

ALLERGY, GENETICS, SOFTWARE, VITAMINS

THE MOST SIGNIFICANT IMPROVEMENT IN SNOW LEOPARD

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(at least for scientists) is the possibility to annotate PDFs. Sorry, the screenshot originates from one the most stupid papers that I read over the past years but it nicely shows how to highlight text that will be permanently stored – just pressing CTRL+CMD+H.

99th Dahlem Conference on Infection, Inflammation and Chronic Inflammatory Disorders: Darwinian medicine and the 'hygiene' or 'old friends' hypothesis

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Summary

The current synthesis of the 'hygiene hypothesis' suggests that the recent increase in chronic inflammatory disorders is at least partly attributable to immunodysregulation resulting from lack of exposure to microorganisms that have evolved an essential role in the establishment of the immune system. This document provides a background for discussion of the following propositions.

1. The essential role of these organisms is an example of 'evolved dependence'.
2. The most relevant organisms are those that co-evolved with mammals, and already accompanied early hominids in the Paleolithic.
3. **More recently evolved 'childhood infections' are not likely to have evolved this role, and recent epidemiology supports this contention.**
4. This mechanism is interacting with other modern environmental changes that also lead to enhanced inflammatory responses [**inappropriate diet, obesity, psychological stress, vitamin D deficiency, pollution (dioxins), etc.**].