

Constitution and By-Laws of the Ancestral Health Society

Adopted September 7, 2010, Los Angeles, CA

PREAMBLE

The Ancestral Health Society is organized for the purpose of fostering interdisciplinary collaboration and translational efforts between scientists, healthcare professionals, and laypersons who study and communicate about the human ecological niche and modern health from an evolutionary perspective to develop solutions to our current health challenges. All individuals interested in these aims are eligible to be members and officers of the Society.

CONSTITUTION

I. Membership

Any individual, who by example of research, writing, teaching, training, practice, or stated interest has shown interest in the aims of the Society as set forth in the Preamble, is eligible to become a member and officer as stipulated in the By-Laws. The duties and benefits of such membership shall be defined by the By-Laws.

II. Governance

The specific structure shall be set forth in the By-Laws so that they may be changed as necessitated by developments within the Society. The basic principles of the structure shall be: 1) maximum participation by the membership in all policy and operational decisions; 2) direct election of all officers by the membership; and 3) regular and frequent review of organizational activities and procedures by the membership. All decisions requiring a vote will be decided by simple majority, unless stated otherwise as specified in the By-Laws.

III. Activities

The Society shall encourage the scholarly development and practice of Ancestral Health by holding regular annual meetings, organizing education programs, seeking means to support young scientists, practitioners, students, and patients in their training and research activities, publishing such journals, books, blogs and other media as may be determined to be useful, and maintaining relationships with existing national and international organizations which share the goals outlined in the Preamble to the Constitution. The Society's annual meetings shall take place in a venue decided by the Operations Committee membership at the annual meeting.

BY-LAWS

A. Membership

1. Eligibility: Any individual who has demonstrated the interests described in the Constitution, as attested by the recommendation of any member of the society, may upon payment of membership dues, become a member of the Society.
2. Benefits: Any member of the Society may become a member or chair of a committee and an officer of the Society. Participation in all activities of the Society, such as presenting material at meetings and election as an officer on the governing board, is a benefit of all members. Non-members' participation in annual meetings can be made possible through sponsorship by a member of the Society.
3. Responsibilities: Members shall make regular payment of dues as indicated in the bylaws. Accepting election to a position as an Officer of the Society implies intent to attend all annual meetings while holding that office.
4. Any member whose dues and special assessments remain unpaid for two successive years shall automatically be dropped from membership in the Society. Reinstatement shall be by majority vote of the Operations Committee, upon application and payment of such past dues and assessments as the Committee may require.
5. The Operations Committee can, at any time by majority vote, revoke an individual's membership.

B. Officers:

1. The officers of the Society shall consist of the President, President-elect, Past-President, Secretary, Treasurer, Media Manager and six at large members of the Operations Committee.
 - a. Nominations for officers shall be solicited by e-mail preceding the annual meeting in which a vacancy occurs.
 - b. The election of all officers shall take place by a web-based voting system prior to the annual meeting. A simple majority of members is required to elect a person to any office of the Operations Committee.
2. President:
 - a. A President will be elected every two years for a six-year term. The first two years of the term will be served as President-elect, the second two years as President, and the final two years as Past-President.
 - b. The President will conduct the Operations Committee and general business sessions at the Society's annual meetings, as well as preside over Society business that takes place by correspondence or other means between meetings.

c. The President serves as ex-officio member of the Program Committees for the annual meetings during the 6-year term of office. The President is expected to assist the committee and assure its proper function and responsibility to the Society.

d. The President shall be responsible for maintaining relationships with other professional societies and organizations [*e.g., Nutrition & Metabolism Society, American Society of Bariatric Physicians, Price-Pottenger Nutrition Foundation, etc.*] as determined by the Operations Committee.

3. The President-elect may temporarily assume the responsibilities of the President when requested to do so by the President or the Operations Committee

4. The Past-President's responsibilities include assisting the President, assisting the treasurer in any fund raising activities undertaken by the Operations Committee, and assisting membership or other committees in their activities.

5. The Secretary's term of office is two years. Responsibilities include recording all activities of the Society, reporting the minutes of previous meetings, furnishing other information when requested, and maintaining the archival integrity of the Society's records and other documents through a working relationship with an archival institution to be decided upon by the Operations Committee.

6. The Treasurer's term of office is two years. The treasurer is responsible for managing the funds of the Society and for maintaining accurate records of membership, income, and expenditures.

