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LOREN CORDAIN, PH.D.
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LOREN CORDAIN, PH.D., PROFESSOR EMERITUS



Loren Cordain is the world's foremost authority on the evolutionary basis of diet and disease. Featured on Dateline NBC, the front page of the *Wall Street Journal*, and *The New York Times*, Dr. Cordain is widely acknowledged as one of the world's leading experts on the natural

human diet of our Stone Age ancestors. He is the author of more than 100 peer-reviewed scientific articles and abstracts, and his research into the health benefits of Stone Age Diets for contemporary people has appeared in the world's top scientific journals including the *American Journal of Clinical Nutrition*, the *British Journal of Nutrition*, and the *European Journal of Clinical Nutrition*, among others. He is also on the Advisory Board of *Paleo Magazine* the first, and only, print magazine dedicated to the Paleo/Primal lifestyle and ancestral health.

Dr. Cordain's popular book, *The Paleo Diet*, has been widely acclaimed in both the scientific and lay communities and was fully revised in 2010. His next book, *The Paleo Diet for Athletes*, published in October 2005, discusses how The Paleo Diet can be modified for the high performance endurance athlete and lead to improved health and performance. His next book, *The Dietary Cure for Acne*, is available in paperback and as an instant download ebook. *The Paleo Diet Cookbook* was published in 2010 and became an instant bestseller. His most recent book, *The Paleo Answer*, was released in December 2011, and represents a sequel to *The Paleo Diet (Revised)*. Dr. Cordain is the recipient of the Scholarly Excellence award at Colorado State University for his contributions into understanding optimal human nutrition.

Dr. Cordain first became interested in nutrition during his childhood, from his mother encouraging him to eat

his fruits and veggies and from his father giving him books about Stone Age people and how they lived off the land from wild plants and animals. In the late '60s and early '70s, he was involved in intercollegiate athletics and became more interested in diets that could improve his performance. He read a wide variety of popular, and now classic, health books on vegetarian dieting such as Frances Moore Lappe's book, *Diet for a Small Planet*, and books by Norman Walker, Paavo Airola, and others.

Later, as a graduate student at the University of Nevada-Reno, and as a doctoral student at the University of Utah, he became involved in research involving body fat measurements. As a young professor at Colorado State University, he initiated a wide variety of research projects involving diet and athletic performance with the help of his graduate students. He was introduced to the Paleo Diet concept in about 1987 when he read Dr. Boyd Eaton's seminal *New England Journal of Medicine* paper, "Paleolithic Nutrition." It made perfect sense to him at the time, and he voraciously read everything he could about the concept and related topics. A number of years later, he gave Dr. Eaton a call and invited him to speak at Colorado State University. They hit it off after their meeting, began writing together, and the rest can be found in the scientific literature.

Dr. Cordain received his Ph.D. in Health from the University of Utah in 1981, his master's in physical education from the University of Nevada-Reno in 1978, and his bachelor's in health sciences from Pacific University in 1974. He has been a professor in the department of health and exercise science at Colorado State University since 1982, and is married with three sons.



BIOGRAPHICAL

BORN IN

Hollywood, CA

MARRIED

Lorrie Cordain

CHILDREN

Kyle
Kevin
Kenneth

EDUCATION

YEAR

DEGREE

MAJOR

1981	Ph.D.	Health: Physical Education Minor: Exercise Physiology
1978	M.S.	Health: Physical Education Minor: Exercise Physiology
1974	B.S.	Health Sciences

UNIVERSITY

Univesity of Utah
University of Nevada - Reno
Pacific University

PROFESSIONAL EXPERIENCE

YEAR

TITLE

2013 - Present	Professor Emeritus
1990 - 2013	Professor
1981 - 1997	Director, Human Performance Lab
1983 - 1996	Director, Graduate Studies
1989, 1996, 2003	Sabbatical Leaves
1985 - 1990	Associate Professor
1982 - 1985	Assistant Professor
1981 - 1982	Lecturer
1979 - 1981	Grad Research Assistant
1976 - 1978	Grad Teaching Assistant

INSTITUTION

Colorado State University Department of Health and Exercise Science College of Applied Human Sciences
Colorado State University Department of Health and Exercise Science College of Applied Human Sciences

University of Utah
University of Nevada - Reno



AWARDS AND HONORS

1. Assistant Coach, AIAW Small College National Swimming and Diving Champions, 1979
2. College of Professional Studies, Faculty Service Award (Department of Physical Education Outstanding Teacher), Fall, 1982.
3. Colorado State University Alumni Award for Outstanding Faculty Member in the College of Professional Studies, Spring Commencement, 1982.
4. Colorado State University Chapter, Phi Delta Kappa, Outstanding Researcher Award, 1983.
5. College of Professional Studies, Faculty Service Award (Department of Physical Education Outstanding Teacher), Fall, 1984.
6. Induction into the University of Nevada Reno, Sports Hall of Fame, October 10, 1991
7. Supervisor, of H. Reynolds master's thesis, "Influence of Post Exercise Glucose Ingestion on Plasma Potassium Levels and ECG Measurements" which was chosen to represent CSU, from a University wide selection process, at the Midwest Association of Graduate Schools 1992 Distinguished Master's thesis award.
8. Supervisor, of M. Bizeau's master's thesis, "Metabolic Responses to Submaximal and Maximal Exercise Following Three Weeks of Dietary Fish Oil Supplementation" which was chosen to represent CSU, from a University wide selection process, at the Midwest Association of Graduate Schools 1993 Distinguished Master's thesis award.
9. Nomination to Marquis Who's Who in Science and Engineering (10-21-93)
10. Nomination to "American Men and Women of Science" (Fall, 1994)
11. Scholarly Excellence Award. College of Applied Human Sciences, (April, 2002)
12. American College for Advancement in Medicine

(ACAM). The Annual Denham Harmon Lecture, "Hyperinsulinemic Diseases of Civilization: More Than Just Syndrome X. Awarded to most significant international medical publication, May 22, 2004.

PUBLICATIONS

ABSTRACTS

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PROCEEDINGS:

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2. Cordain L. Grass-fed beef in the human diet: historical and evolutionary significance. *Proceedings of the National Grass-Fed Beef Conference*, Pennsylvania State University, University Park, PA, March, 2007.
3. Rule DC, Murrieta CM, Fulton K, Cordain L. Nutritional implications of fatty acid composition

of marrow of four bones from grass fed cattle.
Proc Western Section Am Soc Animal Sci,
2008;59:207-09.

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2. Cordain, L. & Solow, A. (1983). Body fat assessment in physical education conditioning courses. *The Journal of Professional Studies*, 8: 1 5.
3. Cordain, L., Zupan, M., Florkiewicz, J. & Eckler, B. (1983). Pulmonary function analysis using an inexpensive personal computer. *The Physical Educator*, 40: 124 26.
4. Stager, J.M., Cordain, L. & Becker, T.J. (1984). Relationship of body composition to swimming performance in female swimmers. *Journal of Swimming Research*, 1: 21 26.
5. Tucker, A., Stager, J.M. & Cordain, L. (1984). Arterial O₂ saturation and maximum O₂ consumption in moderate altitude runners exposed to sea level and 3,050m. *Journal of the American Medical Association*, 252: 2867 71.
6. Gustafson, L., Cordain, L. & Sockler, J. (1985). Influence of caffeine ingestion on endurance. *The Journal of Professional Studies*, 10: 15 17.
7. Cordain, L. & Ruhling, R.O. (1985). Aerobic training reduces residual lung volume in women. *Journal of Sports Medicine and Physical Fitness*, 24: 188-193.
8. Cordain, L., Latin, R.W., Behnke, J.J. (1986). Effects of aerobic exercise on fecal transit time. *Journal of Sports Medicine and Physical Fitness*, 1986, 26: 101 104.
9. Johnson, M.L., Loper, R.K. & Cordain, L. (1986). Computer applications and directions in university level physical education: a survey. *The Physical Educator*, 43: 86 89.
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11. Cordain, L., Glisan, B.J., Latin, R.W., Tucker, A. & Stager, J.M. (1987). Maximal respiratory pressures and pulmonary function in male runners. *British Journal of Sports Medicine*, 21: 18 22.
12. Gangelhoff, J., Cordain, L., Tucker, A. & Sockler, J. (1988). Metabolic and heart rate responses to sub maximal arm lever and arm crank ergometry. *Archives of Physical Medicine and Rehabilitation*, 1988, 69: 101 105.
13. Cordain, L., Whicker, R.E. & Johnson, J. (1988). Body composition determination in children using bioelectrical impedance. *Growth*, 1988, 52: 37 40.
14. Cordain, L. & Stager, J.M. (1988). Review: Pulmonary structure and function in swimmers. *Sports Medicine*, 1988, 6: 271 276.
15. Cordain, L., Johnson, J., Whicker, R.E., Bainbridge, C.N. & Sockler, J. (1989). Potassium content of the fat free body in children. *Journal of Sports Medicine and Physical Fitness*, 29: 170 176.
16. Stager, J.M., Cordain, L., Matley, J. & Wigglesworth, J. (1989). Arterial desaturation during arm exercise with controlled frequency breathing. *The Journal of Swimming Research*, 5: 5 10.
17. Cordain, L., Tucker, A., Stager, J.M. & Moon, D. (1990). Lung volumes and maximal respiratory pressures in collegiate swimmers and runners. *Research Quarterly for Exercise and Sport*, 61: 70 74.
18. Stager, J.M., Tucker, A., Cordain, L., Engebretsen, B.J., Brechue, W.F. & Matulich, C.C. (1990). Normoxic and hypoxic exercise tolerance in man following carbonic anhydrase inhibition with acetazolamide. *Medicine and Science in Sports and Exercise*, 22: 178 184.
19. Lee, C., Cordain, L., Sockler, J. & Tucker, A. (1990). Metabolic consequences of reduced frequency breathing during submaximal exercise

