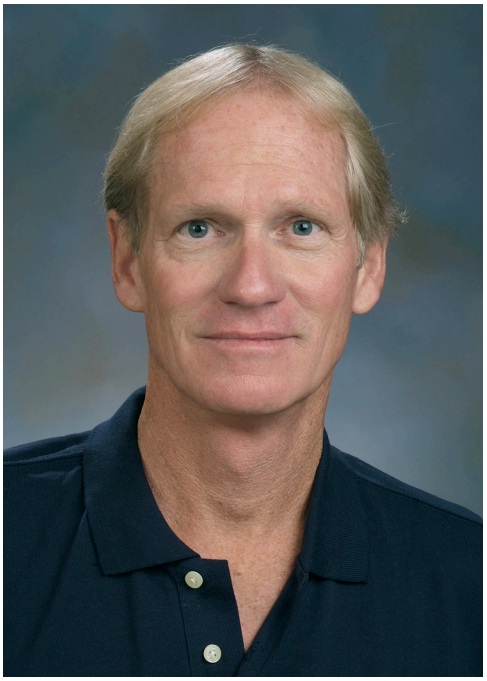
CURRICULUM VITAE

September 2005



NAME Loren Cordain, Ph.D.

POSITION Professor of Health and Exercise Science, College of Applied Human Sciences

ADDRESS Colorado State University
Department of Health and Exercise Science
Fort Collins, CO 80523
(970) 491-7436; FAX (970) 491-0445
E-Mail: cordain@cahs.colostate.edu
http://www.cahs.colostate.edu/hes/cordain.htm
http://www.thepaleodiet.com

BIOGRAPHICAL Birth date: October 24, 1950, Hollywood, CA
Married: Lorrie A. Cordain; three sons: Kyle Joseph, Kevin Patrick, and Kenneth Michael

EDUCATION

Degree	**Major**	**University**
Ph.D., 1981	Health: Physical Education Minor: Exercise Physiology	University of Utah
M.S., 1978	Physical Education Minor: Exercise Physiology	University of Nevada-Reno
B.S., 1974	Health Sciences	Pacific University

PROFESSIONAL EXPERIENCE

Title	**Institution**	**Dates**
	Colorado State University Department of Health and Exercise Science	
Professor		1990-Present
Director, Human Performance Lab		1981-1997
Director, Graduate Studies		1983-1996
Sabbatical Leave		1989, 1996, 2003
Associate Professor		1985-1990
Assistant Professor		1982-1985
Lecturer		1981-1982
Grad Research Assistant	University of Utah	1979-81
Grad Teaching Assistant	University of Nevada-Reno	1976-78

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

1. Brown, B.J, **Cordain, L**. & Stager, J.M. (1982). Reduced exercise tolerance in man with carbonic anhydrase inhibition. The Physiologist, 25: 200.

2. **Cordain**, **L**., Ruhling, R.O. & Hintze, T. (1982). Ventilatory muscle strength responses to aerobic training in women. Medicine and Science in Sport and Exercise, 14: 132.

3. **Cordain**, **L**. (1983). Effects of an aerobic training program on ventilatory muscle strength in untrained women. Completed Research in Health Physical Education, Recreation and Dance: 23.

4. Stager, J.M., Tucker, A. & **Cordain, L.** (1984). Reduced exercise tolerance in man with carbonic anhydrase inhibition during submaximal exercise. Federation Proceedings,43: 1014.

5. Tucker, A., Stager, J.M. & **Cordain, L.** (1984). Arterial O2 saturation and VO2 during maximal exercise in runners at moderate altitudes. Federation Proceedings, 43: 906.

6. Gangelhoff, J. , **Cordain, L.**, Tucker, A., & Sockler, J. (1985). Metabolic and heart rate responses to submaximal arm level and arm crank ergometry. Federation Proceedings, 44: 488.

7. 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. Federation Proceedings, 44: 488.

8. Stager, J.M., **Cordain, L.**, Malley, J. & Sockler, J. (1985). Arterial desaturation during arm exercise with controlled frequency breathing. Medicine and Science in Sports and Exercise, 17: 227.

9. 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. Federation Proceedings, 45: 646.

10. **Cordain, L.**, Latin, R. & Behnke, J. (1986). The effects of an aerobic running program on bowel transit time. Reviewed in abstract Physician and Sports Medicine, 14: 202.

11. 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. The Faseb Journal, 2: A521.

12. Lee, C., Tucker, A., Sockler, J.M. & **Cordain, L.** (1988). Metabolic consequences of reduced frequency breathing during submaximal cycling exercise. The Faseb Journal, 2: A519.

13. Sockler, J.M., Sommerville, S., **Cordain, L.** & Tucker, A. (1988). Effects of aerobic exercise on metabolic and pulmonary function during intermittent exposure to hyperbaria. Medicine and Science in Sports and Exercise, 20: 548.

14. Stevens, T.M., Sockler, J., Tucker, A. & **Cordain, L.** (1989). Metabolic consequences of submaximal exercise during altitude and cold stress. Medicine and Science in Sports and Exercise, 21: 562.

15. **Cordain, L.**, Tucker, A., Stager, J.M. & Moon, D. (1990). Lung Volumes and maximal respiratory pressures in collegiate swimmers and runners. Sports Medicine Digest,3: 33.

16. Harms, C.A., **Cordain, L.**, Sockler, J. & Harris, M. (1991). Influence of body fat mass on excess post-exercise oxygen consumption. Medicine and Science in Sports and Exercise, 23: s25.

17. Harris, M.A., Ewing, J., Foster, V. & **Cordain, L.** (1991). Effect of pretreatment with nicotinic acid on substrate utilization during submaximal exercise. FASEB Journal,5: A654.

18. McLaren, S., **Cordain, L.**, Sockler, J.M. & Tucker, A. (1992). Respiratory responses to expiratory resistances during exercise at moderate altitude. FASEB Journal, 6: A1538.

19. Reynolds, H., **Cordain, L.** & Harris, M. (1992). Influence of post-exercise glucose ingestion on serum potassium levels and ECG values. FASEB Journal, 6: A1112.

