2020 Moments of Truth.
  • Wildfires, floods, droughts, related to Climate Change
  • Sars CoV-2 Pandemic
  • Global protests highlighting racial injustice and systemic racism

While my intention was to focus on your role in your health as related to the novel 2019 Coronavirus, the framework of Evolutionary Health will ultimately connect you to this world, its ecosystem and communities to facilitate resiliency in your life, no matter what moment of truth you face.

With respect to this pandemic, we are given the following (reactive) guidance to stay healthy:
  • Wash your hands
  • Practice physical distancing
  • Wear a mask

Notably missing from this message are ideas on how to be proactive in your health and consequently your resilience to disease.
Have an Open Mind, be Curious.

Approach your personal resiliency with an open mind. You were born into this world and into a pre-existing story of 'how we do things'. You may never have questioned why we do things the way we do. Now is that time.

Perspective.

Geologic time (4.6 billion years) as expressed in one hour. Notably, evidence of the first modern humans would be within the last tenth of a second of that hour.

00:01.00 - Earth’s crust formed
14:30.00 - Bacteria evolve
26:30.00 - Our atmosphere had free oxygen
41:45.00 - First multicellular organisms
51:25.00 - First fish
57:01.00 - First dinosaurs
59:58.80 - First human ancestors
59:59.90 - First modern humans
Nature innovates with shape and information, and we ARE nature.

Throughout Geologic Time, organisms have evolved in response to their environments.
- Diseases of Captivity - and orcas with floppy fins
- ‘It’s so much easier to see diseases of captivity in other species’
- Biomimicry - problem solving the way nature did it
  - the kingfisher and the bullet train
  - termite mound technology for sustainable buildings

Importantly, this is holistic. Nothing in nature acts in isolation.

Nature’s superpower is Adaptation and Healing.

- lift weights, gain muscle
- catch a cold, recover from a cold
- change your diet, gain or lose weight

Your health and shape are the result of how you’ve adapted to the information and the environment that you experience the most.

There is a disconnect between our health and our modern environment.

What is Evolutionary Health? Given that an organisms environment informs and shapes its health, we assume that the human species evolved to be optimally fit and healthy under natural conditions.

What Evolutionary Health is not? The intent of this perspective is not to suggest we re-enact the past.

We use this framework to help us sift through endless consumer messages, attention grabbing headlines, and voices in our heads to begin to question how our choices influence our overall wellbeing and to make sense of our fundamental needs.

From an Evolutionary Health perspective, natural inputs inform the strength of our immune system (remember, nothing is in isolation) and our resilience to disease, both chronic and acute.

There are 5 pillars of Evolutionary Health to Explore:
- Food
- Sleep
- Environment
- Movement
- Love & Community
### Food.

**Modern Situation**  
- Processed & Packaged  
- Economy  
- Subsidy  
- Low Variety  
- High Choice  
- Little Movement Necessary  
- Not proven to be ‘food’

**Evolutionary Perspective**  
- Seasonal  
- Local  
- Whole Foods  
- Harvested Fresh  
- Healthy Soil  
- Variety  
- Move in order to eat

### Sleep.

**Modern Situation**  
- Not Prioritized  
- Staring at Blue Light  
- Work Day Extended  
- Netflix  
- Insulated from Earth  
- Hormones Interrupted

**Evolutionary Perspective**  
- Day & Night  
- Contact with the Earth  
- Seasonal Temperatures  
- Flame  
- Natural Alarm Clock

### Environment.

**Modern Situation**  
- Inside  
- Deficient  
- Sterile  
- Insulated  
- Chemical  
- Climate Controlled

**Evolutionary Perspective**  
- Outside  
- Sun  
- **Microbes**  
- Grounded  
- Natural Terrain  
- Seasonal

### Movement.

**Modern Situation**  
- We Wear Shoes  
- Punctuated  
- ‘Exercise’  
- Not Functional  
- Associated with Gyms  
- Unvaried

**Evolutionary Perspective**  
- Unshod  
- Frequent  
- Varied  
- Functional  
- Life Required Movement
From Katy Bowman, see Move Your DNA

Love & Community.

Modern Situation
- Messages & Comparisons
- All Appearances
- Body Shaming
- Fear
- Not Enough
- Isolation
- Social Media
- Burden

Evolutionary Perspective
- Self-Care
- No Media, social or otherwise
- Share Strengths
- Role Models
- ‘Pack Animals’
- In-Person Social Support
- Rites of Passage
**Take Action.**

Consider how you would use the concept of Evolutionary Health to make changes in the food you eat, your sleep environment and habits, the places you spend the most time in, the way you move (and how you define ‘movement’) and how you interact with others.

How can you use this perspective to make choices about food?

What can you change about your relationship with sleep?

How familiar are you with your ecosystem?

Can you move in more ways, more often?

Do you have social support? Do you know your neighbors? Do you know what they need?