- at moderate altitude. *European Journal of Applied Physiology*, 61: 289-293.
20. Cordain, L. (1990). (Interview by J.S. Thornton, Sexual activity and athletic performance). *The Physician and Sports Medicine*, 18: 148-154.
 21. Cordain, L. & Kopriva, R. (1991). Role of wetsuits upon swim performance relative to body density. *British Journal of Sports Medicine*, 25: 31-33.
 23. Reynolds, H.C., Cordain, L. and Harris, M. (1993). Influence of post exercise glucose ingestion upon serum potassium levels and ECG function. *International Journal of Sports Nutrition*, 4: 36-45.
 24. Cordain, L., Rode, E.J., Gotshall, R.W. and Tucker, A. (1994). Residual lung volume and ventilatory muscle strength changes following maximal and submaximal exercise. *International Journal of Sports Medicine*, 15: 158-61.
 25. Crozier, P.G., Sampson, D.A., and Cordain, L. (1994). Exercise induced changes in plasma vitamin B6 concentrations do not vary with exercise intensity. *American Journal of Clinical Nutrition*, 60: 552-8.
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 33. Cordain, L., Gotshall, R.W. and Eaton, S.B. (1998). Physical activity, energy expenditure and fitness: an evolutionary perspective. *International Journal of Sports Medicine*, 19(5): 328-335.
 34. Cordain L. (1998). Atherogenic potential of peanut oil based MUFA diets (letter). *Lipids*, 33: 229-30.
 35. Eaton SB, Eaton SB Jr, Cordain L, Mann N, Sinclair A. (1998). Dietary intake of long chain polyunsaturated fatty acids during the paleolithic. *World Review of Nutrition and Dietetics*, 83: 12-23.
 36. Cordain L. (1998). Editorial. Does creatine supplementation enhance athletic performance. *Journal of the American College of Nutrition*, 17: 205-06.
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NATIONAL AND INTERNATIONAL REFEREED AND INVITED PRESENTATIONS

1. Brown, B.J, Cordain, L. & Stager, J.M. (1982). Reduced exercise tolerance in man with carbonic anhydrase inhibition. FASEB National Convention.
2. Cordain, L., Ruhling, R.O. & Hintze, T. (1982). Ventilatory muscle strength responses to aerobic training in women. ACSM National Convention.
3. Stager, J.M., Tucker, A. & Cordain, L. (1984). Reduced exercise tolerance in man with carbonic anhydrase inhibition during submaximal exercise. FASEB National Convention.
4. Tucker, A., Stager, J.M. & Cordain, L. (1984). Arterial O₂ saturation and VO₂ during maximal exercise in runners at moderate altitudes. FASEB National Convention
5. Gangelhoff, J. , Cordain, L., Tucker, A., & Sockler, J. (1985). Metabolic and heart rate responses to submaximal arm level and arm crank ergometry. FASEB National Convention.
6. Matulich, C., Cordain, L., Stager, J.M., Sockler, J. & Tucker, A. (1985). Acetazolamide does not alter aerobic capacity or submaximal exercise duration at high altitude. FASEB National Convention.
7. Stager, J.M., Cordain, L., Malley, J. & Sockler, J. (1985). Arterial desaturation during arm exercise with controlled frequency breathing. ACSM National Convention.
8. Glisan, B., Cordain, L., Tucker, A., Stager, J.M. & Johnson, M.L. (1986). Residual lung volume, vital capacity and maximal pulmonary pressures in male runners. FASEB National Convention.
9. Bainbridge, C.N., Long, J., Tucker, A., Miller, C.W., Cordain, L., & Stager, J.M. (1988). Echo and electrocardiographic evaluation of endurance athletes after carbohydrate loading. FASEB National Convention.
10. Lee, C., Tucker, A., Sockler, J.M. & Cordain, L. (1988). Metabolic consequences of reduced frequency breathing during submaximal cycling exercise. FASEB National Convention.
11. Sockler, J.M., Sommerville, S., Cordain, L. & Tucker, A. (1988). Effects of aerobic exercise on metabolic and pulmonary function during intermittent exposure to hyperbaria. ACSM National Convention.
12. Stevens, T.M., Sockler, J., Tucker, A. & Cordain, L. (1989). Metabolic consequences of submaximal exercise during altitude and cold stress. ACSM National Convention.
13. Harms, C.A., Cordain, L., Sockler, J. & Harris, M. (1991). Influence of body fat mass on excess post exercise oxygen consumption. ACSM National Convention.
14. Harris, M.A., Ewing, J., Foster, V. & Cordain, L.

- (1991). Effect of pretreatment with nicotinic acid on substrate utilization during submaximal exercise. FASEB National Convention.
15. McLaren, S., Cordain, L., Sockler, J.M. & Tucker, A. (1992). Respiratory responses to expiratory resistances during exercise at moderate altitude. FASEB National Convention.
 16. Reynolds, H., Cordain, L. & Harris, M. (1992). Influence of post exercise glucose ingestion on serum potassium levels and ECG values. FASEB National Convention.
 17. Fee, L., Cordain, L., Tucker, A., Lally, D. & Smith, R. (1992). Cardiorespiratory responses to increased expiratory resistance during exercise. FASEB National Convention.
 18. Toohey, L., Harris, M., Sockler, J., and Cordain, L. (1992). Antioxidant action of vitamin E on exercise induced lipid peroxidation and thromboxane B2. FASEB National Convention.
 19. Sampson, D.A., Crozier, P.G., Gotshall, R.W. and Cordain, L. (1993). Pyridoxal phosphate in plasma does not vary with exercise intensity. FASEB National Convention.
 20. Harris, M., Smith, S., and Cordain, L. (1993). Relationship of meal composition and pre exercise glucose ingestion to substrate utilization during exercise. FASEB National Convention.
 21. Phillips, A.J., Gotshall, R.W., Cordain, L. and Tucker, A. (1993). Cardiovascular adaptations to orthostatic stress in aerobic and resistance trained athletes. ACSM National Convention.
 22. Harrity, P.A., Cordain, L., Harris, M. and DeVoe, D. (1994). Influence of gamma linolenic acid upon oxygen uptake during graded exercise. FASEB National Convention.
 23. Brees, A.J., Cordain, L., Harris, M., Smith, M., Fahrney, D., Gotshall, R., DeVoe, D. (1994). Creatine ingestion does not influence leg extension power in meat eating and vegetarian females. FASEB National Convention.
 24. Hansen, R., Cordain, L., Harris, M. (1994). Effect of pretreatment with anti inflammatory agents on delayed muscle soreness. FASEB National Convention.
 25. Bizeau, M., Cordain, L., Harris, M. (1994). Fish oil supplementation decreases respiratory exchange ratio during exercise. FASEB National Convention.
 26. Fee, L.L., Cordain, L., Tucker, A., and Cebrick, J.A. (1994). Physiologic benefits of controlled expiration during exercise. AAPHERD National Convention.
 27. Tillmans, C.L., Cordain, L., Harris, M., and Devoe, D. (1995). Game meat is an effective dietary component in lowering serum cholesterol. Annual meeting of the Rocky Mountain Chapter of the American College of Sports Medicine, Frisco Co.
 28. Cordain, L. Human dietary evolution: genetic discordance of the modern diet. Rocky Mountain Chapter of the American College of Sports Medicine, Annual Meeting, 1995.
 29. Turner, A.S., Maillet, J.M., Cordain, L. (1996). Bone mineral density measurement of the head and correlation with axial appendicular skeleton. Orthopaedic Research Society National Convention.
 30. Cordain, L. (1996). Evolutionary Aspects of Exercise. Presentation given at "The Third International Conference on Nutrition and Fitness" held at the Olympic Stadium in Athens, Greece, May 24-27.
 31. Cordain, L. (1997). How Much Exercise is Enough? An Evolutionary Perspective. American Alliance for Health, Physical Education and Dance, National Convention, St. Louis, MO, March 20, 1997.
 32. Commerford SR, Cordain L, Melby CL. (1997). Reliability of the measurement of excess post-exercise oxygen consumption following two identically controlled cycling bouts. ACSM National Convention.