7. Operations Committee:

a. The Operations Committee shall consist of the President, President-elect, Past President, Secretary, Treasurer, Media Manager, and six members elected at large from the membership.

b. Terms of the Members-At-Large shall be four years.

c. The Operations Committee shall meet once at the annual Society meetings, prior to the general business meeting.

C. Committees:

1. As required by the activities of the Society, committees may be formed, their composition constituted, and their activities described by the Operations Committee, either at their meeting or by email decision.

2. Program Committee

a. The Program Committee shall be regularly constituted for purposes of issuing a call for programs, presentations and symposia, and for organizing and managing the annual meetings.

b. The Program Committee shall consist of the President, the President-elect, the Past President, the local host, the local host's designee if applicable, and two members of the Operations Committee appointed at the meeting preceding the meeting being planned.

3. Publications Committee:

a. The Publications Committee oversees the publication of all print, digital, and audiovisual media.

b. The Publications Committee membership shall be determined by the Operations Committee as the need arises. The By-Laws will be amended by the Operations Committee after establishing the Publications Committee membership structure, duties, and appointment procedures. It is suggested that the Publications Committee Chair serve as a member of the Operations Committee.

D. Nominations and Elections:

1. The officers of the Society shall be elected by the Members of the Society by online mail ballot as provided on the Society website, except for the Secretary and Treasurer who shall be elected by a simple majority vote of the Operations Committee.
2. The Secretary shall send an electronic nomination ballot to each Member of the Society before January 1 each year. This ballot shall provide two places for each office to be filled.
3. The nomination ballots shall be returned by the Members to the Secretary for counting. The names of those selected, in accordance with Sections 4 and 5 below, shall be transmitted by the Secretary to the Operations Committee for inclusion on the election ballot.
4. The election ballot for President-Elect shall contain the names of the three eligible nominees standing highest on the nomination ballot for this office, who have indicated their willingness to serve if elected. If the number of nominees receiving the requisite number of nominating votes exceeds the number of nominees the By-Laws specify for that office, a nominations and elections committee consisting of the President, President-Elect, Past President, Secretary, and Treasurer shall select the needed nominees.
5. There shall be two Members-At-Large elected each year. The election ballot for Member-At-Large of the Operations Committee shall contain the names of the four eligible nominees standing highest on the nomination ballot for this office, who have indicated their willingness to serve if elected. If the number of nominees receiving the requisite number of nominating votes exceeds the number of nominees the By-Laws specify for that

office, a nominations and elections committee consisting of the President, President-Elect, Past President, Secretary, and Treasurer shall select the needed nominees.

6. All elected officers shall assume office on the day after the close of the annual meeting following their election. All shall hold office until their successors are elected and accept office in their stead.
7. There are four ways in which an officer can leave his or her post. A) the officer can complete their entire term of service, b) the officer can be elected to another officer position (with their current term ending upon inception of the newly elected position), c) the officer can resign early, or d) the officer can be voted (by majority vote) to be removed from office by the operations committee. Prior to or concurrent with the termination of an officer's term, a new officer must be elected to take their place.

E. Membership dues:

1. Annual membership dues fall into the following four tiers:

Tier 1. Advanced Degree professionals (Ph.D., MD., DDS, PsyD., etc.)

Tier 2. Individuals without professional degree.

Tier 3. Current Students (high school, undergraduate, graduate, medical, etc.).

2. The membership year and the fiscal year shall begin on September 1 of the current calendar year and end August 31 on the following calendar year. At each annual meeting the Operations Committee shall assess the financial needs of the Society and propose changes in the dues structure or financial assessments as needed. Such changes are to be voted upon by the Operations Committee Meeting at the annual meeting. Any revisions to membership dues structure or annual membership dues amount shall be communicated with the Society Membership over email by the Secretary at the conclusion of the annual meeting.

F. Amendment of Constitution and By-Laws:

1. Any member shall be able to propose changes in the constitution or By-Laws by writing to the Operations Committee or proposing the change at the annual business meeting. Pending approval of the Operations Committee, voting on the proposed changes by Society members shall take place via the internet.
2. Changes to the constitution and By-Laws shall be distributed to members immediately following the annual meeting at which changes are made.

Revised October 24, 2011
Revised December 12, 2011