

THE ORIGINS OF

HUMAN DIET & MEDICINE



TIMOTHY JOHNS

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Origins Of Human Diet And Medicine Chemical Ecology

Julia Schneider



Origins Of Human Diet And Medicine Chemical Ecology:

The Origins of Human Diet and Medicine Timothy Johns, 1990
Johns, 1996-01-01 People have always been attracted to foods rich in calories fat and protein yet the biblical admonition that meat be eaten with bitter herbs suggests that unpalatable plants play an important role in our diet So called primitive peoples show a surprisingly sophisticated understanding of how their bodies interact with plant chemicals which may allow us to rediscover the origins of diet by retracing the paths of biology and culture The domestication of the potato serves as the focus of Timothy Johns s interdisciplinary study which forges a bold synthesis of ethnobotany and chemical ecology The Aymara of highland Bolivia have long used varieties of potato containing potentially toxic levels of glycoalkaloids and Johns proposes that such plants can be eaten without harm owing to human genetic modification and cultural manipulation Drawing on additional fieldwork in Africa he considers the evolution of the human use of plants the ways in which humans obtain foods from among the myriad poisonous and unpalatable plants in the environment and the consequences of this history for understanding the basis of the human diet A natural corollary to his investigation is the origin of medicine since the properties of plants that make them unpalatable and toxic are the same properties that make them useful pharmacologically As our species has adapted to the use of plants plants have become an essential part of our internal ecology Recovering the ancient wisdom regarding our interaction with the environment preserves a fundamental part of our human heritage

Eating on the Wild Side Nina L. Etkin, 2000-11 People have long used wild plants as food and medicine and for a myriad of other important cultural applications While these plants and the foraging activities associated with them have been dismissed by some observers as secondary or supplementary or even backward their contributions to human survival and well being are more significant than is often realized Eating on the Wild Side spans the history of human plant interactions to examine how wild plants are used to meet medicinal nutritional and other human needs Drawing on nonhuman primate studies evidence from prehistoric human populations and field research among contemporary peoples practicing a range of subsistence strategies the book focuses on the processes and human ecological implications of gathering semidomestication and cultivation of plants that are unfamiliar to most of us Contributions by distinguished cultural and biological anthropologists paleobotanists primatologists and ethnobiologists explore a number of issues such as the consumption of unpalatable and famine foods the comparative assessment of aboriginal diets with those of colonists and later arrivals and the apparent self treatment by sick chimpanzees with leaves shown to be pharmacologically active Collectively these articles offer a theoretical framework emphasizing the cultural evolutionary processes that transform plants from wild to domesticated with many steps in between while placing wild plant use within current discussions surrounding biodiversity and its conservation Eating on the Wild Side makes an important contribution to our understanding of the links between biology and culture describing the interface between diet medicine and natural products By showing

how various societies have successfully utilized wild plants it underscores the growing concern for preserving genetic diversity as it reveals a fascinating chapter in the human ecology

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Fundamentals of Complementary, Alternative, and Integrative Medicine - E-Book Marc S. Micozzi, 2018-10-08 Selected for Doody's Core Titles 2024 in Complementary Integrative Health

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A unique history of CAI traces CAM therapies from their beginnings to

present day practices Suggested readings and references on the companion website list the best resources for further research and study

Encyclopedia of Anthropology H. James Birx, 2006 Focuses on physical social and applied anthropology archaeology linguistics and symbolic communication Topics include hominid evolution primate behaviour genetics ancient civilizations cross cultural studies and social theories

A Zapotec Natural History Eugene S. Hunn, 2016-08 A Zapotec Natural History is an extraordinary book with accompanying data also available on the web here that describe the people of a small town in Mexico and their remarkable knowledge of the natural world in which they live San Juan Gb is a Zapotec Indian community located in the state of Oaxaca a region of surprising biological diversity Eugene S Hunn is a well known anthropologist and ethnobiologist who has spent many years working in San Juan Gb studying its residents and their knowledge of the local environment Here Hunn writes sensitively and respectfully about the rich understanding of local flora and fauna that village inhabitants have acquired and transmitted over many centuries In this village everyone young children included can identify and name hundreds of local plants animals and fungi together with the details of their life cycles habitat preferences and functions in the economic aesthetic and spiritual lives of the town Part 1 of this two part work describes the community the subsistence farming practices of its residents the nomenclature and classification of the local biological taxonomy the use of plants for treating illnesses and the ritual and decorative roles of flowers Part 2 is online and includes detailed inventories of all plant animal and fungal categories recognized by San Juan s people a series of indexes and a library of more than 1 200 images illustrating the town s plants people landscapes and daily activities The contents of Part 2 are available online

The Primal Feast Susan Allport, 2016-06-28 Food makes the world go around according to this absorbing account of how the search for food has shaped human nature It is more important than love or sex for the simple reason that food is harder to find than a mate Think of it this way says Allport who draws on the research of anthropologists and biologists in presenting her fascinating and provocative theories Mates are often willing accomplices in the act of mating food is never a willing accomplice in the act of eating