33. Kolsrud KL, Cordain L, Harris MA, Gotshall RW. (1997). Taurine supplementation does not influence blood lipid and peroxidation levels in vegetarians and non-vegetarians. FASEB National Convention.
34. Hermanson DM, Cordain L, Harris M, Gotshall RW. (1997). Dietary effects of psyllium fiber: influence on iron status and blood lipids in female runners. FASEB National Convention.
35. Bobby G, Cordain L, Harris M, Gotshall RW. (1997). Ginseng does not alter substrate utilization during maximal or submaximal exercise. FASEB National Convention.
36. Yokell SM, Weitkunat SD, Cordain L, Harris MA, Tucker A, Gotshall RW. (1997). Exercise capacity and lipid peroxidation during hypobaric exposure with vitamin E supplementation. ACSM National Convention.
37. Harris M, Black S, Giusti J, Cordain L. (1997). Effect of glycemic index pre-exercise meals on substrate utilization and performance. ACSM National Convention.
38. Cordain L, Martin C, Florant G, Watkins BA. (1998). The fatty acid composition of muscle, brain, marrow and adipose tissue in elk: evolutionary implications for human dietary lipid requirements. The International Conference on the Return of Omega 3 Fatty Acids into the Food Supply: I. Land Based Animal Food Products and their Health Effects. Bethesda, MD, NIH Hatcher Center.
39. Mickelborough TD, Cordain L, Gotshall RW, Tucker A. (1998). Reduction in dietary sodium ameliorates symptoms of pulmonary dysfunction in exercise-induced asthmatics. FASEB National Convention.
40. Maillet JM, Cordain L, Mallinckrodt C, Turner AS. (1998). The relationship of cranial bone mineral density to serum iron status in pre-menopausal young women. FASEB National Convention.
41. Cordain L, Tillmans CL. (1998). Muscle fatty acid composition in elk (*Cervus Elaphus*). Nutritional considerations. FASEB National Convention.
42. Toohey L, Cordain L, Smith M. (1998). Dietary antigens can exhibit molecular mimicry with human proteins and initiate autoimmune disease. FASEB National Convention.
43. Gotshall RW, Mickelborough TD, Tucker A, Cordain L. (1998). Low sodium diet improves exercise pulmonary function in exercise-induced asthma. ACSM National Convention.
44. Cordain L. (1998). An evolutionary perspective on the exercise requirements in man. ACSM National Convention.
45. Cordain L. (1998). Alcohol, wine and obesity. Office International de la Vigne et du Vin (O.I.V), International Convention, Paris, France, March 11.
46. Cordain L, Watkins BA, Florant G, Kehler, M, Rogers L. (1999). A detailed fatty acid analysis of selected tissues in elk, mule deer, and antelope. FASEB National Convention.
47. Maillet JM, Cordain L, Mallinckrodt C, Turner AS. (1999). Post-cranial bone density, iron status and dietary intake in young women. FASEB National Convention.
48. Young LE, Cordain L, Gotshall RW. (1999). A theoretical basis by which exercise-induced ionic flux may control mitosis in muscle satellite cells. ACSM National Convention.
49. Cordain L, Gotshall RW. (1999). Compiled ethnographic observations of the aerobic fitness, strength and body composition of unacculturated humans. ACSM National Convention.
50. Cordain L. (1999). World wide hunter-gatherer (plant:animal) subsistence ratios. 10th World Congress of Food Science & Technology. Sydney, Australia, October 6.
51. Cordain L. (1999). World-wide hunter-gatherer plant:animal subsistence ratios: Relevance for present

- day macronutrient recommendations. Invited lecture, RMIT University, Melbourne, Australia, October 11.
52. Cordain L. (1999). Plant to animal subsistence ratios and macronutrient energy estimations in hunter-gatherer diets. Keynote speaker for “Paleolithic Nutrition” seminar hosted by the Nutrition Society of Australia (Sydney Group) and the Dieticians Association of Australia, Sydney, Australia, October 5.
53. Mann N, Cordain L, Brand Miller J. (1999). The native human diet: plant to animal subsistence ratios and macronutrient estimations in hunter-gatherers. 2nd South-West Pacific Nutrition & Dietetic Conference Abstracts, Auckland, New Zealand, September 21-24.
54. Cordain L, Melby C, Hamamoto A, , O’Neil S, Israel RG, Barrakat H, Hill J. (2000). Influence of moderate wine consumption on insulin sensitivity. The FASEB National Convention.
55. Cordain L, Toohey L, Scott F. (2000). Dietary lectin-inhibiting disaccharides do not influence expression of insulin-dependent diabetes mellitus in the BB rat. The FASEB National Convention.
56. Cordain L. Cereal Grains: An Evolutionary Perspective. In: Symposia – Grains: The Foundation II – Mechanisms Underlying the Effects. Invited Lecturer at the FASEB National Convention, San Diego, CA, April 15, 2000.
57. Cordain L. Fatty Acid Composition and Energy Density of Foods Available to African Hominids: Evolutionary Implications for Human Brain Development. Invited Lecturer at the “Fourth International Conference on Nutrition and Fitness”, Olympia, Greece, May 26, 2000.
58. Cordain L. (October 17, 2000). Worldwide hunter and gatherer diets and implications for diet-related chronic diseases. German Government (CMA) Nutrition Forum 2000 – Meat Consumption: Evolution and the Future, Hamburg, Germany.
59. Cordain L. (October 12, 2001). The World Wide Hunter-Gatherer’s Diet and Implications for Diet Related Chronic Diseases. American Nutraceutical Association National Convention, Nashville, Tennessee.
60. Mickelborough TD, Gotshall RW, Rhodes J, Tucker A, Cordain L. (2001) Dietary salt consumption and leukotrienes-dependent hypernea-induced airway obstruction in guinea pigs. . (May, 2000). American College of Sports Medicine Annual Meeting. Baltimore, MD.
61. Cordain L. (April, 2002). Fatty acid composition and energy density of foods available to hominids: Implications for encephalization. Presented at: The American Society of Physical Anthropologist’s National Convention. Buffalo, NY.
62. Mann NJ, Cordain L, Watkins BA. (May 7-11, 2002). Evolutionary implications for human brain development and fatty acid intake. Presented at: ISSFAL 2002, DietaryFats and Health, 5th Congress of the International Society for the Study of Fatty Acids and Lipids. Montreal, Canada.
63. Cordain L. (March 23, 2002). Cereals vs. Fruits and Vegetables: Nutritional and Health Implications. Invited 1 hr slide presentation. The American Nutraceutical Association Spring Symposium. Tucson, AZ.
64. Cordain L. (July 28, 2002). The Holy Grail of Nutritional Science: The Optimal Human Diet. Invited 2 hr slide presentation. Designs for Health Advanced Training in Clinical Nutrition, Boulder CO.
65. Cordain L. (October 4, 2002). The Essential Role of Fruits and Vegetables in Chronic Disease Prevention. Invited 1 hour slide presentation. National Safety Association, National Convention. Memphis, TN.
66. Cordain L. (November 1, 2002). Health and Performance Implications of the Paleo Diet. Invited 1 hour slide presentation. Ultrafit Associates Annual Meeting. Boulder, CO.

