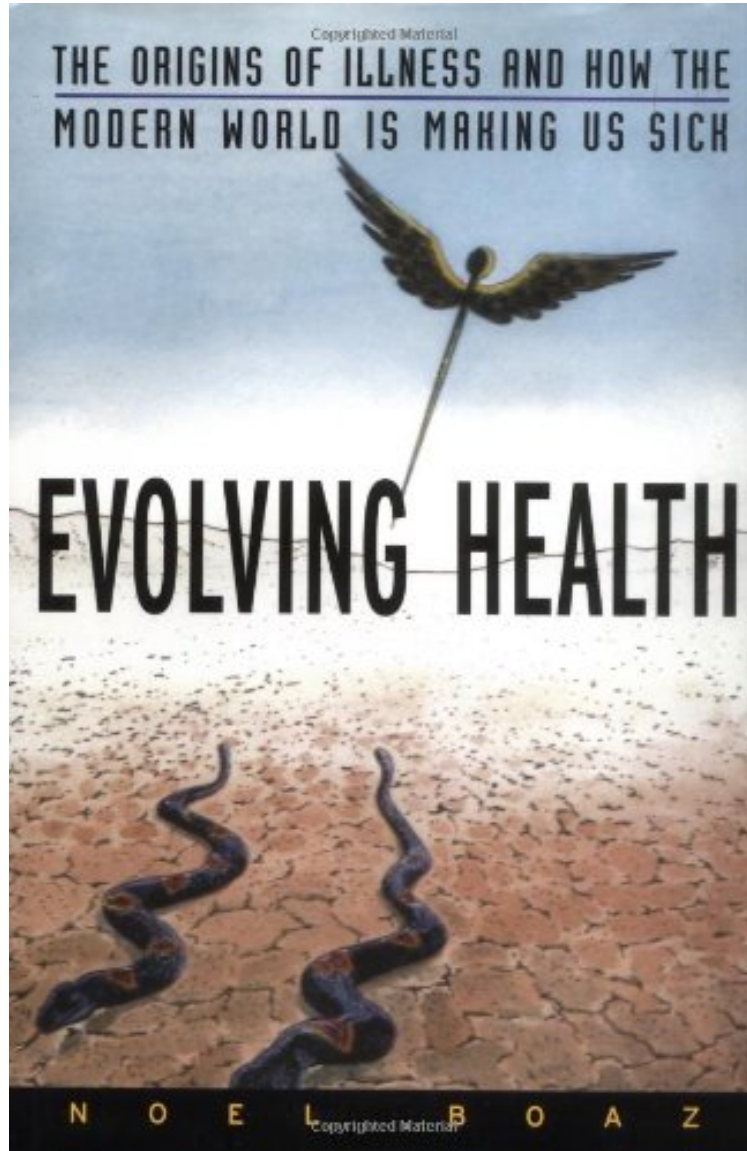


(Mobile pdf) Evolving Health: The Origins of Illness and How the Modern World Is Making Us Sick

Evolving Health: The Origins of Illness and How the Modern World Is Making Us Sick

Noel T. Boaz

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Noel T. Boaz : Evolving Health: The Origins of Illness and How the Modern World Is Making Us Sick before purchasing it in order to gage whether or not it would be worth my time, and all praised Evolving Health: The Origins of Illness and How the Modern World Is Making Us Sick:

1 of 1 people found the following review helpful. Disappointing book on evolutionary medicineBy T. EaganThe field

of evolutionary medicine is starting to take off - and some popular books (for instance: *Survival of the Sickest: A Medical Maverick Discovers Why We Need Disease* *Why We Get Sick: The New Science of Darwinian Medicine*) have highlighted the field for the layman. The field has a long way to go, and many theories are hard to test. However, the 'evolutionary approach' holds great promise for our understanding of both disease and aging - and based on other reviews of this book I was reasonably excited picking it up. What a disappointment! The central 'idea' is that diseases can be traced to one of 17 'levels' of evolution based on the development cycle of an organism. Each chapter is based on telling about the diseases caused by a defect from that 'level'. Although this seems to make some sense at the outset, it does not provide any deeper insight to the origin of diseases that I could find. Although some insights are given, I think the job of providing a comprehensive view of evolutionary medicine was too large for this author. Many statements are not referenced, and some are flat out wrong - for instance the claim that betacarotene can prevent lung cancer in smokers. The chapter on smoking and lung cancer/COPD was a good example of disappointment brought by this book. The causal link between tobacco smoking and lung cancer COPD is already well described by 'ordinary' medicine. The ill effects of smoking and its addictiveness have been proved convincingly, and I could not see what this book added. What evolutionary insight came forward here? The author seems to think that we evolved to like fire, thus we want to smoke, and then we are hooked by the unintended addictive effect of nicotine. Why does nicotine have pleasant by-effects for instance? I believe this exciting field is still awaiting a comprehensive and well-referenced treatment.