20. Fee, L., **Cordain, L.**, Tucker, A., Lally, D. & Smith, R. (1992). Cardiorespiratory responses to increased expiratory resistance during exercise. FASEB Journal, 6: A1806.

21. Toohey, L., Harris, M., Sockler, J., and **Cordain, L.** (1992). Antioxidant action of vitamin E on exercise induced lipid peroxidation and thromboxane B2. The Physiologist,35(4): 212.

22. Sampson, D.A., Crozier, P.G., Gotshall, R.W. and **Cordain, L.** (1993). Pyridoxal phosphate in plasma does not vary with exercise intensity. The FASEB Journal, 7(3): A517.

23. Harris, M., Smith, S., and **Cordain, L.** (1993). Relationship of meal composition and pre-exercise glucose ingestion to substrate utilization during exercise. The FASEB Journal, 7(3): A728.

24. Phillips, A.J., Gotshall, R.W., **Cordain, L.** and Tucker, A. (1993). Cardiovascular adaptations to orthostatic stress in aerobic and resistance trained athletes. Medicine and Science in Sports and Exercise, 25(5): s53.

25. Harrity, P.A., **Cordain, L.**, Harris, M. and DeVoe, D. (1994). Influence of gamma-linolenic acid upon oxygen uptake during graded exercise. The FASEB Journal, 8(4): A306.

26. 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. The FASEB Journal, 8(4): A308.

27. Hansen, R., **Cordain, L.**, Harris, M. (1994). Effect of pretreatment with anti-inflammatory agents on delayed muscle soreness. The FASEB Journal, 8(4): A307.

29. Bizeau, M., **Cordain, L.**, Harris, M. (1994). Fish oil supplementation decreases respiratory exchange ratio during exercise. The FASEB Journal, 8(5): A725.

30. Fee, L.L., **Cordain, L.**, Tucker, A., and Cebrick, J.A. (1994). Physiologic benefits of controlled expiration during exercise. Research Quarterly for Exercise and Sport, 65: A-24.

31. Crozier, P.G, **Cordain, L.**, and Sampson, D.A. (1995). Exercise-induced changes in plasma vitamin B-6 concentrations do not vary with exercise intensity. International Journal of Sports Nutrition,.

32. 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.

33. Turner, A.S., Maillet, J.M., **Cordain, L.** (1996). Bone mineral density measurement of the head and correlation with axial appendicular skeleton. Transactions of the Orthopaedic Research Society, 21 (section 1): 644.

34. 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. Medicine and Science in Sports and Exercise, 29: s249.

35. Harris M, Black S, Giusti J, Cordain L. (1997). Effect of glycemic index pre-exercise meals on substrate utilization and performance. Medicine and Science in Sports and Exercise, 29: 127.

36. Commerford SR, Cordain L, Melby CL. (1997). Reliability of the measurement of excess post-exercise oxygen consumption following two identically controlled cycling bouts. Medicine and Science in Sports and Exercise, 29: s195.

37. Kolsrud KL, Cordain L, Harris MA, Gotshall RW. (1997). Taurine supplementation does not influence blood lipid and peroxidation levels in vegetarians and non-vegetarians.The FASEB Journal, 11: A586.

38. Hermanson DM, Cordain L, Harris M, Gotshall RW. (1997). Dietary effects of pysllium fiber: influence on iron status and blood lipids in female runners. The FASEB Journal, 11: A612.

39. Bobby G, Cordain L, Harris M, Gotshall RW. (1997). Ginseng does not alter substrate utilization during maximal or submaximal exercise. The FASEB Journal, 11: A376.

40. 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 World Review of Nutrition and Dietetics, 83: 225.

41. Gotshall RW, Mickelborough TD, Tucker A, Cordain L. (1998). Low sodium diet improves exercise pulmonary function in exercise-induced asthma. Medicine and Science in Sports and Exercise, 30(5): S189.

42. Mickelborough TD, Cordain L, Gotshall RW, Tucker A. (1998). Reduction in dietary sodium ameliorates symptoms of pulmonary dysfunction in exercise-induced asthmatics. The FASEB Journal,12(4): A174.

43. 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. The FASEB Journal, 12(4): A226.

44. Cordain L, Tillmans CL. (1998). Muscle fatty acid composition in elk (Cervus Elaphus). Nutritional considerations. The FASEB Journal, 12(4): A622a.

45. Toohey L, Cordain L, Smith M. (1998). Dietary antigens can exhibit molecular mimicry with human proteins and initiate autoimmune disease. The FASEB Journal,12(5): A873.

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. The FASEB Journal,13(5): A887.

47. Maillet JM, Cordain L, Mallinckrodt C, Turner AS. (1999). Post-cranial bone density, iron status and dietary intake in young women. The FASEB Journal,13(4): A245.

48. Young LE, Cordain L, Gotshall RW. (1999). A theoretical basis by which exercise-induced ionic flux may control mitosis in muscle satellite cells. Medicine and Science in Sports and Exercise, 31(6): S169.

49. Cordain L, Gotshall RW. (1999). Compiled ethnographic observations of the aerobic fitness, strength and body composition of unacculturated humans. Medicine and Science in Sports and Exercise, 31(6): S213.

50. Cordain L, Brand Miller J, Holt SHA, Eaton SB, Mann N, Speth JD. (1999). World wide hunter-gatherer (plant:animal) subsistence ratios. 10th World Congress of Food Science & Technology Abstracts, p. 34.

51. 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, p. 100.

52. Cordain L, Gotshall RW, Eaton SB, Eaton SB III. Physical activity, energy expenditure and fitness: an evolutionary perspective. In: The Year Book of Sports Medicine, Shephard RJ (ed.), Mosby, New York, 1999:217-19.

53. 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 Journal, 14 (4): A751.

54. 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 Journal, 14(4): A248.

55. Mickelborough TD, Gotshall RW, Miller CW, Cordain L. (2000) Dietary chloride intake is important in severity of exercise-induced asthma. Medicine and Science in Sports and Exercise, 32(5): S154.

