jenkinson, Charlotte Faurie, 2016-05-13 The aim of this edited book is to provide health professionals across a wide variety of specialisms with a targeted access to evolutionary medicine Throughout the book the views of both medical and evolutionary scientists on the latest relevant research is presented with a focus on practical implications The inclusion of boxes explaining the theoretical background as well as both a glossary for technical terms and a lay summary for non specialists enable medical researchers public health professionals policy makers physicians students scholars and the public

alike to quickly and easily access appropriate information This edited volume is thus relevant to anyone keen on finding out how evolutionary medicine can improve the health and well being of people

History of Psychiatry and Medical Psychology Edwin R. Wallace, John Gach, 2010-04-13 Most of the prefatory issues are extensively elaborated upon in the Prolegomenon which also contains the complete references to the texts and authors discussed below Nevertheless the Preface would be grossly incomplete without touching on some of these issues books and scholars Too many of this book's chapters e.g. Moras Marx's D B Weiner's examine and reference important earlier as well as contemporary general histories of psychiatry and specialized monographs in German French Italian and Spanish Also in his 1968 Short History of Psychiatry discussed below Ackerknecht pp xi xii references important nineteenth and earlier twentieth century psychiatric histories in English French and German Such citations will of course not be repeated here Finally thanks to several publishers re editions of dozens of classical psychiatric texts one can consult their bibliographies as well See Prolegomenon for references to these splendid series In a rough and ready sense medical history began in classical Greece for example On Ancient Medicine While traditionally included in the Hippocratic corpus this text seems more likely to have been written by a non or even anti Hippocratic doctor Moreover the Hippocratic and other schools were hardly as secular as we now suppose On Epilepsy for example does not so much declare the prevalent denotation of it as the sacred disease erroneous as it does that it is no more nor less sacred than any other disease

A Multidisciplinary Approach to Pandemics Philippe Bourbeau, Jean-Michel Marcoux, Brooke A. Ackery, 2022 This edited volume provides a comparative analysis of the ways in which pandemics are theorized and studied across several disciplines

Latest Findings in Intellectual and Developmental Disabilities Research Uner Tan, 2012-02-15 Intellectual and Developmental Disabilities presents reports on a wide range of areas in the field of neurological and intellectual disability including habitual human quadrupedal locomotion with associated cognitive disabilities Fragile X syndrome autism spectrum disorders Down syndrome and intellectual developmental disability among children in an African setting Studies are presented from researchers around the world looking at aspects as wide ranging as the genetics behind the conditions to new and innovative therapeutic approaches

Evolutionary Medicine Wenda Trevathan, Euclid O. Smith, James Joseph McKenna, 1999 Evolution is the single most important idea in modern biology shedding light on virtually every biological question from the shape of orchid blossoms to the distribution of species across the planet Until recently however the theory has had little impact on medical research or practice Evolutionary Medicine shows how this is beginning to change Collecting work from leaders in the field this volume describes an array of new and innovative approaches to human health that are based on an appreciation of our long evolutionary history For example it shows how evolution helps to explain the complex relationship between our immune systems and the virulence and transmission of human viruses It also shows how comparisons between how we live today and how our hunter gatherer ancestors lived thousands of years ago illuminate a variety of contemporary ills including obesity lower back pain and

insomnia Evolutionary Medicine covers issues at every stage of life from infancy colic jaundice SIDS parent infant sleep struggles ear infections breast feeding asthma to adulthood sexually transmitted diseases depression overeating addictions child abuse cardiovascular disease breast and ovarian cancer to old age osteoporosis geriatric sleep problems Written for a wide range of students and researchers in medicine anthropology and psychology it is an invaluable guide to this rapidly developing field **Textbook of Evolutionary Psychiatry and Psychosomatic Medicine** Martin Brüne, 2015-11-12

