

# Lecture 10

Wednesday, July 14, 2021

19:40

## Specificity of Adaptation: Part 2: Applications

- Broccoli - the silent killer (a horror story)
  - o Sulforaphane
- Nuclear shipyard worker study
- Our bodies "remodel" for recurring stressful events
  - o Breadth and depth of changes are based on how many (and which) body systems are being challenged by the exercise, and how overwhelming the challenge
- Orcas in captivity (fucked up dorsal fin)
- Over- or under-adaptation can threaten the body's survival
- Adaptation isn't free
- Genetic adaption occurs if stressors continue to threaten an organism generation after generation
  - o Takes a long time
- Refer to stress phys notes (once more)

I'm done again.