56. Gotshall RW, Mickelborough TD, Cordain L. (2000) Dietary salt alters pulmonary function in exercise-induced asthmatics. Medicine and Science in Sports and Exercise, 32(5): S154.

57. Mickelborough TD, Gotshall RW, Rhodes J, Tucker A, Cordain L. (2001) Dietary salt consumption and leukotrienes-dependent hypernea-induced airway obstruction in guinea pigs. Medicine and Science in Sports and Exercise, 33: S58.

58. Cordain L, Melby CL, Hamamoto AE et al. Influence of moderate chronic wine consumption on insulin sensitivity and other correlates of syndrome X in moderately obese women. Alcohol Res 2001;6:69.

59. Cordain L. Fatty acid composition and energy density of foods available to hominids: Implications for encephalization. Am J Phys Anthropol 2002;117(S34):57 (abstract).

Refereed Journals

1. **Cordain, L.**, Johnson, S.C. & Ruhling, R.O. (1982). Description of a low cost microcomputer system interfaced to exercise stress testing equipment. Research Quarterly for Exercise and Sport, 53: 72-77.

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 02 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.

10. **Cordain, L.**, Latin, R.W. (1986). Hydrostatic weighing for the athletic trainer. Athletic Trainer, 21: 328-330, 368.

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 B-6 concentrations do not vary with exercise intensity. American Journal of Clinical Nutrition, 60: 552-8.

26. Harms, C.A., **Cordain, L.**, Stager, J.M., Sockler, J.M. and Harris, M. (1995). Body fat mass affects post-exercise metabolism in males of similar lean body mass. Medicine, Exercise, Nutrition and Health, 4: 33-39.

27. **Cordain, L.**, Richau, L.L. and Johnson, J.E. (1995). Variability of body composition assessments in men exhibiting extreme muscular hypertrophy. Journal of Strength and Conditioning, 9: 85-89.

28. Leaf A, Bourne PG, Birrer RB, Casper R, Chen JD, Clay W, **Cordain L**, Eaton SB, Grave G, Lee PR, Pavlou KN, Siandwazi C, Simopoulos AP. (1996). Declaration of Olympia on Nutrition and Fitness. Annals of Nutrition and Metabolism, 40: 312-14.

29. **Cordain, L.**, Gotshall, R.W., Eaton, S.B. (1997). Evolutionary aspects of exercise. World Review of Nutrition and Dietetics, 81: 49-60.

30. **Cordain, L.**, Bryan, E.D., Melby, C.L., Smith, M.J. (1997). Influence of moderate daily wine consumption upon body weight regulation and metabolism in healthy free living males. Journal of the American College of Nutrition, 16: 134-139.

31. Eaton, S.B., **Cordain, L.** (1997). Old genes, new fuels: Nutritional changes since agriculture. World Review of Nutrition and Dietetics, 81: 26-37.

32. Turner AS, Maillet JM, Mallinckrodt C, **Cordain L.** (1997). Bone mineral density of the cranial vault and correlation with axial and appendicualr skeleton in normal young women. Calcified Tissue International, 61: 110-113.

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.

37. **Cordain L**., Melby C.L. (1998). Alcohol, wine and obesity. Bulletin de l'O.I.V., 71: 852-66.

38. **Cordain L**. (1999). Cereal grains: humanity's double edged sword. World Review of Nutrition and Dietetics, 84: 19-73.

39. **Cordain L**, Miller J, Mann N. (1999). Scant evidence of periodic starvation among hunter-gatherers (letter). Diabetologia, 42: 383-84.

40. Powell PD, DeMartini JC, Azari P, Stargell LA, **Cordain L**, Tucker A. (2000). Evolutionary stable strategy: A test for theories of retroviral pathology which are based upon the concept of molecular mimicry. Journal of Theoretical Biology, 202:213-229.

41. **Cordain L**, Brand Miller J, Eaton SB, Mann N, Holt SHA, Speth JD. Plant to animal subsistence ratios and macronutrient energy estimations in world wide hunter-gatherer diets. American Journal of Clinical Nutrition, 2000, 71:682-92.

42. **Cordain L**, Toohey L, Smith MJ, Hickey MS. Modulation of immune function by dietary lectins in rheumatoid arthritis. British Journal of Nutrition, 2000, 83:207-217.

43. Mickleborough TD, **Cordain L,** Gotshall RW, Tucker A. A low sodium diet improves indices of pulmonary function in exercise-induced asthma. Journal of Exercise Physiology Online 2000;3(2): http://www.css.edu/users/tboone2/asep/April2000.html

44. Ho R, **Cordain L**. Biotin insufficiency and cardiovascular disease. Nutrition Research, 2000; 20:1201-12.

45. **Cordain L**, Melby CL, Hamamoto AE, O'Neill S, Cornier M, Barakat HA, Israel RG, Hill JO. Influence of moderate chronic wine consumption on insulin sensitivity and other correlates of syndrome X in moderately obese women. Metabolism 2000;49:1473-78.

46. Gotshall RW, Mickleborough TD, **Cordain L.** Dietary salt restriction alters pulmonary function in exercise-induced asthmatics. Medicine and Science in Sports and Exercise, 2000;32:1815-19.

47. **Cordain, L.**, Brand Miller, J., Eaton, S.B. & Mann, N. (2000). Hunter-gatherer diets – a shore based perspective (letter). American Journal of Clinical Nutrition,72: 1585-86.

48. **Cordain, L.**, Brand Miller, J., Eaton, S.B. & Mann, N. (2000). Macronutrient estimations in hunter-gatherer diets (letter). American Journal of Clinical Nutrition,72: 1589-90.

49. **Cordain, L**., Brand Miller, J., Eaton, S.B. & Mann, N. (2001). Reply to ARP Walker (letter). American Journal of Clinical Nutrition,73: 354-355.

50. **Cordain L.** Syndrome X: Just the tip of the hyperinsulinemia iceberg. Medikament 2001;6:46-51.