Psychiatry and Psychosomatic Medicine are concerned with medical conditions affecting brain mind and behaviour in manifold ways Traditional approaches have focused on a restricted array of potential causes of psychiatric and psychosomatic conditions including adverse experiences such as trauma neglect or abuse genetic vulnerability and epigenetic regulation of gene expression Whilst essential for the understanding of mental disorders these approaches have disregarded important questions such as why the human mind is vulnerable to dysfunction at all The Textbook of Evolutionary Psychiatry and Psychosomatic Medicine updates and expands the previous edition to provide answers to these questions by emphasising an evolutionary perspective on psychiatric and psychosomatic conditions It explains how the human brain mind has been shaped by natural and sexual selection why adaptations to environmental conditions in our evolutionary past may nowadays work in suboptimal ways and how human cognition emotions and behaviour can be scientifically framed to improve our understanding of how people try to attain important biosocial goals pertaining to one's status in society mating eliciting and providing care and maintaining rewarding relationships The evolutionary topics relevant to the understanding of psychiatric and psychosomatic conditions include the concepts of genetic plasticity life history theory stress regulation and immunological aspects In addition it is argued that an evolutionary framework is also necessary to understand how psychotherapy and psychopharmacology work to improve the lives of patients with psychiatric and psychosomatic disorders The Textbook of Evolutionary Psychiatry and Psychosomatic Medicine is a valuable text for all students of Psychology Medicine and Psychotherapy who seek an understanding of the evolutionary issues surrounding health and disease The Evolution of Psychopathology Todd K. Shackelford, Virgil Zeigler-Hill, 2017-08-01 This review of recent evolutionary theories on psychopathology takes on controversies and contradictions both with established psychological thought and within the evolutionary field itself Opening with the ancestral origins of the familiar biopsychosocial model of psychological conditions the book traces distinctive biological and cultural pathways shaping human development and their critical impact on psychiatric and medical disorders Analyses of disparate phenomena such as jealousy social anxiety depressive symptoms and antisocial behavior describe adaptive functions that have far outlasted their usefulness or that require further study and perhaps new directions for treatment In addition the book's compelling explorations of violence greed addiction and suicide challenge us to revisit many of our assumptions regarding what it means to be human Included in the coverage Evolutionary foundations of psychiatric compared to non psychiatric disorders

Evolutionary psychopathology uncomplicated depression and the distinction between normal and disordered sadness Depression is rumination really adaptive A CBT approach to coping with sexual betrayal and the green eyed monster Criminology s modern synthesis remaking the science of crime with Darwinian insight Anthopathology the abiding malady of the species With its wealth of interdisciplinary viewpoints The Evolution of Psychopathology makes an appropriate supplementary text for advanced graduate courses in the evolutionary sciences particularly in psychology biology anthropology sociology and philosophy

The Science of Lay Theories Claire M. Zedelius, Barbara C. N. Müller, Jonathan W. Schooler, 2017-07-14 This timely and important collection broadens our understanding of the ways in which lay theories also known as folk psychologies implicit theories naïve theories or mindsets impact our lives and social relations Moving well beyond lay theories as applied to intelligence and achievement this volume considers lay theories in an admirably wide context including perspectives on prejudice creativity self regulation health free will justice magic religion and more Eminent and emerging scholars alike provide a comprehensive overview that presents and synthesizes cutting edge contemporary research on lay theories spanning social cognitive developmental cultural and clinical psychology Structurally this volume is organized in three parts Beginning with a preface by renowned scholar Carol Dweck the first part looks at the origins and nature of lay theories and how malleable they are The second part explores lay theories about common psychological phenomena The third section discusses lay theories about the metaphysical or supernatural Finally the last section explores the important question of how lay theories impact health and health behavior Taken together the chapters provide an integrative survey of the science of lay theories bringing together many perspectives that previously have been studied largely in isolation This volume is more than the sum of its parts perspectives from different strands of research provide insights that cut across research disciplines making novel connections and prompting new directions for this field of study Shedding light on how our beliefs shape all facets of our lives *The Science of Lay Theories How Beliefs Shape Our Cognition Behavior and Health* will appeal to researchers and practitioners in psychology as well as philosophers cognitive and developmental neuroscientists religious scholars sociologists and anthropologists It is very rare to say of an edited volume of scholarly chapters I couldn't put it down Yet that was the case with this book It's not just that I have worked in this field for many years but rather with every chapter I felt I was gaining new insights into what deep down people really believe and how these beliefs influence their lives Carol Dweck Stanford University Palo Alto CA USA