67. Cordain L. (December 9, 2002). The Worldwide Hunter-Gather Diet: Implications for the Control of Obesity. Invited 30 minutehour slide presentation. Rimobabant Experts Meeting, Sponsored by Sanofi-Synthelabo Pharmaceuticals. New York, NY.
68. Cordain L. (March 29, 2003). Syndrome X: the tip of the hyperinsulinemic iceberg? Dietary guidelines for your patients American Nutraceutical Association Spring Symposium, San Diego, CA
69. Cordain L. (February 22, 2003). Dietary and activity patterns of worldwide hunter-gatherers: Implications for the control of obesity in contemporary westernized populations Rocky Mountain Chapter, American College of Sports Medicine, Denver, CO
70. Cordain L. (August 14, 2003). Origins and evolution of the western diet: health implications for the 21st century, Sloan Diet Workshop, University of Arkansas, Fayetteville, AR
71. Cordain L. (August 23, 2003). Acne vulgaris: a disease of western civilization Kansas State Dermatology Society, Wichita, KS
72. Cordain L. (October 10, 2003). Origins and evolution of the current western diet: health implications for the 21st century University of Wyoming Animal Science Department, Laramie, WY
73. Cordain L. (October 15, 2003). Origins and evolution of the current western diet: health implications for the 21st century United States Air Force Academy, Colorado Springs, CO
74. Cordain L. (October 18 2003). 1. The Paleo Diet. 2. Hyperinsulinemic diseases of civilization, more than Syndrome X. Nutri-West, Denver, CO
75. Cordain L. (November 1, 2003). The Paleo Diet for endurance athletes Annual Meeting, Ultrafit Triathlete Associates, Boulder, CO
76. Cordain L. (December 4, 2003). 1. The therapeutic role of Paleo diets in the treatment and prevention of cardiovascular disease. 2. How much exercise is enough? An evolutionary perspective. Annual Meeting Missouri Chapter, American College of Cardiology, Kansas City, MO
77. Cordain L. (March 5, 2004). The Paleo Diet. Colorado Trust Healthy People 2010, For the Health of It Symposium, Pueblo, CO
78. Cordain L, (28 Apr 04) Acne vulgaris: a disease of western civilization. Annual Meeting of the Society for Investigative Dermatology, Providence, RI
79. Cordain L, (14 May 04) Implementing The Paleo Diet 11th International Symposium on Functional Medicine, Vancouver, BC
80. Cordain L, (14 May 04) The role of Paleo diets in reversing the rising pandemic of diabetes and the metabolic syndrome, 11th International Symposium on Functional Medicine, Vancouver, BC
81. Cordain L, (22 May 04) Hyperinsulinemic diseases of civilization: more than Syndrome X American College for Advancement in Medicine National Meeting, Orlando, FL
82. Cordain L, (13 Jul 04) Origins and evolution of the current western diet: health implications for the 21st century Florida Dietetic Association Annual Meeting, Palm Beach Gardens, FL
83. Cordain L, (15 Jul 04) Origins and evolution of the current western diet: health implications for the 21st century Design for Health Institute, Boulder Fest 2004, Boulder, CO
84. Cordain L, (11 Oct 04) Origins and evolution of the current western diet: health implications for the 21st century Department of Anthropology, University of Colorado at Denver, Denver, CO
85. Cordain L, (18 Oct 04) Diet and lifestyle interaction with a Paleolithic genome: implications for the development of chronic disease 5th International Phytochemical Conference, California State Polytechnic University, Pomona, CA

86. Cordain L, (23 Oct 04) Origins and evolution of the current western diet: health implications for the 21st century American Nutraceutical Association Fall Conference, Memphis, TN
87. Cordain L. (Dec 1, 2005). Ancestral human nutrition: a cardioprotective diet for contemporary populations. Cardiovascular Consultants 35th Annual "The Heart" Conference, Kansas City, MO
88. Cordain L. (Nov 29, 2005). Origins and evolution of the current western diet: health implications for the 21st century. The Australian Nutrition Society, Melbourne, Australia
89. Cordain L. (Nov 23, 2005). Origins and evolution of the current western diet: health implications for the 21st century. The Australian Nutrition Society, Sydney, Australia
90. Cordain L. (Oct 14, 2005). Acne vulgaris: Is it a disease of western civilization? European Academy of Dermatology and Venerology (EADV), London, England
91. Cordain, L. (12 Apr 06 1) The origins and evolution of the western diet: health implications for the 21st century, and 2) Weight loss and disease prevention with Paleo nutrition: ancestral foods you are designed to eat Palmer College of Chiropractic, Daytona Beach, FL
92. Cordain, L. (31 May 06) Healthy biological heritage vs. culture-related pathology American College of Sports Medicine, Denver, CO
93. Cordain, L. (11 Jun 06) The origins and evolution of the western diet: implications for the 21st century Food as Medicine Conference, Baltimore, MD
94. Cordain, L. (14 Jul 06) Acne vulgaris: a disease of western civilization? Boulderfest, Boulder, CO
95. Cordain, L. (15 Jul 06) How much exercise is enough: evolutionary perspective Boulderfest, Boulder, CO
96. Cordain L. (23 Oct 06) Origins and Evolution of the Western Diet: Health Implications of Dairy Consumption Milk, Hormones and Human Health Workshop. Sponsored by the Harvard School of Public Health, the Harvard Center for Cancer Prevention and the McGill University Center for Cancer Prevention. Boston, MA
97. Cordain L. (17 Nov 06) Hyperinsulinemia and disease 11th Annual Hypertension Symposium, Hypertension Institute, Nashville, TN
98. Cordain L. (2 Mar 07) First talk: Grass Fed Beef in the Human Diet: Historical Significance. National Grass Fed Beef Conference, Holiday Inn Harrisburg-Hershey Grantville, PA, Pennsylvania State University College of Agricultural Sciences
99. Cordain L. (2 Mar 07). Second talk: Grass Fed Beef in the Human Diet: Applications to Clinical Disease National Grass Fed Beef Conference, Holiday Inn Harrisburg-Hershey Grantville, PA, Pennsylvania State University College of Agricultural Sciences.
100. Cordain, L.(1 Jun 07) Dietary correlates of multiple sclerosis. University of Colorado, Health Sciences Center, Multiple Sclerosis Consortium. Denver, Colorado
101. Cordain L. (8 Jun 07) British Society for Ecological Medicine Conference: What Really causes ischaemic heart disease? The Gut Epidermal Growth Factor Receptor: Lectin mediated gateway to disease. Royal College of General Practitioners, London, England.
102. Cordain L. (3 Oct 07). Potential Therapeutic Characteristics of Pre-agricultural Diets in the Prevention and Treatment of Multiple Sclerosis. Direct MS (Multiple Sclerosis) of Canada Conference. Calgary, Canada.
103. Cordain L. (25 Oct 07) Evolution of the Western Diet: Research Implications for Chronic Disease, Including Multiple Sclerosis. Colorado Chapter, Northern Office, of the National Multiple Sclerosis Society, Fort Collins, CO; 7:00 – 8:30 pm, 2803 E. Harmony Rd, Fort Collins, CO

