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An evolutionary perspective on (chronic) disease

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PROPOSITIONS (STELLINGEN) BELONGING TO THE THESIS:

An evolutionary perspective on (chronic) disease Lifestyle, nutritional imbalances and low-grade inflammation

by Begoña Ruiz Núñez

1. *The present disbalance between inflammatory and anti-inflammatory stimuli cannot be solved by a single 'magic bullet' (this thesis, Chapter 1) (Garry Egger et al. Obesity Reviews 2011;12(5),339-345).*
2. *For a 'healthy aging' we might have to return to the lifestyle of the Paleolithic era according to the culture of the 21st century, e.g. exposure to short-term, acute-stress-induction situations (this thesis, Chapter 1) (Loren Cordain et al. The American Journal of Clinical Nutrition 2005;81(2), 341-354).*
3. *It is the interaction with many other lifestyle factors that determines whether saturated fatty acid-intake and saturated fatty acid-status have relevant contributing effects on systemic (low-grade) inflammation (this thesis, Chapter 2).*
4. *The triglycerides/HDL-cholesterol ratio is an undervalued, but simple and cheap parameter of insulin resistance and atherogenic dyslipidemia (this thesis, Chapter 2) (Gerald M Reaven et al. Annual Review of Nutrition 2005;25, 391-406)*
5. *Assessment of the Iodine status of the Dutch general population is (urgently) needed (this thesis, Chapter 4).*
6. *The role of Iodide as antioxidant is underestimated (this thesis, Chapter 4).*
7. *Chronic fatigue syndrome may be the human version of hibernation (this thesis, Chapter 4) (Robert K Naviaux, Proceedings of the National Academy of Sciences 2016;113(37), E5472-E5480).*
8. *Psychobiotic agents may be more promising than most conventional psychotropic medication (Philip WJ Burnet et al. Biological Psychiatry 2013;74(10), 708-709).*
9. *Evidence Based Medicine has become nowadays exactly what Sackett did not intend it to be (David L Sackett et al. British Medical Journal 1996;312:71-72).*
10. *Evolutionary medicine should be taught in medical school as one of the main basic sciences.*
11. *Whether you think you can, or you think you can't, you're right — Henry Ford.*
12. *Life is like riding a bicycle. To keep your balance, you must keep moving — Albert Einstein.*
13. *Clinical chemists should measure more often inside cells in order to get rid of the image: 'wrong marker, wrong place, wrong time'.*
14. *Every mountain top is within reach if you just keep climbing — Barry Finlay.*
15. *Bergen beklim je ook in het vlakke Nederland.*