The Arc of Life Grazyna Jasienska, Diana S. Sherry, Donna J. Holmes, 2017-01-03 Given the rapidly developing area of evolutionary medicine and public health *The Arc of Life* examines ways in which research conducted by biological anthropologists can enrich our understanding of variation in human health outcomes The book aims not only to showcase the perspective that biological anthropologists bring to the burgeoning field of evolutionary medicine but to underscore the context of human life history especially the concept of evolutionary trade offs and the ensuing biological processes that can affect health status over the

life course This dual emphasis on life history theory and life cycle biology will make for a valuable and unique yet complementary addition to books already available on the subject of evolution and health The book consolidates diverse lines of research within the field of biological anthropology stimulates new directions for future research and facilitates communication between subdisciplines of human biology operating at the forefront of evolutionary medicine Principles of Evolutionary Medicine Peter Gluckman, Alan Beedle, Tatjana Buklijas, Felicia Low, Mark Hanson, 2016-03-17 Evolutionary science is critical to an understanding of integrated human biology and is increasingly recognised as a core discipline by medical and public health professionals Advances in the field of genomics epigenetics developmental biology and epidemiology have led to the growing realisation that incorporating evolutionary thinking is essential for medicine to achieve its full potential This revised and updated second edition of the first comprehensive textbook of evolutionary medicine explains the principles of evolutionary biology from a medical perspective and focuses on how medicine and public health might utilise evolutionary thinking It is written to be accessible to a broad range of readers whether or not they have had formal exposure to evolutionary science The general structure of the second edition remains unchanged with the initial six chapters providing a summary of the evolutionary theory relevant to understanding human health and disease using examples specifically relevant to medicine The second part of the book describes the application of evolutionary principles to understanding particular aspects of human medicine in addition to updated chapters on reproduction metabolism and behaviour there is an expanded chapter on our coexistence with micro organisms and an entirely new chapter on cancer The two parts are bridged by a chapter that details pathways by which evolutionary processes affect disease risk and symptoms and how hypotheses in evolutionary medicine can be tested The final two chapters of the volume are considerably expanded they illustrate the application of evolutionary biology to medicine and public health and consider the ethical and societal issues of an evolutionary perspective A number of new clinical examples and historical illustrations are included This second edition of a novel and popular textbook provides an updated resource for doctors and other health professionals medical students and biomedical scientists as well as anthropologists interested in human health to gain a better understanding of the evolutionary processes underlying human health and disease Mismatch Theories in Evolutionary Medicine Jonas Pödl, 2025-04-30 This book investigates the limits and possibilities of mismatch theories in evolutionary medicine a topic that has not yet received much attention in philosophy Mismatch explanations are part of a broader attempt to establish evolutionary thinking as a foundation for human medicine Although mismatch explanations are well established in ecology to account for extinction risks the ongoing attempts to transfer them into human medical contexts are riddled with conceptual and ethical problems This book offers a comprehensive analysis of the theoretical presuppositions as well as the normative implications associated with mismatch theorizing in evolutionary medicine *The Routledge Companion to Philosophy of Medicine* Miriam Solomon, Jeremy R. Simon, Harold Kincaid, 2016-10-04 The Routledge Companion to Philosophy of Medicine

is a comprehensive guide to topics in the fields of epistemology and metaphysics of medicine. It examines traditional topics such as the concept of disease causality in medicine, the epistemology of the randomized controlled trial, the biopsychosocial model, explanation, clinical judgment and phenomenology of medicine, and emerging topics such as philosophy of epidemiology, measuring harms, the concept of disability, nursing perspectives, race and gender, the metaphysics of Chinese medicine, and narrative medicine. Each of the 48 chapters is written especially for this volume and with a student audience in mind. For pedagogy and clarity, each chapter contains an extended example illustrating the ideas discussed. This text is intended for use as a reference for students in courses in philosophy of medicine and philosophy of science and pairs well with *The Routledge Companion to Bioethics* for use in medical humanities and social science courses. Medicine Balls Phil Hammond, 2008-09-15. This is the popular best seller in a revised and updated new edition. The world is full of TV doctors but only Dr Phil has appeared on *Have I Got News For You* seven times and *Countdown* nineteen times, a true mark of greatness. Whatever Lord Winston says, He is also *Private Eye*'s medical correspondent and possibly the only comic to have appeared at a Public Inquiry. Dr Phil 46 Capricorn has worked in the NHS for twenty years but only used it twice. He takes no drugs apart from Australian Shiraz and has never knowingly been Rolfed. So how does he remain so healthy? And what sort of Doctor is he? Here at last are transcripts of his most life enhancing consultations and comedy including *89 Minutes to Save the NHS*.