104. Cordain, L. Potential Therapeutic Characteristics of Pre-agricultural Diets in the Prevention and Treatment of Multiple Sclerosis. Health Professionals, Robert Crayhon Research, 10:30 - 11:30 am, Hotel Boulderado, 2115 Thirteenth Street, Boulder, Colorado 80302, Apr 26, 2008.
105. Cordain L. 1) Origins and Evolution of the Western Diet: Health Implications for the 21st Century, 2) An Evolutionary Analysis of the Etiology and Pathogenesis of Juvenile Onset Myopia, 3) Implementing the Paleo Diet: the Synthesis and Nutrient Characteristics of a Contemporary Diet Based upon Paleolithic Food Groups, 4) Hyperinsulinemic Diseases of Civilization: More than Just the Metabolic Syndrome. Vision Institute of Canada, Calgary Conference on Nutrition and Vision 2008, Calgary Hyatt Regency Hotel (TELUS Convention Centre), Calgary, Canada , 31 May 31, - Jun 1, 2008.
106. Cordain L. Malaria and Rickets Represent Selective Forces for the Convergent Evolution of Adult Lactase Persistence. Harlan II, An International Symposium. Biodiversity in Agriculture: Domestication, Evolution, & Sustainability, University of California, Davis, CA, Sept 16, 2008. <http://harlanII.ucdavis.edu/index.htm>
107. Cordain, L. Potential Therapeutic Characteristics of Pre-agricultural Diets in the Prevention and Treatment of Multiple Sclerosis. Colorado Chapter, Northern Office, of the National Multiple Sclerosis Society, 5:30 – 7:00 pm, Spice of Life Events Center, Boulder, CO, Oct 13, 2008.
108. Cordain L. 1) Origins and Evolution of the Western Diet: Health Implications for the 21st Century, 2) An Evolutionary Analysis of the Etiology and Pathogenesis of Juvenile Onset Myopia, 3) Implementing the Paleo Diet: the Synthesis and Nutrient Characteristics of a Contemporary Diet Based upon Paleolithic Food Groups, 4) Hyperinsulinemic Diseases of Civilization: More than Just the Metabolic Syndrome. Vision Institute of Canada, Toronto Continuing Education Program for Optometrists, Toronto, Canada, Nov 7, 2008.
109. Cordain L. 1) Origins and Evolution of the Western Diet: Health Implications for the 21st Century 2) Implementing the Paleo Diet: the Synthesis and Nutrient Characteristics of a Contemporary Diet Based upon Paleolithic Food Groups. Nutrition for Optimal Health Association (NOHA), Chicago, IL, Nov 17-18 <http://www.nutrition4health.org/>
110. Kuzma J, Burek J, Repka C, Ketchell R, Hickey MS, Cordain L. Bioavailability of dietary lectins in humans. Interlec-23 The 23rd International Lectin Conference, July 11-16, 2008, Universities of Edinburgh and Stirling, Scotland
111. Cordain, L. 1) Origins and Evolution of the Western Diet: Health Implications for the 21st Century, 2) An Evolutionary Analysis of the Etiology and Pathogenesis of Juvenile Onset Myopia, 3) Implementing the Paleo Diet: the Synthesis and Nutrient Characteristics of a Contemporary Diet Based upon Paleolithic Food Groups, 4) Hyperinsulinemic Diseases of Civilization: More than Just the Metabolic Syndrome Nutrition and Eye Symposium Continuing Education Conference; University of Missouri St. Louis College of Optometry; St. Louis MO; March 22, 2009
112. Cordain, L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century 2) Implementing the Paleo Diet with Contemporary Foods. Nieuwegein, Netherlands; Van Nature, Paleo Diet Symposium ; 11 May 2009
113. Cordain, L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century 2) Implementing the Paleo Diet with Contemporary Foods. University of Gerona, Gerona Spain; European Master, Clinical Psychoneuroimmunology ; 13 May 2009.
114. Cordain L. 1) Cereal Grains: Humanity's Double Edged Sword 2) Dietary Mechanisms of

- Autoimmunity. University of Gerona, Gerona Spain; European Master, Clinical Psychoneuroimmunology; 14 May 2009
115. Cordain L. 1) Evolutionary Aspects of Exercise 2) Adult Lactase Persistence: An archetypal example of gene-culture co-evolution. University of Gerona, Gerona Spain; European Master, Clinical Psychoneuroimmunology ; 15 May 09
116. Cordain L. 1) Fatty acid composition and energy density of foods available to African hominid: evolutionary implications for human brain development 2) The potential role of dietary lectins and saponins in atherogenesis. University of Gerona, Gerona Spain; European Master, Clinical Psychoneuroimmunology; 16 May 09
117. Cordain L. Hyperinsulinemic disease of civilization: more than the metabolic syndrome. University of Gerona, Gerona Spain; European Master, Clinical Psychoneuroimmunology; 17 May 09.
118. Cordain, L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century 2) Dietary Mechanisms of Autoimmunity. School of Pharmacy, University of Lisbon, Portugal; 18 May 09
119. Cordain L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century 2) Dietary Mechanisms of Autoimmunity. University of Westminster, London School of Integrated Health; London; 20 May 09
120. Cordain L. Grass Fed Beef in the Human Diet: Application to Clinical Disease. Grass-fed Beef Conference, North Carolina State University, Raleigh Durham, North Carolina: 12 Aug 09
121. Cordain L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. CrossFit Roots, 800 Pearl Street, Boulder, CO; 17 Sep 09
122. Cordain L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century Paleo Brands and Southern California Crossfit, Mission Valley, San Diego, CA; 19 Sep 09
123. Cordain, L. The Workshop on Evolution and Diseases of Civilization. Session Topic: Human Nutritional Evolution. Humboldt Graduate School of Mind and Brain Humboldt University, Luisenstrasse 56, Berlin, Germany, October 13,14, 2009. Note, that this conference was covered in the Dec 10, 2009 issue of Science (Impact Factor: 28.1), and I was quoted throughout the article.
124. Cordain, L. 1)The Origins and Evolution of the Western Diet: Health Implications for the 21st Century, 2) Implementing the Paleo Diet with Contemporary Foods. Optometric Nutrition Society, Orlando, FL, November 10, 2009.
125. Cordain, L. Dietary Mechanisms of Autoimmunity. American College for Advancement in Medicine (ACAM), Las Vegas, NV 08 November 8, 2009.
126. Cordain, L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century 2) Implementing the Paleo Diet with Contemporary Foods University of Graz, Graz Austria; European Master, Clinical Psychoneuroimmunology, 5 May 2010
127. Cordain, L. 1) Dietary Mechanisms of Autoimmunity 2) Cereal Grains: Humanity's Double Edged Sword University of Graz, Graz Austria; European Master, Clinical Psychoneuroimmunology, 6 May 2010
128. Cordain, L. 1) Adult Lactase Persistence: An archetypal example of gene-culture co-evolution 2) Evolutionary Aspects of Exercise University of Graz, Graz Austria; European Master, Clinical Psychoneuroimmunology, 7 May 2010
129. Cordain, L. 1) The potential role of dietary lectins and saponins in atherogenesis 2) Fatty acid composition and energy density of foods available to African hominid: evolutionary implications

- for human brain development University of Graz, Graz Austria; European Master, Clinical Psychoneuroimmunology, 8 May 2010
130. Cordain L. Acne Vulgaris: A Disease of Western Civilization University of Graz, Graz Austria; European Master, Clinical Psychoneuroimmunology, 9 May 2010
131. Cordain, L. Hyperinsulinemic Diseases of Civilization: More than the Metabolic Syndrome. The 2010 International Congress on Natural Medicine, Sydney, Australia; Hilton Hotel Sydney, 12 Jun 2010
132. Cordain, L. Acne Vulgaris: A Disease of Civilization. The 2010 International Congress on Natural Medicine, Sydney, Australia; Hilton Hotel Sydney, 13 Jun 2010.
133. Cordain, L. Dietary Triggers and Management of Autoimmunity. The 2010 International Congress on Natural Medicine, Sydney, Australia; Hilton Hotel Sydney, 14 Jun 2010
134. Cordain, L. 1) The Origins and Evolution of Western Diet: Health Implications for the 21st Century 2) Implementing the Paleo Diet with Contemporary Foods. Front Range Crossfit, Denver, Colorado, Aug 1, 2010.
135. Cordain, L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century, 2) Implementing the Paleo Diet with Contemporary Foods. Pikes Peak CrossFit Gym, 210 W. Colorado Avenue, Colorado Springs, CO, September 19, 2010.
136. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. The Northern Colorado Diabetes Support Group. Boulder Community Hospital, Boulder CO, September 25, 2010
137. Cordain, L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century, 2) Implementing the Paleo Diet with Contemporary Foods. CrossFit Long Island City, 5-26 47th Ave., Long Island City, NY 11101, October 2, 2010.
138. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. American College for Advancement in Medicine (ACAM), Las Vegas, NV, November 5, 2010.
139. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Florida Institute for Human & Machine Cognition, Inc., Ocala FL, December 2, 2010.
140. Cordain, L. Cereal Grains: Humanity's Double Edged Sword. Master's Program, European Natural Body Building Federation, Rome, Italy, April 16, 2011.
141. Cordain, L. Dietary Mechanisms of Autoimmunity. Master's Program, European Natural Body Building Federation, Rome, Italy, April 16, 2011.
142. Cordain, L. 1) The Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Master's Program, European Natural Body Building Federation, Rome, Italy, April 16, 2011.
143. Cordain, L. Implementing the Paleo Diet with Contemporary Foods. Master's Program, European Natural Body Building Federation, Rome, Italy, April 16, 2011.
144. Cordain, L. Acne Vulgaris: A Disease of Western Civilization. Master's Program, European Natural Body Building Federation, Rome, Italy, April 17, 2011.
145. Cordain, L. The potential role of dietary lectins and saponins in atherogenesis. Master's Program, European Natural Body Building Federation, Rome, Italy, April 17, 2011.
146. Cordain, L. Evolutionary Aspects of Exercise. Master's Program, European Natural Body Building Federation, Rome, Italy, April 17, 2011.
147. Cordain, L. Adult Lactase Persistence: An

