Ancient human on survival stress: Starvation and feast cycle & Infection

- Sodium & water loss
- Energy consumption
- Activation of immune system

- Neuro-endocrine system
  - RAAS
  - Sympathetic nerve system
  - Hypothalamic-pituitary-adrenal axis

- Kidney
  - Sodium reabsorption
  - Sodium preservation

- Blood pressure

- Thrifty genotype
  - (energy-saving & sodium preservation)

- Current obesogenic environment

- Insulin resistance
  - Hypertension
  - Obesity
  - Metabolic diseases
  - (maladaptation)

- Relocation of energy source
  - Plasma glucose

- Inhibition of insulin signaling

- Eradication of injury
  - Human survival
    - (adaptation)