51. **Cordain L**, Watkins BA, Mann NJ. Fatty acid composition and energy density of foods available to African hominids: evolutionary implications for human brain development. World Review of Nutrition and Dietetics, 2001, 90:144-161.

52. Eaton SB, **Cordain L**, Eaton SB. An evolutionary foundation for health promotion. World Rev Nutr Diet 2001; 90: 5-12.

53. Mickleborough TD, Gotshall RW, Rhodes J, Tucker A, **Cordain L**. Elevating dietary salt exacerbates leukotrienes-dependent hyperpnea-induced airway obstruction in guinea pigs. J Appl Physiol 2001, 91:1061-66.

54. Mickleborough TD, Gotshall RW, Kluka E, Miller CW, **Cordain** L. Dietary chloride as a possible determinant of the severity of exercise-induced asthma. Eur J Appl Physiol 2001;85:450-56.

55. Eaton SB, Strassman BI, Nesse RM, Neel JV, Ewald PW, Williams GC, Weder AB, Eaton SB 3rd, Lindeberg S, Konner MJ, Mysterud I, **Cordain L.** Evolutionary health promotion. Prev Med 2002;34:109-118.

57. Eaton SB, **Cordain L**. Evolutionary Health Promotion. A consideration of common counter-arguments. Prev Med 2002;34:119-123.

58. **Cordain L**. Book Review. Hunter-Gatherers: An interdisciplinary perspective. Am J Hum Biol 2002;14: 280-281.

59. **Cordain L**, Watkins BA, Florant GL, Kehler M, Rogers L, Li Y. Fatty acid analysis of wild ruminant tissues: Evolutionary implications for reducing diet-related chronic disease. Eur J Clin Nutr, 2002;56:181-191.

60. **Cordain L**, Eaton SB, Brand Miller J, Mann N, Hill K. The paradoxical nature of hunter-gatherer diets: Meat based, yet non-atherogenic. Eur J Clin Nutr 2002;56 (suppl 1):S42-S52**.**

61. **Cordain L,** Eaton SB, Brand Miller J, Lindeberg S, Jensen C. An evolutionary analysis of the etiology and pathogenesis of juvenile-onset myopia. Acta Opthalmolgica, 2002,80:125-135.

62. **Cordain L**. The nutritional characteristics of a contemporary diet based upon Paleolithic food groups. J Am Neutraceut Assoc 2002; 5:15-24.

63. **Cordain L**, Lindeberg S, Hurtado M, Hill K, Eaton SB, Brand-Miller J. (2002). Acne vulgaris: A disease of civilization. Archives of Dermatology,138: 1584-90.

64. **Cordain L,** Eades MR, Eades MD. (2003). Hyperinsulinemic diseases of civilization: more than just syndrome X. Comp Biochem Physiol Part A:136:95-112.

65. Lindeberg S, Ahren B, **Cordain L,** Nilsson-Ehle P, Vessby B, Nilsson A. Determinants of serum triglycerides and high-density lipoprotein cholesterol in traditional Trobriand Islanders – the Kitava Study. Scand J Clin Lab Invest 2003;63:175-180.

66. **Cordain L.** Response to omega-3 fatty acids and acne. Arch Dermatol 2003;139:942-3.

67. Lindeberg S, **Cordain L**, Eaton B. Biological and clinical potential of a Palaeolithic diet. J Nutr Environ Med 2003;13:149-160.

68. O'Keefe J.H., **Cordain L**. Cardiovascular disease as a result of a diet and lifestyle at odds with our Paleolithic genome: how to become a 21st century hunter-gatherer. Mayo Clin Proc 2004;79:101-108.

69. **Cordain L**, O'Keefe J.H. Reply: The hunter-gatherer diet. Mayo Clin Proc 2004; 79:703-04.

70. Lindeberg S, Ahren B, **Cordain L,** Rastam L. Serum uric acid in traditional Pacific Islanders and in Sweden. J Intern Med 2004; 255:373-378.

71. O'Keefe JH, **Cordain L**, Harris, WH, Moe RM, Vogel R. Optimal low-density lipoprotein is 50 to 70 mg/dl. Lower is better and physiologically normal. J Am Coll Cardiol 2004;43: 2142-6.

72. O'Keefe J, **Cordain L**, Harris WH, Moe RM, Vogel R. Response to letter to the editor: RE: Optimal lipids, statins, and dementia. J Am Coll Cardiol 2005;45:964-65.

73. O'Keefe J, **Cordain L**, Harris WH, Moe RM, Vogel R. Response to letter to the editor: RE: The optimal low-density lipoprotein is 50 to 70 mg/dl. J Am Coll Cardiol 2005;45:1732..

74. **Cordain L,** Eaton SB, Sebastian A, Mann N, Lindeberg S, Watkins BA, O'Keefe JH, Brand-Miller J. Origins and evolution of the western diet: Health implications for the 21st century. Am J Clin Nutr 2005;81:341-54.

75. Hoyt G, Hickey MS, **Cordain L**. Dissociation of the glycaemic and insulinaemic responses to whole and skimmed milk. Br J Nutr 2005;93:175-177.

76. **Cordain, L**. Implications for the role of diet in acne. Semin Cutan Med Surg 2005;24:84-91.

77. Abuissa H, O'Keefe JH, **Cordain, L.** Realigning our 21st century diet and lifestyle with our hunter-gatherer genetic identity. Directions Psych 2005;25: SR1-SR10.

Books, Book Chapters, Theses, Dissertations and Monographs

1. **Cordain, L**. The relationship of body composition to the twelve minute run. Master's Thesis, University of Nevada-Reno, Reno, Nevada, 1978.

2. **Cordain, L**., Brady, A.H., Loper, R.K. & Belaustegui, R.M. Automation of a stress exercise facility using an inexpensive microcomputer system. In Ripley, K.L. and Ostrow, H.g. (Eds.) Computers in Cardiology. Piscataway, J.J.: IEEE Service Center, 1978, 403-404.