- archetypal example of gene-culture co-evolution.
Master's Program, European Natural Body Building Federation, Rome, Italy, April 17, 2011.
148. Cordain, L. The Origins and Evolution of the Western Diet: Health Implications for the 21st Century. CrossFit Huntington Beach, Huntington Beach, CA, June 4, 2011.
149. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Inaugural Ancestral Health Symposium, UCLA campus, Los Angeles, CA Aug 5, 2011.
150. Cordain, L. The Origins and Evolution of the Western Diet: Health Implications for the 21st Century. CrossFit Los Angeles, Santa Monica CA, October 22, 2011.
151. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. The University of Wyoming (University wide Lecture), hosted by the Anthropology Department, Laramie WY, November 4, 2011.
152. Cordain, L. The Origins and Evolution of the Western Diet: Health Implications for the 21st Century. CrossFit New England, Natick MA, January 27, 2012.
153. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Crossfit Brea, Fullerton CA, February 25, 2012.
154. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. American Society of Bariatric Physicians, Spring Obesity Conference, 2012/ Nutrition & Metabolism, Denver CO, April 20, 2012
155. Cordain, L. Implementing the Paleo Diet. American Society of Bariatric Physicians, Spring Obesity Conference, 2012/ Nutrition & Metabolism, Denver CO, April 21, 2012
156. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. CrossFit Verve, Denver CO November 1, 2012.
157. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. P3 Crossfit, Houston TX, May 20, 2012.
158. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. 23rd Annual Frontiers in Wyoming Medicine, Jackson Hole, WY, Sat February 9 2013 7:00 AM
159. Cordain, L. Impacting Health Care Costs Through Preventive Health and Paleo Lifestyle. Orange County Employee Benefit Council (OCEBC), Costa Mesa, CA, Thu June 13 2013 8:30 AM.
160. Cordain, L. Lifestyle and Clinical Applications: Implementing the Paleo Diet. 2013 International Conference on Human Nutrition and Functional Medicine, Portland OR, September 28 2013 8:00 AM
161. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Saint Luke's Health System, Kansas City MO, Mon October 7 2013 5:00 PM CST
162. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Arapahoe Library District, Koelbel Library, Centennial, CO 80121, Sat November 2, 2013 2:00 PM
163. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Ontario Association of Naturopathic Doctors, Toronto, Canada, Sat November 16, 2013 10:45 AM
164. Cordain, L. Evolutionary Basis for Human Nutrition: Health Implications for the 21st Century. Bioceuticals Research Symposium, Sydney, Australia, April 11, 2014
165. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. The Fort Restaurant, Denver CO, April 26, 2014.
166. Cordain, L. Nutritional and Health Comparisons of Paleo Vegetarian and Mediterranean Diets. Institute for Functional Medicine, 2014 Annual Conference, San Francisco CA, May 29, 2014

167. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Institute for Functional Medicine, 2014 Annual Conference, San Francisco CA, May 29, 2014
168. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Departments of Anthropology and Department of Kinesiology. Indiana University, Bloomington, Indiana, September 23, 2014.
169. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. Staten Island Economic and Development Corporation, Staten Island, NY, October 2, 2014.
170. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. New York Chiropractic College, Seneca Falls, NY, March 5, 2015
171. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the Century. Nutrire La Salute E La Performance per un Benessere Etico Conference, Villafranca di Verona, Italy, April 18, 2015
172. Cordain, L. Dietary Mechanisms of Autoimmunity. Nutrire La Salute E La Performance per un Benessere Etico Conference, Villafranca di Verona, Italy, April 18, 2015
173. Cordain, L. Origins and Evolution of the Western Diet: Health Implications for the 21st Century. CanFitPro World Fitness Expo. Toronto Canada, August 15, 2015
174. Cordain, L. Vitamin and Nutritional Supplements: Chronic Disease Morbidity and Mortality. CanFitPro World Fitness Expo, Toronto Canada, August 15, 2015
1. Colorado State University, College of Professional Studies Professional Development Grant; \$250.00; creation of a brochure and slide presentation of Colorado State University Human Performance Laboratory, 1982.
2. Colorado State University, College of Professional Studies Research grant; \$1,500.00; "Interface of a Benedict Roth Type Spirometer to a Microcomputer via a Rotary Potentiometer," 1982.
3. John Chatillon & Sons, Inc., User's Manual for the Chatillon Model 1309 HDD Scale; \$500.00; 1982.
4. Colorado State University, College of Professional Studies, professional development grant; #1 34403 5262; \$250.00; guest lecturer solicited, Dr. George Twardokens, "The Biomechanics of Successful Downhill Skiing," 1982.
5. Colorado State University, College of Professional Studies, professional development grant #1 34403 5266; \$250.00; to present lecture at American College of Sports Medicine National Convention, 1982.
6. National Institute of Health, BRSG Grant #2 407 RR07127 15; \$4,000.00; "Procurement of a carbon dioxide analyzer," 1983.
7. Colorado State University, matching funds for BRSG #2 507RR07127 15; \$4,800.00, 1983.
8. Colorado State University, College of Professional Studies research Grant; \$1,569.00; "Effects of Carbonic Anhydrase Inhibition by Acetazolamide on Exercise Tolerance," 1983.
9. Colorado State University, College of Professional Studies Equipment Grant; \$3,323.95; "Procurement of IBM PC Computer and peripherals required for computerized gas analysis, 1983 84.
10. Colorado State University, Physical Education Department, Professional Development Grant; \$455.00; "Procurement of Spirometer Calibration Syringe and D.O.S. for IBM PC," 1984.
11. Colorado State University, College of Professional Studies Research Grant; \$985.00; "Effects of Aerobic Training on Ventilatory Muscle Strength," 1984 85.

FUNDED RESEARCH, GRANTS AND GIFTS IN KIND

12. Colorado State University, College of Professional Studies, professional research grant; \$1,393.00; "Effects of aerobic training on residual lung volume relative to pulmonary pressures, acquisition of digital manometer, 1984.
13. Colorado State University, College of Professional Studies, equipment grant; \$6,100.00 procurement of ear oximeter, 1985.
14. Colorado State University, College of Professional studies, FASEB National Presentation, \$424.00, 1985.
15. Colorado State University,, Physical Education Department, Travel funds for W.C.M.P.E.S. convention, 1985, 188.00.
16. RJL Systems, Detroit, MI. Validity of body composition estimation in children by bioelectrical impedance, equipment loaned for project, 1985.
17. Teledyne Water Pik, Validation of body composition estimation using near red spectrophotometry, \$1,500.00, 1986.
18. Colorado State University, College of Professional Studies, Professional Development Grant. FASEB National Convention presentation, \$175.00, 1986.
19. National Institute of Health, BRSG Grant #5 37462 3410; \$800.00; Procurement of a personal computer for the Human Performance Laboratory, 1986.
20. National Institute of Health, BRSG Grant; \$890.00; Does fish oil supplementation alter exercise output and excretion of vaso active prostanoids?, 1987.
21. College of Applied Human Science, Research and Development Grant; \$695.00; Application of a digital thermometer to an on line open circuit indirect calorimetric oxygen consumption system, 1987.
22. Colorado State University Graduate School, Guest Scholars Committee; "Biomechanics of successful downhill skiing," presentation by Dr. George Twardokens, \$174.00, 1987.
23. Pro Tech Sports Incorporated; Donation of PTS 1000 recumbent ergometer; \$895.00, 1988.
24. O'Niell Corporation; donation of 15 wetsuits to complete study of effects of wetsuit on swim performance; \$1,755.00, 1988.
25. F.I.T. Enterprises, Inc.; donation of Impedance Plethysmographs to Human Performance Laboratory; \$3,295.00, 1988.
26. Poudre Valley Hospital; donation of Collins 9 liter respirometer to Human Performance Laboratory; \$3,250.00, 1989.
27. Dr. Simon Turner; Computer and heart rate monitor donation to Human Performance Laboratory; Spring, 1989.
28. Jewish National Hospital, Denver, CO. Donation of two Collins 120 liter chain compensated gasometers; \$15,980.00; February, 1990.
29. Faculty research support grant (FRSG). Institute of Health and Human Services, College of Applied Human Sciences. (1990). Co principal investigator with M.Harris. \$1,400.00; Glucose polymer ingestion following exhaustive exercise may cause hypokalemia and subsequent ECG changes.
30. Biomedical Research Support Grant (BRSG). Graduate School, Colorado State University. Principal investigator, "Response of plasma pyridoxal and pyridoxal 5 phosphate concentrations to different intensities of exercise", \$1,900.00, 1992.
31. Quaker Oats Company. Co principal investigator with M. Harris. \$5,705.00. Relationship of meal composition and pre exercise glucose ingestion to substrate utilization during exercise, 1991.
32. Colorado State University, Graduate School. Student Recruitment grant; development of Departmental Graduate Brochure; \$1,200.00, 1992.
33. Colorado State University, Office of the Provost. Procurement of classroom equipment; \$26,300.00, funded Spring 1993.