Adequate Food for All Wilson G. Pond, Buford L. Nichols, Dan L. Brown, 2009-02-12 Food is the sustenance of life But while we understand that a secure supply of food has been affected by many factors over the course of history we do not often allow ourselves to entertain the idea that a lack of adequate food worldwide is a very real and dangerous possibility While soil degradation water distribution climate change populati

A Day in a Working Life Gary Westfahl, 2015-04-21 Ideal for high school and college students studying history through the everyday lives of men and women this book offers intriguing information about the jobs that people have held from ancient times to the 21st century This unique book provides detailed studies of more than 300 occupations as they were practiced in 21 historical time periods ranging from prehistory to the present day Each profession is examined in a compelling essay that is specifically written to inform readers about career choices in different times and cultures and is accompanied by a bibliography of additional sources of information sidebars that relate historical issues to present day concerns as well as

related historical documents Readers of this work will learn what each profession entailed or entails on a daily basis how one gained entry to the vocation training methods and typical compensation levels for the job The book provides sufficient specific detail to convey a comprehensive understanding of the experiences benefits and downsides of a given profession Selected accompanying documents further bring history to life by offering honest testimonies from people who actually worked in these occupations or interacted with those in that field

Opium John H. Halpern, David Blistein, 2019-08-13 From a psychiatrist on the frontlines of addiction medicine and an expert on the history of drug use comes the authoritative engaging and accessible history of the flower that helped to build Booklist and now threatens modern society Opioid addiction is fast becoming the most deadly crisis in American history In 2018 it claimed nearly fifty thousand lives more than gunshots and car crashes combined and almost as many Americans as were killed in the entire Vietnam War But even as the overdose crisis ravages our nation straining our prison system dividing families and defying virtually every legislative solution to treat it few understand how it came to be Opium tells the fascinating Lit Hub and at times harrowing tale of how we arrived at today's crisis making timely and startling connections among painkillers politics finance and society Laurence Bergreen The story begins with the discovery of poppy artifacts in ancient Mesopotamia and goes on to explore how Greek physicians and obscure chemists discovered opium's effects and refined its power how colonial empires marketed it around the world and eventually how international drug companies developed a range of powerful synthetic opioids that led to an epidemic of addiction Throughout Dr John Halpern and David Blistein reveal the fascinating role that opium has played in building our modern world from trade networks to medical protocols to drug enforcement policies Most importantly they disentangle how crucial misjudgments patterns of greed and racial stereotypes served to transform one of nature's most effective painkillers into a source of unspeakable pain and how using the insights of history state of the art science and a compassionate approach to the illness of addiction we can overcome today's overdose epidemic This urgent and masterfully woven narrative tells an epic story of how one beautiful flower became the fascination of leaders tycoons and nations through the centuries and in their hands exposed the fragility of our civilization An NPR Best Book of the Year A landmark project Dr Andrew Weil Engrossing and highly readable Sam Quinones An astonishing journey through time and space Julie Holland MD The most important provocative and challenging book I've read in a long time Laurence Bergreen

The Impact of Addictive Substances and Behaviours on Individual and Societal Well-being Peter Anderson, Jürgen Rehm, Robin Room, 2015 Analyses the impact of addictive drugs alcohol nicotine and illegal drugs and behaviours gambling on the health and wellbeing of individuals and societies based on the latest research and within an innovative new conceptual framework

Wild Harvest Karen Hardy, Lucy Kubiak Martens, 2016-04-20 Plants are fundamental to life they are used by all human groups and most animals They provide raw materials vitamins and essential nutrients and we could not survive without them Yet access to plant use before the Neolithic can be challenging In some places plant remains rarely survive and

reconstructing plant use in pre agrarian contexts needs to be conducted using a range of different techniques This lack of visible evidence has led to plants being undervalued both in terms of their contribution to diet and as raw materials This book outlines why the role of plants is required for a better understanding of hominin and pre agrarian human life and it offers a variety of ways in which this can be achieved Wild Harvest is divided into three sections In section 1 each chapter focuses on a specific feature of plant use by humans this covers the role of carbohydrates the need for and effects of processing methods the role of plants in self medication among apes plants as raw materials and the extent of evidence for plant use prior to the development of agriculture in the Near East Section 2 comprises seven chapters which cover different methods available to obtain information on plants and the third section has five chapters each covering a topic related to ethnography ethnohistory or ethnoarchaeology and how these can be used to improve our understanding of the role of plants in the pre agrarian past

Zooarchaeology and Modern Human Origins Jamie L. Clark, John D. Speth, 2013-07-11 Recent genetic data showing that Neanderthals interbred with modern humans have made it clear that deeper insight into the behavioral differences between these populations will be critical to understanding the rapid spread of modern humans and the demise of the Neanderthals This volume which brings together scholars who have worked with faunal assemblages from Europe the Near East and Africa makes an important contribution to our broader understanding of Neanderthal extinction and modern human origins through its focus on variability in human hunting behavior between 70 25 000 years ago a critical period in the later evolution of our species

