

# This Changes Everything

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evolution....  
this time it's  
personal



"We can do something about  
it....we don't have to wait for a  
genetic mutation!" Eva  
Jablonka #ACBS2013



Clues  
from  
Animal  
models?

both physical and  
mental health



At minimum be  
cautious

Modeling Depression  
with  
Clomiprimine

1. sleep
2. pleasure
3. sex
4. weight
5. booze
6. less exploratory behavior

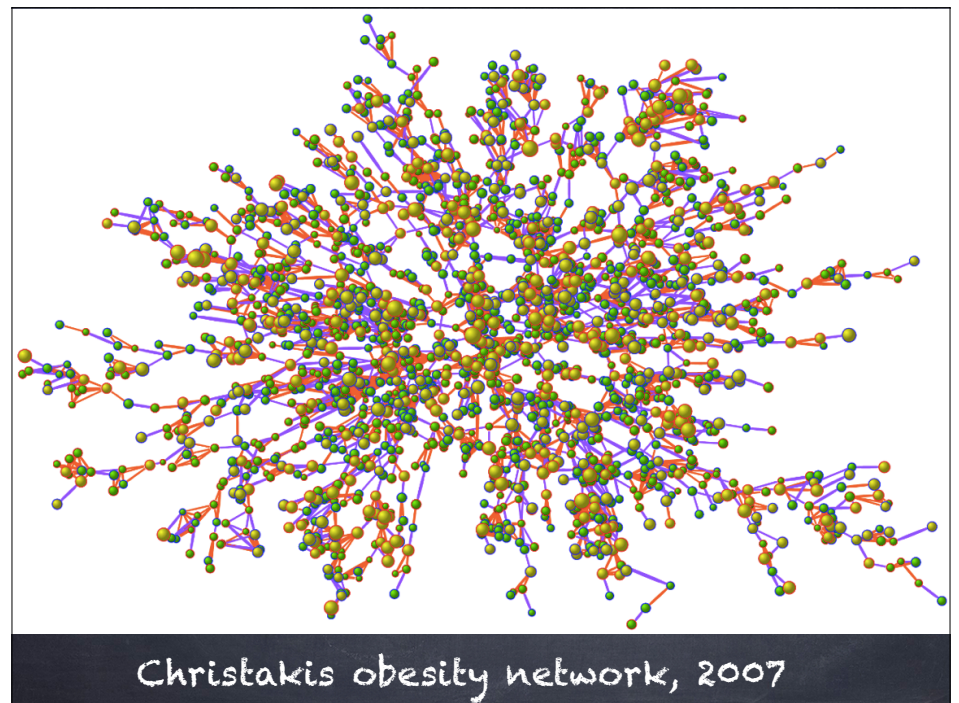
7. forced swim task

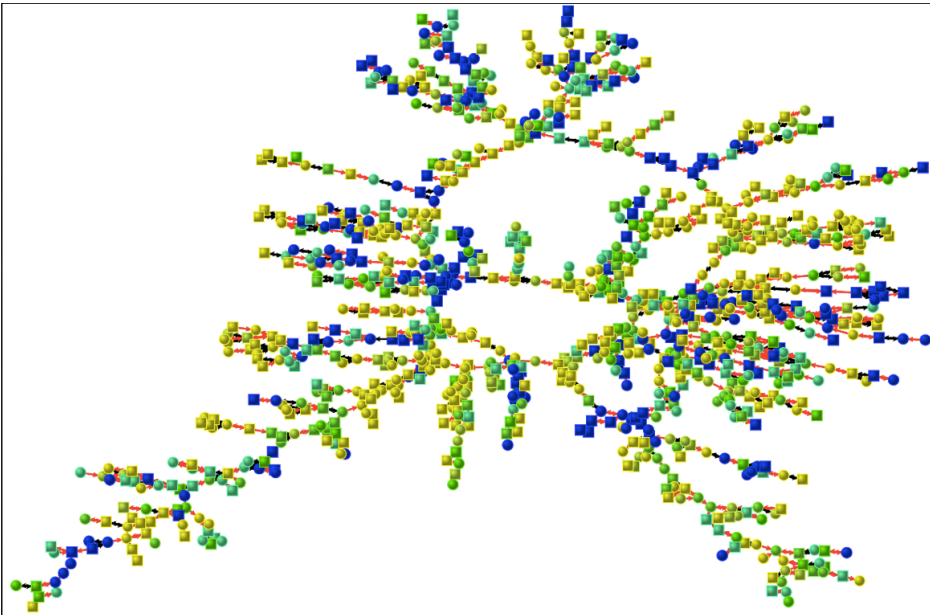




## A Place to start: Baked-In Human Needs

1. Avoid things used to model disease
2. Eat Real Food
3. Move Your Body
4. More Sleep/Rest Opportunity
5. Cultivate Your Social Environment
6. Mindfulness as a Modern World Antidote





Christakis happiness network, 2008

## Two Questions

1. What are you doing for your network?
2. What are you putting into it?