3. **Cordain, L**. Effects of an aerobic training program on ventilatory muscle strength in untrained women. Doctoral Dissertation, University of Utah, Salt Lake City, Utah, 1981.
4. **Cordain, L**., Behnke, J.J. & Brown, B.J. Laboratory manual for essentials of physical activity. Minneapolis: Burgess Publishing Company, 1982.

5. **Cordain, L**. Body composition determination by underwater weighing: a user's manual for the Chatillon model 1309H scale. Kew Gardens, New York: John Chatillon & Sons,Inc., 1982.

6. **Cordain, L**. CALIB, A BASIC program. In Brodie, D.A. & Thornhill, J.J. (eds.) Microcomputing in Sport and Physical Education. Wakefield, England: E.P. Publishing Ltd., 1983, p. 151.

7. **Cordain, L**. (1995). Position Paper: Alcohol Calories and Body Weight Control. Written for the Wine Institute, September 28, 1995.

8. **Cordain, L**. (1996). Humanity's Hunting Legacy: Health and Nutritional Considerations. Introduction to King of the Mountain, Hunting Product Catalog, Written for King of the Mountain, Bowhunting Company, November 7, 1995,.

9. Simopoulos AP, Leaf A, Bourne PG, Birrer RB, Casper R, Chen JD, Clay W, **Cordain L**, Eaton SB, Grave G, Lee PR, Pavlou KN, Siandwazi C. (1996). "Declaration of Olympia on Nutrition and Fitness". This document was translated into 15 languages and distributed to the following organizations: Food and Agriculture Organization of the United Nations, World Health Organization, The President's Council on Physical Fitness and Sports, National Institute of Child Health and Human Development (NIH), American Association for World Health, International Union of Nutritional Sciences, The American Institute for Cancer Research as well as a wide variety of International Corporations and Organizations.

10. **Cordain L**. A diet solution based on evolution. Alternative Medicine 2002;46:66-74 .

11. **Cordain L**. The Paleo Diet: Nutrition Against the Grain. New Living, 2002; March:4.

12. Eaton SB, Eaton SB III, **Cordain L**. Evolution, diet and health. In: Ungar PS, Teaford MF (Eds.), Human Diet: Its Origins and Evolution. Mawah, New Jersey, Greenwood Publishers, 2002, pp. 7-17.

13. **Cordain, L**. The Paleo Diet. John Wiley & Sons, New York, NY, 2002.

14. **Cordain, L.** Stenalder Kost (The Paleo Diet; Swedish Translation), Pagina Forlags AB, Sundbyberg, Sweden, 2003.

15. **Cordain, L.** Das Getreide zweischneidiges Schwert der Menschheit (Cereal Grains: Humanity's Double Edged Sword; German Translation). Novagenics-Verlag, Germany, 2004.

16. **Cordain, L**. Stenalders Kost (The Paleo Diet; Danish Translation), in press, 2005

Popular Press, Newspapers, Magazines, Interviews

1. Associated Press, United Press International Press Release, "Regular Exercise May Help to Prevent Colon Cancer, Study Says. Oct-Nov, 1986. Published in:
    1. Fort Collins Coloradoan
    2. Trinidad Chronical News
    3. Buena Vista Chaffee County Times
    4. Riverside California, Press Enterprise
    5. Delaware State News, Dover DE
    6. Crescent News, Defiance, OH

2. National Public Radio Interview, Exercise Improves Bowel Function, Nov 1986

3. Interview, Runners World Magazine, April 1988. The Race Against Cancer, p. 70.

4. Associated Press, United Press International Press Release, "A Myth: Sex Hinders Athletic Performance. Feb, 1988. Published in:
    1. Parade Magazine, April 24, 1988, p. 7.
    2. The Washington Post, May 2, 1989
    3. The Washington Post, March 7, 1988
    4. International Herald Tribune, March 10, 1988, p 8.
    5. The Denver Post, March 4, 1988
    6. The Fort Collins Coloradoan, 1988
    7. Southwest Villager, Arapahoe County CO, Aug 9, 1990

5. National Public Radio Interview, March 1988, Sexual Intercourse and Athletic Performance. Interviewed by Susan Stanberg.

6. Television News Appearance, March 1988, Channel 9, Sexual Intercourse and Athletic Performance.

7. Interview, Self Magazine, January 1989. Sex Before Sports, p 68.

8. Interview, Hippocrates Magazine, May/June 1988, The Truth About Sex Before the Big Game, p 14.

9. Interview, The Physician and Sports Medicine Magazine, March 1990, Sexual Activity and Athletic Performance: Is there a Relationship?, pp 148-154.

10. Interview, USA Today Newspaper, Sex and the single minded athlete, March 13, 1991, p 3C

11. Presentation: California City Sports Magazine, 1st Competitive Edge Conference, San Francisco, CA, June 28-30. A preliminary study of how sexual intercourse affects athletic performance (1st lecture). Body Fat Assessment (2nd Lecture).

12. Interview, Readers Digest Magazine, Brighten Your Sex Life, June 1992, pp 33-36.

13. Interview, Mens Health Magazine, Winning Score, June 1992, pp. 28-30.

14. Interview, Redbook Magazine, Fit for Sex, March 1992, 49-51.

15. National Public Radio Interview. Interviewed by Susan Stanberg. Topic: Sex and Sports. January 28, 1993.

16. Regional Radio Interview. Station CKWW, Detroit MI. Sex and Sports, January 26, 1993.

17. Interview, Runner's World Magazine, February 1993, Just Do It, February 1993, p. 22.

18. Interview, USA Today Newspaper, Health and Behavior, January 20, 1993, p 5D.

19. Interview, Runner's World Magazine, The Sex Factor, November 1994, pp. 71-74.

20. Letter to the Editor, New York Times Newspaper, September 8, 1995. Alcohol Calories and Weight Gain.

21. Interview, Cooking Light Magazine, Eat Like the Flintstones, July/August 1995, 30-32.

22. Interview, International Journal of Sport Nutrition, The Hunter and Gatherer as Athlete, 1995 5:93.

23. Interview, The Wall Street Journal, The Way we Were, May 24, 1995, p. 1.

24. Interview, Rocky Mountain News, A Stone Age Solution, June 13, 1995, p 3D-4D.

25. Interview, Mountain Living Magazine, The West's Healthy Heritage, Winter 1995-96, p91-92.

26. Interview, Bowhunter Magazine, We Do Need to Hunt, Feb/Mar 1996, pp. 56-59.

27. Interview, Mens Health Magazine, Sex Before Sports, July/Aug 1996.

28. Regional Radio Interview. Station KST, Sacramento CA. Paleolithic Nutrition, June 21, 1996.

29. Associated Press, United Press International Press Release, "Colorado State Researchers Reveal Best Fitness Program mimics Stone Age Ancestors", September 12, 1996. Published in:

