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Abstract Form

Title

Is Cancer Optional?: Our evolutionary history gives us revolutionary insights for avoidance and remission.

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Text

Introduction

The incidence of cancers has been increasing fast in the industrialized world and is generally recognised to be a 'disease of civilization'. Why this might be and what can be done about it is examined.

Methods:

Field study (African savanna) and study of the literature in the fields of human physical anthropology, human genetic ancestry, biochemistry, immunology, endocrinology, and stress adaptations; study of clinical trials in nutrition, physical activity, sunshine exposure, sleeping patterns and other lifestyle factors; epidemiological studies of modern societies in various stages of development and with various lifestyle practices.

Results:

A study of genetics indicate the modern humans are all descended from a group of hunter-gatherers living some 60,000 years ago (some 2,000 generations) in the savannas of east Africa. With a few trivial exceptions, modern humans have the same genetic make up. That is, modern humans have biologies, biochemistries and mentalities that natural selection designed to be fit for life in the African Pleistocene.

A reconstruction of Pleistocene lifestyle indicates a strong mismatch with the lifestyle practised by modern industrialised societies. The incidence of cancer increases with the degree of mismatch.

Discussion and Conclusions:

Cells go precancerous all the time and human evolutionary history has developed sophisticated defenses (the immune system) to deal with them. The modern lifestyle undermines the immune system, allowing cancers to progress to malignancy. The evidence suggests that a lifestyle which emulates the Pleistocene lifestyle will restore the immune system's ability to deal with cancers as they arise – and help with remission if they are already being expressed. A synopsis of this lifestyle emulation is presented.

References:

The topic covers a vast field and the scientific literature is correspondingly copious. The over 480 citations are available online at: <http://bit.ly/Bond-DH-References> and on the PowerPoint slides