34. Efamol Research Laboratory, Kentville, Nova Scotia, Canada. Influence of gamma linolenic acid upon oxygen uptake during graded exercise. \$2,000.00 worth of GLA capsules and placebos donated, 1993.
 35. Colorado State University, Graduate School. Student Recruitment grant; revision of Departmental Graduate Brochure; \$1,600.00, 1993.
 36. National Rifle Association. Influence of Game Meat Consumption Upon Blood Lipid Profiles, GIA # 94 03; \$4,331.26, March, 1994.
 37. Colorado State University, College of Applied Human Sciences Mini Grant. Relationship between iron deficiency anemia and osteoporosis in premenopausal women; \$500.00, October, 1994.
 38. Jewish National Hospital, Gift in kind. Donation of five equipment items (EGG, StripChart Recorder, Gasometer, Spirometer, Barometer) valued at \$28,500.00, December, 1994.
 39. The Wine Institute, San Francisco, CA. Moderate daily wine consumption does not result in body weight gain. P.I.; funded for \$18,999.00 with \$5,896.00 indirect costs, January 1995.
 40. Co-P.I. with R. Gotshall. Instructional Technology Proposal (Procurement of clinical spirometer). College of Applied Human Sciences Technology Committee. Funded 4/3/96 \$11,372.
 41. The Pope and Young National Archery Club. Fatty acid composition of brain, marrow, muscle and adipose tissue in elk. P.I.; funded for \$5000.00, August, 1996.
 42. The Wine Institute, San Francisco, CA. Beneficial role of moderate daily wine consumption upon insulin sensitivity. P.I.; funded for \$116,489.00 with \$24,038.00 indirect costs, February 1997.
 43. The Pope and Young National Archer Club. Fatty acid composition of brain, marrow, muscle, tongue and adipose tissue in deer, antelope and elk. P.I. funded for \$5,000.00, July, 1997.
 44. Linnell S, Ransdell L, Cordain L. Acquisition of nutritional software to facilitate undergraduate education; College of Applied Human Sciences, Mini grant, April 1997, \$495.00
 45. Israel RG, Davy KP, Hickey MS, Melby CL, Hosner K, Johnson D and Cordain L. Equipment grant to support interdisciplinary agricultural research. Colorado Agricultural Experiment Station. Co-I, \$29,446.00, Fall 1997.
 46. Gotshall RW, Cordain L. Reduction in severity of exercise-induced asthma with low sodium diet. Co-I, \$12,414.00, Fall, 1997.
 47. Cordain, L. Dietary modulation of insulin-dependent diabetes mellitus expression in the BB rat via lectin inhibiting disaccharides. Mid Career Grant, Provost's Office, Colorado State University, \$5,000, May 18, 1998.
 48. Cordain, L. (October 1998). Clinical trial of a stoneage diet. (P.I.) Private donation from Drs. Michael and Mary Dan Eades. (total donation: \$20,000).
- Total Funding = \$353,318.21

M.S. THESIS ADVISOR

(Name, Year Graduated, Thesis Title)

1. Grigas, Steve (1982). The effects of a depth jumping program on vertical jumping ability of male college basketball students.
2. Behnke, James (1982). The effect of an aerobic training program on bowel transit times.
3. Bratton, Camilla (1982). The effects of an aerobic dance program on performance of the Cooper 1.5 mile run.
4. Valentine, Robin (1983). Prediction of body density from skinfold and anthropomorphic measurements of women dancers.

5. Zupan, Michael (1983). Maximal oxygen consumption responses to wheelchair and arm crank exercise.
6. Weber, Marla (1983). Relationship between flexibility, body fat percentage, fitness and a dancer's ability.
7. Long, Kelly (1984). A comparison of forced inspiratory volumes and other pulmonary measurements in swimmers and non swimmers.
8. Boler, Judy (1984). An injury analysis of the 1983 Coors International Bicycle classic.
9. Gangelhoff, James (1984). Physiological comparison of submaximal exercise, using arm lever and arm crank ergometers.
10. Gustafson, Lori (1984). Caffeine ingestion and endurance performance.
11. Milligan, Elaine (1985). The effect of increased aerobics fitness on the physiological response to a psychological stressor.
12. Florkiewicz, John (1985). The restoration of an A.R. Young treadmill and construction of a control panel.
13. Eckler, Barbara (1985). Physiological responses to post exercise massage.
14. Malley, James (1985). Arterial desaturation as a result of controlled frequency breathing using arm exercise in swimmers.
15. Matulich, Christine (1985). Acetazolamide does not alter aerobics capacity or submaximal exercise duration at high altitude.
16. Glisan, Billy (1985). Plan B. Maximal respiratory pressures and pulmonary function in male runners.
17. Whicker, Bob (1985). Plan B. Body composition determination in children using bioelectrical impedance.
18. Spain, Jack (1985). Plan B.
19. Bainbridge, Cyndi (1986). Echocardiographic and electrocardiographic evaluation following carbohydrate loading in endurance athletes.
20. Pashkow, Peggy (1986). Plan B.
21. Benedick, Patricia (1986). The effect of aerobic exercise on residual lung volume relative to pulmonary pressures.
22. Antonson, Ingrid (1987). Oxygen cost of submaximal exercise in recumbent and conventional cycling positions.
23. Smallwood, Mary (1987). The occurrence of menstrual synchronization.
24. Newton, Wendy (1987). Effects of sexual activity on performance of physical capacity tests in young, fit males.
25. Werner, Wendy (1987). Selected risk factors related to bone mineral content in pre and post menopausal women.
26. Lee, Curtis (1987). Metabolic consequences of reduced frequency breathing during submaximal cycling exercise.
27. Rode, Ellen (1988). Mechanisms of residual lung volume changes with maximal and submaximal exercise.
28. Kopriva, Rebecca (1988). Influence of body density on swim performances with and without wetsuit.
29. Sommerville, Steve (1988). Effects of aerobics training under hyperbaria on metabolic and pulmonary function.
30. Richau, Lee (1989). Body composition of body builders.
31. Bennett, Cheryl (1989). Workload calibration of a recumbent ergometer using heart rate response from an upright bicycle ergometer.
32. Bullough, Richard (1989). Submaximal and maximal exercise response to fish and consumption.

33. Gunderson, Susan (1989). Influence of short term low dosage aspirin ingested on aerobic capacity.
34. Milligan, Leonard (1990). Bicarbonate loading in female collegiate sprint and distance swimmers.
35. Weiser, Mary (1990). Low dose caffeine does not alter exercise performance or beta endorphin levels during hypobaric hypoxia.
36. Ewing, Julie (1990). Potential role of nicotinic acid as an ergogenic aid.
37. Harms, Craig (1990). Influence of body fat mass upon postexercise oxygen consumption.
38. Fee, Larry (1991). Cardiorespiratory responses to increased expiratory resistance during exercise.
39. Reynolds, Hedy (1991). Influence of post exercise glucose ingestion on plasma potassium levels and ECG measurements.
40. McClaren, Steve (1991). Ventilatory responses to reduced diameter mouthpieces during submaximal and maximal exercise.
41. Smith, Mark (1992). Short term inosine ingestion does not improve maximal arm cranking performance.
42. Crozier, Penny (1992). The response of vitamin B 6 vitamers in plasma to two levels of exercise intensity.
43. Model, Jan (1992). Body composition changes in women engaging in aerobic exercise and/or low fat, ad libitum intake.
44. Toohey, Lynn (1992). Vitamin E reduces thromboxane A2 by antioxidant action against exercise induced lipid peroxidation.
45. Bizeau, Michael (1993). Influence of fish oil consumption upon substrate utilization during graded maximal exercise.
46. Cowen, Tim (1993). The influence of carbonated water upon metabolic parameters during maximal and submaximal exercise in moderately trained men.
47. Hansen, Rod (1993). Influence of eicosapentaenoic acid (fish oil) supplements upon delayed onset muscle soreness.
48. Harrity, Patricia (1994). Influence of gamma linolenic acid upon oxygen uptake during graded exercise.
49. Brees, Andrew (1994). Alterations in leg extension power of meat eating and non meat eating females with creatine supplementation.
50. Clark, Kirk (1994). Influence of chromium supplementation upon exercise endurance during carbohydrate loading.
51. Gottlieb, Jason (1994). Metabolic effects of controlled frequency breathing during exercise in swimmers and runners.
52. Hermanson, Dawn (1995). Dietary effects of psyllium fiber: its influence on iron status and blood lipids in female runners.
53. Kolsrud, Kari (1995). Taurine supplementation does not influence the blood lipid and lipid peroxidation levels in vegetarian and non-vegetarian human subjects.
54. Tillmans, Connie (1995). Changes in blood lipid parameters associated with game meat and red meat in low fat diets.
55. Yokell, Sharon (1995). Exercise capacity during hypobaric exposure with vitamin E supplementation.
56. Bobby, Greg (Fall, 1995). Role of supplemental of ginseng upon endurance performance.
57. Hill, Kory (Fall, 1996). Influence of ultraviolet irradiation upon exercise capacity, endurance and muscular strength.
58. Maillet, Jacqueline. (Fall, 1996). Bone density, iron status, and dietary intake in sedentary and physically active females.
59. Commerford, Renee. (Fall, 1996). Reliability measurement of oxygen consumption following two