1. Denver Post Newspaper, Stone Age Athletes were fitness pioneers, September 19, 1996, p1E.
2. Fort Collins Coloradoan, "Cavemen more fit than today's man", September 14, 1996
3. Colorado State University Collegian, " Americans can learn from ancestors' healthy lifestyles", October 3, 1996.

30. Interview, Rocky Mountain News, Stone Age Aurochs not a contented cow. September 30, 1996, p 2D.

31. Interview, Fort Collins Coloradoan, "Stone Age Diet seen as New Age Answer", October 9, 1996, p C1.

32. Interview, Rocky Mountain News, "Born to be Wild", by Linda Castrone, November 6, 1996, Spotlight section, p. 8D,

33. Television Interview, Channel 9 News, Denver CO. Stone Age Diet, Fall 1996.

34. Interview, Insight on the News Magazine, "Paleolithic Work Ethic", by Dan Whipple, December 23, 1996, p. 40.

35. Interview, Los Angeles Times Newspaper, "Stone Age Aerobics", by Dan Whipple, January 23, 1997, p. B2.

36. Associated Press, United Press International Press Release, Reuters News Service, "Colorado State Researchers Find No Link Between Moderate Red Wine Consumption and Weight Gain", March 31, 1997.

Published in:

1. Denver Post Newspaper, "Red Wine Study Disputes Fat Risk"; March 31, 1997, p4A.
2. Fort Collins Coloradoan, "CSU Researchers Agree: Red Wine Not Fattening", April 1, 1997, pA2.
3. Loveland Reporter Herald, "Wine Didnt Spur Weight Gain"; March 31, 1997, pA3.
4. London Daily Mail Newspaper, March 31, 1997.
5. Colorado State University's Comment, April 3, 1997.
6. Colorado State University Collegian, April 4, 1997.
7. Rocky Mountain News, "Like Wine? Its Calories Don't Count. March 31, 1997, p. 4A.
8. El Mundo (Spanish National Newspaper), "Tinto para Adelgazar" - Red Wine to Lose Weight). April 3, 1997.

37. National and International Radio Interviews on: "Colorado State Researchers Find No Link Between Moderate Red Wine Consumption and Weight Gain".

Broadcast on:

1. ABC Nationally Syndicated Radio, Interviewer: Lauren Rogers, March 31, 1997
2. WBZ Radio, Boston MA, Interviewer: Jay McQuaide, March 31, 1997.
3. British Broadcast Corporation (BBC), Interviewer: Sue Nelson, April 3, 1997.
4. Australian Broadcast Corporation, Interviewer: Mike Lowland, April 3, 1997.

38. Interview of Loren Cordain: Ancestral Nutrition. By S.Y. Craig, J. Haigh & S. Harrar (Eds.). In: The Complete Book of Alternative Nutrition. Rodale Press Inc., Emmaus, PA, 1997, pp21-34.

39. Interview of Loren Cordain. "Wine, Women and Weight". In: Harvard Women's Health Watch Newsletter, June 1997, p. 7.

40. Interview of Loren Cordain. "Primitive Health and Fitness". In: Prime Health and Fitness Magazine, Fall 1997, p. 17.

41. Interview of Loren Cordain, “Calories burned in one day in the life of a hunter gatherer”,Vital Statistics. In: Health Magazine (May/June 1997), p.12.

42. Interview of Loren Cordain, “Caveman Diet”, Pyschology Today Magazine (May/June 1997), p. 18.

43. Interview of Loren Cordain, “Primitive health & fitness”, Prime Health and Fitness Magazine (Fall, 1997), p.17.

44. Interview of Loren Cordain, "Is your body fat understated", Muscle & Fitness Magazine (September, 1997), p. 36.

45. Interview of Loren Cordain, "Wine Doesn't Count", Health Magazine (January/February 1998), p. 29.

46. Interview of Loren Cordain, "CSU to study wine's impact on weight ", The Fort Collins, Coloradoan, June 1, 1998, p. A2.

47. Interview of Loren Cordain, "Fat Test? Pass", Outside Magazine, June 1998, p. 142.
48. Radio Interview of Loren Cordain, "Red Wine and Body Weight Gain", WCBS, New York, NY, June 1, 1998.

49. Radio Interview of Loren Cordain, "Red Wine and Obesity", Northeast Public Radio, June 9, 1998.

50. News of Colorado, In U.S.A. Today, June 2, 1998, page 8A; short synopsis of wine consumption and body weight regulation.

51. Interview of Loren Cordain, "Are calories from alcohol as fattening as other foods?", Women's Sports & Fitness, September/October 1998, p.78.

52. Interview of Loren Cordain, "The paleolithic diet and its modern implications. An interview with Loren Cordain, Ph.D., Robert Crayhon, The Townsend Letter for Doctors & Patients, November 1998, p. 142-47.

53. Interview of Loren Cordain, "Be healthy: eat like a caveman", Pamela Dickman, Loveland Herald, November 19,1998, p. 1.

54. Interview of Loren Cordain, " Back to the Future with Cave Man Diet Research", Robert Crayhon, Life Services Supplements Newsletter, January 1999, vol 11(1), 1,6.

55. National Television Interview of Loren Cordain, "Should you eat like a cave man?" Dateline NBC News program, May 24, 1999.

