

# Grand Rounds



**Darwinian Insights: Fact and fiction about cholesterol and cardiovascular disease, dairy and bone health, the demonization of sunshine, eight glasses of water a day and other shibboleths.**

**Geoff Bond, M.Sc.**

**Monday, February 4, 2013, 7:30-8:15 a.m.**

**Scripps Center for Integrative Medicine**

Shiley Pavilion, Lower Level, Yoga Room

10820 North Torrey Pines Road, La Jolla, CA 92037

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In the science of integrative medicine, evidence-based alternative medicine sometimes collides with conventional medicine's paradigms. However, remarkable insights from our evolutionary past can provide decisive arguments to settle these opposing contentions.

We will examine some commonly promoted misconceptions, explain why, in evolutionary terms, they do not hold water, and explain what to do about them. These supportive scientific measures can help you transform the health of your patients, regardless of socio-economic, ethnic or genetic factors.

**Geoff Bond, M.Sc.** graduated with honors in applied sciences from London University, and completed post graduate professional qualifications in 1968. Geoff spent his early career living and working in remote African villages, where he widened his earlier studies in anthropology, biochemistry and evolutionary human development.

An independent researcher for more than 20 years, Geoff has stayed at the cutting edge of this new science of evolutionary lifestyle anthropology. From his insights on human origins and our ancient nutritional heritage, Geoff has become a recognized authority on what it means to be human in lifestyle terms. He explains how we know these things, what is going wrong today and what we can do about it. Geoff contributes to the health policy panel of the Reform think tank in the United Kingdom.