Evolution and Medicine Robert Perlman, 2013-05-30. *Evolution and Medicine* provides an accessible introduction to the new field of evolutionary medicine. Evolutionary concepts help explain why we remain vulnerable to disease, how pathogens and cancer cells evolve, and how the diseases that affected our evolutionary ancestors have shaped our biology. *The Bloomsbury Companion to Contemporary Philosophy of Medicine* James A. Marcum, 2016-12-15. A definitive and authoritative guide to a vibrant and growing discipline in current philosophy. *The Bloomsbury Companion to Contemporary Philosophy of Medicine* presents an overview of the issues facing contemporary philosophy of medicine, the research methods required to understand them, and a trajectory for the discipline's future. Written by world leaders in the discipline, this companion addresses the ontological, epistemic, and methodological challenges facing philosophers of medicine today, from the debate between evidence-based and person-centered medicine, medical humanism, and gender medicine, to traditional issues such as disease, health, and clinical reasoning and decision making. Practical and forward-looking, it also includes a detailed guide to research sources, a glossary of key terms, and an annotated bibliography, as well as an introductory survey of research methods and discussion of new research directions emerging in response to the rapid changes in modern medicine. *Philosophy needs medicine*, Hillel Braude argues, to become more relevant. By showing how modern medicine provides philosophers with a rich source of material for investigating issues facing contemporary society, *The Bloomsbury Companion to Contemporary Philosophy of Medicine* introduces the opportunities medicine offers philosophers, together with the resources and skills required to contribute to contemporary debates and discussions. *The Fragility of Philosophy of*

Medicine Lucien Karhausen, 2023-09-20 This book about philosophy of medicine bestows a bottom up and not a top down approach It starts from clinical medicine and epidemiology analyzing their interrelations with philosophical instruments The book criticizes the constant search for generalities and the essentialism that too often characterizes this discipline which results in philosophers of medicine dialoguing with each other without direct contact with medical science In the light of Ludwig Wittgenstein s philosophy this book proposes an approach to the philosophy of medicine based on the quorum of language what Wittgenstein calls family resemblances In this way the author establishes a philosophy of medicine that is closely related to the medical clinic and to public health and as such avoids armchair philosophy Don t think but look wrote Wittgenstein

Jews and Medicine Frank Heynick, 2002 From the Middle East B C E to medieval Spain through the end of WWII Frank Heynick traces the relationship between a people and a science in *Jews and Medicine An Epic Saga* The ancient ritual of circumcision Maimonides the Bavarian Jacob Henle and Nobel winner Otto Loewi make appearances in this sweeping history of literary religious and professional links between Judaism and medical practice Heynick a scholar of medical history and linguistics discusses the sale of mummified remains as a cure for disease the ascendance of psychoanalysis and hundreds of other famous and obscure historical moments Publisher s Weekly

Whispering the Secrets of Language: An Emotional Journey through **Why We Get Sick The New Science Of Darwinian Medicine**

In a digitally-driven world where monitors reign supreme and immediate connection drowns out the subtleties of language, the profound techniques and mental nuances concealed within phrases usually move unheard. Yet, nestled within the pages of **Why We Get Sick The New Science Of Darwinian Medicine** a interesting literary prize pulsating with natural feelings, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, that enchanting opus attracts visitors on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the psychological depths of this touching review, we will embark upon a honest exploration of the book is primary subjects, dissect their charming publishing fashion, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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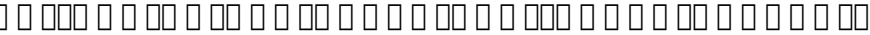
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