56. Interview of Loren Cordain, "Stone Age Diet Secret to Health, Says CSU Prof", Dave Curtain, The Denver Post, June 20, 1999, p. 4B.

57. Interview of Loren Cordain, "Is the Stone Age Diet the Ideal Diet for Humans", Robert Crayhon, Total Health Magazine; 1999; volume 21(2):46-49.

58. Interview of Loren Cordain, "Diets Changed, Digestive Tracts Didn't – Hunter Gatherers Had Right Idea", Muscular Development Magazine; 1999;36(9),:35.

59. International Radio Interview of Loren Cordain, "Go back to stone-age diet, says health professor", Australian Broadcasting Corporation, The World Today, October 5, 1999; http://www.abc.net.au/worldtoday/s57024.htm

60. Interview of Loren Cordain, "Eat more meat like tribal ancestors – new study recommends" The Sydney (Australia) Morning Herald, October 5, 1999.

61. Interview of Loren Cordain, "Eat Stone Age-style" The Sydney (Australia) Daily Telegraph, October 6, 1999, p. 11.

62. Interview of Loren Cordain, "Stone Age diet back on menu" The Australian, October 6, 1999, p. 4.

63. Interview of Loren Cordain, "Call for Stone Age Meat Diet" The West Australian, October 6, 1999, p 3.

64. Popular article written for a German Sports Trainer Academy Magazine. Cordain L. Fleisch, gesundheit und sportliche. Die evolutionare sicht. Trainerakademie 1999;4:10-12.

65. Interview of Loren Cordain, "Learning from the past" Vital Newsletter of the Nutrition Communications, Meat and Livestock Australia, 1999;6(December):1-3.

66. Interview of Loren Cordain, "Got Milk Intolerance?" The Denver Post, April 3, 2000. p. 1E, 3E.

67. Interview of Loren Cordain, "Cut the Carbs", New Scientist, March 18, 2000, p. 26-31.

68. Interview of Loren Cordain, "You Are What You Eat: New Theories About Rheumatoid Arthritis Theory Implicating Diet Needs More Research, Experts Say", WebMD, April 19, 2000, http://my.webmd.com/content/article/1728.56722

69. Interview of Loren Cordain, "Eating like a Caveman", WebMD, May 1, 2000, http://my.webmd.com/content/article/1671.50629

70. Interview of Loren Cordain, "Stone Age Workout", New Scientist, July 29, 2000, p. 30-31.

71. Interview of Loren Cordain, "Cereal Grains: Humanity's Double Edged Sword", The Felix Letter, No. 112, 2000

72. Interview of Loren Cordain, "When Readers Spot our Errors", The Louisville Courier-Journal, December 10, 2000

73. Interview of Loren Cordain, "First Catch Your Cow – The Stone Age Diet", The Sydney Morning Herald, February 21, 2001

74. Interview of Loren Cordain, "Agriculture is Bad for You", Time Magazine Europe, April 30, 2001, Vol 157, No.17.

75. Interview of Loren Cordain, "Stone Age diet may still be the best in the Space Age, Reuters News Service, London, September 19, 2001.

76. Interview of Loren Cordain, "Hard Cheese", The New Scientist Magazine, December 15, 2001.

77. Interview of Loren Cordain, "Mit Stenizeitdiat gegen Kohlenhydratexzess", Tabula Magazine (Switzerland), January 2001, pp 10-11.

78. Interview of Loren Cordain by Judy Gerstel. Back to nature with caveman diet. The Toronto Star, February 1, 2002.

79. Interview of Loren Cordain by Steve Tally. Cave men diets offer insights to today's helath problems, study shows. Purdue News, February 12, 2002.

80. O'Neil, J. Nutrtion: But What Did the Cow Have for Lunch? The New York Times, February 19, 2002, D8.

81. National Public Radio Interview of Loren Cordain by Steve Curwood. Eating Ourselves Blurry. May 3, 2002.

82. Bread Blamed for Short Sight. BBC News, April 3, 2002.

83. News in Science. Could the western diet cause short-sightedness? April 30, 2002. Http://www.abc.net.au/science/news

84. Interview of Loren Cordain by James Hrynyshyn, Northern News Service, April 29, 2002. http://www.nnsl.com

85. Interview of Loren Cordain in Senior Advantage. Too much starch affects eyes, May 2, 2002. http://www.senioradv.com.au

86. Interview of Loren Cordain in Cosmiverse Science News. Diet May Cause Vision Impairment, April 8, 2002. http://www.cosmiverse.com/science

87. Interview of Loren Cordain on Medwire News Services, UK General Medical News. Keep an Eye on Your Bread Consumption, May 2, 2002. http://medwire.md.news

88. Interview of Loren Cordain on ninemsn news. Modern bread may be causing myopia, April 4, 2002. http://news.ninemsn.com.au

89. Interview of Loren Cordain on InteliHealth. Blinded by Bread, April 5, 2002. http://intelihelath.com

90. Interview of Loren Cordain on Straitstimes. White bread, cereals bad for the eyes, April 4, 2002. http://straitstimes.asia1.com

91. Interview of Loren Cordain on www.healthypages.co.uk. Bread "danger" to eyesight, April 3, 2002. http://www.healthypages.net/news

92. National Public Radio Interview of Loren Cordain by Todd Mundt, April 26, 2002.

93. Olivier, S. Can Refined Food Cause Short Sight. The London Times, May 7, 2002, p. 12.

94. "What Our Ancestors Knew About Weight Loss", Let's Live Magazine article, April 2002, p.22.