0 of 0 people found the following review helpful. Interesting Ideas, even for a "Christian" By privateer2001 I really liked this book. Even though I believe in God, I am not totally locked in to everything the Bible says as "scientific" truth. I don't believe the Bible is that way. I don't necessarily believe in Creationism, but I believe there was an intelligent designer and in the big bang theory, as well. If we did evolve, who is to say who started the ball rolling? This author has a really good viewpoint of where we come from and why we have certain diseases and predispositions in our bodies (for example: why we like smoke and smoking, why breast cancer is more prevalent in women who have children later in life, why we have high blood pressure). Much of what he says makes good common sense. Its worth a read, even if you're a "Christian". :) I have to give it five stars.

0 of 0 people found the following review helpful. Evolving Health, Review of By Miguel Melgar Although I enjoyed the book very much, I found the books *Nutrition and Evolution* by Crawford and Marsh, and *Survival of the Sickest* by Moalem more educational. My main complaint is that the author, as many anthropologists do, assumes that the Hunter Gather Hypothesis is the correct one, while I believe that the Aquatic Ape Hypothesis (AAH) is the more correct. The author completely ignores the AAH. I would like to see a book of the same category based on the AAH. If the author would take the trouble and read Elaine Morgan's books on AAH, maybe he might be convinced of the validity of the AAH and rewrite his book based on the AAH.

Human illnesses can be understood as damage to those adaptations that we took on at various stages in our evolution from pre-life molecules to modern *Homo sapiens*. Preventing these illnesses entails avoiding what causes the damage-- which too frequently are the everyday hazards of twenty-first-century life, as the chart below shows:

Level of Evolution	Cause of adaptive failure resulting disease or problem
Pre-life	Environmental poisons
Certain birth defects	
Single cell (bacteria and amoeba-like)	Viral infection
Morula (sponge-like)	Colds/flu/HIV
Cellular stress	Cancer
Chordate	Physical stress
Back pain	Fish
Excess dietary salt	Hypertension/heart disease
Amphibian	Tobacco smoke
Lung cancer/emphysema	Lower primate
Excess dietary sugar	Diabetes mellitus
Higher primate	Vitamin C deficiency
Scurvy	Ape
Excess dietary protein	Gout
<i>Homo sapiens</i>	Reduced dietary variety
Nutritional diseases/food allergies	

"...many of the book's points are excellent and would yield delight if effectively delivered to the public and to the clinica specialists...a gem..." (human-nature.com, 11 June 2002) "...rich in facts and good quality high-fibre solid information..." (Evolving Health Focus, August 2002)

From the Inside Flap: Evolving Health If yoursquo;re seeking a healthier future, look to the past. Cancer, heart disease, emphysema, and many other modern maladies were virtually unknown among our Paleolithic forebears. In *Evolving Health*, noted anthropologist and evolution researcher Noel Boaz reveals the surprising origins of these diseases and demonstrates how most of them can be prevented. *Evolving Health* charts the levels of evolution at which each crucial human adaptation occurred; describes the environmental conditions to which each adaptation was made; and explains how these adaptations unravel in the presence of new, man-made environmental conditions. The knowledge of how each adaptation came about and how a modern disease deranges that adaptation furnishes important insights for the prevention and treatment of disease. From birth defects to viral infections, from breast cancer to back pain, this remarkably insightful and detailed guide uncovers the root causes of a wide variety of ailments and presents a radically "uncivilized" approach to preventing these "civilized" diseases. Designing your lifestyle in accordance with our evolved adaptations, an approach Boaz terms "Adaptive Normality," enables you to reclaim your evolutionary birthright, take responsibility for your own health, and improve your quality of life for years to come. *Evolving Health* provides a well-reasoned perspective on the many diseases that plague modern life and gives a scientific basis for evaluating the claims and counterclaims of today's medical research. Read it and discover how to protect yourself from illnessndash;ndash;by treating your body as millions of years of

evolution have designed it to be treated. From the Back Cover Human illnesses can be understood as damage to those adaptations that we took on at various stages in our evolution from pre-life molecules to modern Homo sapiens. Preventing these illnesses entails avoiding what causes the damage; which too frequently are the everyday hazards of twenty-first-century life, as the chart below shows:

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Tobacco smoke	Lung cancer/emphysema
Lower primate	Excess dietary sugar
Diabetes mellitus	Higher primate
Vitamin C deficiency	Scurvy
Ape	Excess dietary protein
Gout	Homo sapiens
Reduced dietary variety	Nutritional diseases/food allergies