controlled cycling bouts.

- 60. Young, Linda. (Spring, 1997). Fundamental precepts of a theory on mitosis control by exercise induced ionic flux on muscle satellite cells.
- 61. Mickelborough, Tim. (Spring, 1997). A low sodium diet improves indices of pulmonary function in exercise induced asthmatics.
- 62. Jones, Waldo. (Summer, 1997). Mercury from dental amalgam and exercise: a review. (Plan B).
- 63. Ho, Richard. (Fall, 1997). The relationship of muscle fiber type to the development of obesity in blacks.
- 64. Hamamoto Amy (Spring, 1999). Influence of moderate daily wine consumption upon insulin metabolism.
- 65. Beth Meyers. M.S. (Spring, 1999). Changes in seat tube angle have no influence upon power output, heart rate and oxygen consumption in cyclists.
- 66. Hoyt Garrett. M.S. (Spring, 2004). Dissociation of the glycemic and insulinemic responses to whole and skim milk.
- 67. Repka, Chris. (Spring 2008). Dietary Ligands of the Epidermal Growth Factor Receptor (EGFR): Is There Cause for Concern?
- 68. Burek, Jared. (Spring 2008). Interferon Gamma Following Acute Ingestion of a High Lectin Food.
- 69. Kuzma, Jessica (Fall 2009). Ingestion of wheat germ in healthy subjects does not acutely elevate plasma wheat germ agglutinin concentrations.

- EX 286 Practicum Introduction to Adult Fitness and Cardiac Rehabilitation
- EX 405 Exercise Physiology Instrumentation
- EX 446 Performance Physiology
- EX 510 Microcomputers in Exercise and Sport Science
- EX 545 Evolutionary Basis for Health and Fitness
- EX 560 Exercise and Nutrition
- EX 600 Introduction to Research Methods
- EX 603 Advanced Physiology of Exercise
- EX 603 Body Composition
- EX 605 Advanced Exercise Testing
- EX 696 Seminar Sports Medicine

University of Utah (1979 1981)

PE 366 Physiology of Exercise Laboratory

University of Nevada Reno (1976 1978)

Beginning Swimming
 Intermediate Swimming
 Lifesaving
 Weight Training

SERVICE

Professional Offices and Membership:

1. American Institute of Nutrition (current)
2. American Society for Clinical Nutrition (current)
3. American Red Cross - Sierra Nevada Chapter (Distinguished Member)
4. American Heart Association (current)
5. American College of Sports Medicine (past)
6. American Alliance for Health Physical Education, Recreation and Dance (past)
7. Sigma Xi (National Scientific Research Society)
8. Phi Kappa Phi (National Scholastic Honor Society)
9. U.S. Lifesaving Association, Northwest regional

COURSES TAUGHT

Colorado State University (1981 present)

IU 193 Evolutionary Basis for Optimal Human Nutrition
 EX 123 Essential Concepts of Fitness
 EX 145 Foundations of Health Science

representative (past)

10. The International Society for the Study of Fatty Acids and Lipids (past - Charter member)

GRANT, BOOK AND MANUSCRIPT REVIEWS

1. American Journal of Clinical Nutrition - current manuscript reviewer
2. Journal of the American College of Nutrition – current manuscript reviewer
3. Medicine and Science in Sports and Exercise – current manuscript reviewer
4. Journal of Swimming Research - current manuscript reviewer
5. International Journal of Sports Medicine - current manuscript reviewer
6. International Journal of Sport Nutrition - current manuscript reviewer
7. American Journal of Human Biology - current manuscript reviewer
8. Human Nature - current manuscript reviewer
9. Current Anthropology - current manuscript reviewer
10. Proceedings of the National Academy of Sciences - current manuscript reviewer
11. Spinal Cord Research Foundation - current grant reviewer
12. (1994) Text reviewer for Brown & Benchmark Publishers, “Physiological Basis for Exercise & Sport” by Fox, Bowers & Foss.
13. (1991) Text reviewer for MacMillan Publishing Company, “Physiology of Exercise: Responses & Adaptations” by Lamb.
14. (1989) Text reviewer for West Educational Publishing, “Fitness & Wellness: The Physical Connection (2nd ed)” by Rosato
15. (1988) Text reviewer for West Educational Publishing, “Fitness & Wellness: The Physical Connection (1st ed)” by Rosato
16. (1987) Text reviewer for West Educational Publishing, “Introduction to Fitness”
17. Appointed Associate Editor, The Journal of Swimming Research, 3-26-96.
18. American Paraplegia Society. Reviewed, proposal #802: Physiological Comparison of Forward and Reverse Wheelchair Propulsion in SCI Individuals. 6-21-95.
19. Rodale Press. Reviewed: “Ancestral Nutrition” Chapter of book, The Complete Book of Alternative Nutrition, 4-17-96.
20. Performance Associates Press. Reviewed nutrition chapter for: “The Self-Trained Athlete” by Joe Friel, Aug 1995.
21. American Association of Spinal Cord Nurses. Reviewed proposal: Perceived needs and available resources of persons with spinal cord dysfunction in Galveston, Texas. February 27, 1997.
22. Editorial Advisor, Dr. Benjamin Spock’s revision of Baby and Child Care
23. Reviewer and member of the Editorial Board, Journal of the American Nutraceutical Association.
24. Lancet (current manuscript reviewer)
25. Journal of Nutrition (current manuscript reviewer)
26. European Journal of Clinical Nutrition (current manuscript reviewer).

UNIVERSITY, COLLEGE AND DEPARTMENTAL SERVICE

UNIVERSITY COMMITTEES:

1. Member, Faculty Council Committee on Research (1989-91)
2. Human Research Committee (Spring, 1998)
3. Faculty Council (Fall, 1998 to 2001)

COLLEGE COMMITTEES:

1. Member, College Promotion and Tenure Committee (1991-present)
2. Member, College Research Committee (1994-95)
3. Member, Committee for cooperation between food science and nutrition and exercise and sport science (1987-present)
4. Member, Committee on graduate programs, library studies and research (1987-92)
5. Member, Dean's Advisory Committee (1987-89)
6. Member, College Ad Hoc Committee on the Procurement of the Robert Wood Johnson Foundation Grant (1989)
7. College Ad Hoc Committee on Education Technology (Microcomputer), 1983-87
8. Member, College of Professional Studies Day Committee (1983-85)

DEPARTMENTAL COMMITTEES

1. Chair, Departmental Promotion and Tenure Committee (1990-2008)
2. Chair, Departmental Laboratory Committee (1987-1997)
3. Chair, Departmental Graduate Program Committee (1987-1996)
4. Chair, Departmental 5 year review (1979-84), 1985

5. Member, (>50 Departmental Committees of various function)

COMMUNITY SERVICE:

1. Serve as high jump field judge for all CSU home track meets (1982-1997)
2. Over 100 presentations, talks and demonstrations to community, public school and religious groups (1981-present)
3. Serve as consultant to local physicians and health clubs (1981-present)

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