95. Peter Sheridan. Peter Sheridan Hunts Out the Facts; The Caveman Diet. The London Express, January 29, 2002.

96. Fox, D. Short-sightedness may be tied to refined diet. The New Scientist, April 3, 2002.

97. Bread Blamed for Short Sight. BBC News, April 3, 2002. http://news.bbc.co.uk

98. Pearson, H. Hunter-gatherers ate lean cuts. Nature, Science Update, March 26, 2002. http://www.nature.com/nsu/

99. Pollan M. Power Steer. New York Times Magazine, March 31, 2002, p. 1.

100. Aamidor A. Want to be healthier? Eat like a caveman, experts say. The Indianapolis Star, February 27, 2002.

101. Interview of Loren Cordain on the nationally syndicated Deborah Ray radio show, April 18, 2002.

102. Interview of Loren Cordain on the nationally syndicated Randy Tobler Well Journal radio show, June 22, 2002.

103. King, P. Rethinking Our Daily Bread. Los Angeles Times Newspaper, July 29, 2002.

104. "How to be a fat-burning success story at . . ." Interview of Loren Cordain in Glamour Magazine, July, 2002, p. 86.

105. "You Got Game?" Interview of Loren Cordain in Men's Health Magazine, September, 2002, p. 56.

106. Dollemore, D. "Stone Age Steaks" Interview of Loren Cordain in Prevention Magazine, August, 2002, p 40.

107. Linton, M. Paleo Diet not just a blast from the past. London Free Press, February 4, 2002.

108. Linton M. Tumbling off the food pyramid; forget grains, dairy and processed food; find your niche as a hunter-gatherer. The Toronto Sun, February 3, 2002.

109. Interview of Loren Cordain, "Stone Age Steaks", Prevention Magazine, August, 2002, p 40.

110. Interview of Loren Cordain, "What Primates Think", Zoogoer Magazine, July/August, 2002;31(4): 6-13.

111. Interview of Loren Cordain, "What do you mean, no potatoes? Learn some manners, picky eaters", The London Observer, September 1, 2002.

112. Interview of Loren Cordain, "Mammoth Portions", The London Daily Mirror, August 29, 2002.

113. Interview of Loren Cordain, "All Grass, No Grain", The Progressive Farmer Magazine, October 2002.

114. Interview of Loren Cordain, "Dining Star", Flare Magazine, November 2002, pp 96, 98.

115. Interview of Loren Cordain, "The Bugle Sounds for Game", The Denver Post, November 13, 2002.

116. Interview of Loren Cordain, "Food for Thought", Scientific American, December, 2002, p. 111.

117. Interview of Loren Cordain, "Chips Means Zits", Nature News, December 2, 2002.

118. Interview of Loren Cordain, "Plague of Pimples Blamed on Bread", The New Scientist Magazine, December 2, 2002.

119. Interview of Loren Cordain, "Refined Foods May Be Cause of Pimples and Acne", ABC NEWS, Dec 4, 2002.

120. Interview of Loren Cordain, "Refined Foods May Be Cause of Pimples", MSNBCBC NEWS, Dec 4, 2002

121. Interview of Loren Cordain, "Refined Foods May Be Cause of Pimples and Acne", Reuters News, Dec 4, 2002.

122. Interview of Loren Cordain, "Scientist to Put Squeeze on Pimple Problem", Discovery Health Channel, Dec 4, 2002.

123. Interview of Loren Cordain, "Bread Linked to Teenage Acne", BBC NEWS, Dec 5, 2002.

124. Interview of Loren Cordain, "Acne Study Goes Against the Grain", New York Post, Dec 5, 2002.

125. Interview of Loren Cordain, "Professor Pops Acne-Diet Myths", Coloradoan, Dec 6, 2002.

126. Interview of Loren Cordain, "Acne-food connection regains favor", Rocky Mountain News, Dec 6, 2002.

127, Interview of Loren Cordain, "Going Against the Grain, The Denver Post, January 26, 2003

128. Interview of Loren Cordain, "Back to the Basics", Rocky Mountain Bullhorn , January 2003 6

129. Interview of Loren Cordain, "Food for Thought", RIn Shape Magazine, April 2003, p. 318.

130. Interview of Loren Cordain, "Stone Age Lessons", Eating Well Magazine, Summer 2003, pp 20-27.

131. Interview of Loren Cordain, "The Acne Diet", Reader's Digest, September 2003, p. 162.

132. Interview of Loren Cordain,´Professor claims diet does, after all, affect acne. Dermatology Times, Jan 1, 2003.

133. Interview of Loren Cordain, "Game is Good for You", Field & Stream, March 2004

134. Interview of Loren Cordain, "Environmental Factors in Acne and Rosacea", Practical Dermatology, June 2004, Vol 1, No. 6:21-22.

135. Interview of Loren Cordain, "Fett als seltene Delikatesse" Focus magazine, Germany, June 14, 2004, p 82,83.

136. Interview of Loren Cordain, "Better Acne Relief", Bottom Line, July 15, 2004, p.13.

137. Interview of Loren Cordain, "The Inuit Paradox", Discover Magazine, October 2004, pp. 49-54.

138. Interview of Loren Cordain, "Snack Attack" Delicious Living Magazine, September 2004, pp.65-70.

139. Interview of Loren Cordain, "A Ridiculously Easy Guide to Good Nutrition", Bigger, Stronger, Faster, Sept/Oct 2004, 52-55.

140. Interview of Loren Cordain, "The Paleolithic Diet" , The South African Journal of Natural Health, Issue 17, 2005, pp 37-39.

141. Interview of Loren Cordain, "The Paleo Diet", The Performance Menu, May 2005, Issue 4, pp. 4-8.

142. Interview of Loren Cordain, "Acne link to milk, sweets", USA Weekend, June 15-17, 2005, p 4.

NATIONAL AND INTERNATIONAL REFEREED 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 esponses 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 pysllium 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 Neutraceutical 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 Neutraceutical 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. Bouder, CO.

67. **Cordain L**. (December 9, 2002). The Worldwide Hunter-Gather Diet: Implications for the Control of Obesity. Invited 30 minutehour slide presentation. Rimonabant 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

FUNDED RESEARCH, GRANTS AND GIFTS IN KIND

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.

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 pre-menopausal 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.

COURSES TAUGHT

Colorado State University (1981-present)

EX 123 Essential Concepts of Fitness
EX 145 Foundations of Health Science
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 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 Neutraceutical 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-present)
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)