Encyclopaedia of the History of Science, Technology, and Medicine in Non-Western Cultures Helaine Selin, 2008-03-12 Here at last is the massively updated and augmented second edition of this landmark encyclopedia It contains approximately 1000 entries dealing in depth with the history of the scientific technological and medical accomplishments of cultures outside of the United States and Europe The entries consist of fully updated articles together with hundreds of entirely new topics This unique reference work includes intercultural articles on broad topics such as mathematics and astronomy as well as thoughtful philosophical articles on concepts and ideas related to the study of non Western Science such as rationality objectivity and method You ll also find material on religion and science East and West and magic and science

Ethnobotany and Medicinal Plants Susan A. McCarthy, 1992 *The Paleoanthropology and Archaeology of Big-Game Hunting* John D. Speth, 2010-09-08 Since its inception paleoanthropology has been closely wedded to the idea that big game hunting by our hominin ancestors arose first and foremost as a means for acquiring energy and vital nutrients This assumption has rarely been questioned and seems intuitively obvious meat is a nutrient rich food with the ideal array of amino acids and big animals provide meat in large convenient packages Through new research the author of this volume provides a strong argument that the primary goals of big game hunting were actually social and political increasing hunter s prestige and standing and that the nutritional component was just an added bonus Through a comprehensive interdisciplinary research approach the author examines the historical and current perceptions of

protein as an important nutrient source the biological impact of a high protein diet and the evidence of this in the archaeological record and provides a compelling reexamination of this long held conclusion This volume will be of interest to researchers in Archaeology Evolutionary Biology and Paleoanthropology particularly those studying diet and nutrition

Food Fights Charles C. Ludington, Matthew Morse Booker, 2019-08-29 What we eat where it is from and how it is produced are vital questions in today s America We think seriously about food because it is freighted with the hopes fears and anxieties of modern life Yet critiques of food and food systems all too often sprawl into jeremiads against modernity itself while supporters of the status quo refuse to acknowledge the problems with today s methods of food production and distribution Food Fights sheds new light on these crucial debates using a historical lens Its essays take strong positions even arguing with one another as they explore the many themes and tensions that define how we understand our food from the promises and failures of agricultural technology to the politics of taste In addition to the editors contributors include Ken Albala Amy Bentley Charlotte Biltekoff Peter A Coclanis Tracey Deutsch S Margot Finn Rachel Laudan Sarah Ludington Margaret Mellon Steve Striffler and Robert T Valgenti

Introduction to Complementary Medicine Terry Robson, 2020-07-16 What is complementary medicine What evidence is there to support its use What can orthodox medicine learn from holistic practices Providing a sound introduction to the range of treatments and philosophies usually termed complementary and alternative medicine this book offers a systematic explanation of the philosophies and practices that underpin contemporary complementary medicine Introduction to Complementary Medicine examines the rise in popularity of complementary medicine and discusses the challenges of developing a more integrated system of health care Drawing on recent research this book explores the development application evidence contraindications and appropriateness of a wide range of traditional systems of medicine and healing modalities including Herbal Medicine Massage Osteopathy Traditional Chinese Medicine Aromatherapy Chiropractic Ayurveda Yoga and Meditation Written by leading academics researchers and experienced practitioners Introduction to Complementary Medicine is designed to be used as a reference for students and practitioners in a range of health professions With a foreword by Dr Joseph Pizzorno ND

Reframing Aging Melissa K. Melby, 2025-09-10 How do we age Why do we age How and why does menopause happen Do different cultures have different approaches and attitudes to and experiences of aging and menopause Reframing Aging Insights from Biology and Culture of Midlife Japanese uses a biocultural framework to try to answer these questions and gain insights on aging and menopause in Japan the United States and beyond Drawing on years of fieldwork and lab work in Japan and over a decade of living and working in Japan at several universities and the National Institute of Health and Nutrition with follow up interviews spanning over 20 years Melissa Melby challenges what are often considered normal experiences of aging and menopause This book introduces a proximate ultimate biocultural framework to guide the reader through questions of how proximate and why ultimate we age and experience menopause as we do Drawing insights from evolutionary biology and societal level

phenomena and the language of lived experience it explores how cross cultural variation in expectations medicalization collectivism lifestyles and other factors may influence how symptoms of aging and menopause are perceived experienced and treated Reframing Aging Insights from Biology and Culture of Midlife Japanese offers new approaches and insightful perspectives for students of biological cultural medical anthropology gerontology Asian studies women and gender studies medicine and public health

Environmental Connections Kathleen Bajorek DeBettencourt, 2000 A guide intended to help educators and students find resources on environmental topics that will enable them to examine issues in greater depth than typical textbooks allow Chapters are divided by subject matter water biodiversity air quality global climate change energy forests food and agriculture soils mineral resources population studies waste management toxicology and risk and environmental decision making Guide appears to be most helpful for teachers in upper grade levels

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