Survival Of The Sickest The Surprising Connections

The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, "peer" countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

"Engrossing ... [An] expedition through the hidden and sometimes horrifying microbial domain." —Wall Street Journal "Fascinating—and full of the kind of factoids you can't wait to share." —Scientific American Parasites can live only inside another animal and, as Kathleen McAuliffe reveals, these tiny organisms have many evolutionary motives for manipulating the behavior of their hosts. With astonishing precision, parasites can coax rats to approach cats, spiders to transform the patterns of their webs, and fish to draw the attention of birds that then swoop down to feast on them. We humans are hardly immune to their influence. Organisms we pick up from our own pets are strongly suspected of changing our personality traits and contributing to recklessness and impulsivity—even suicide. Germs that cause colds and the flu may alter our behavior even before symptoms become apparent. Parasites influence our species on the cultural level, too. Drawing on a huge body of research, McAuliffe argues that our dread of contamination is an evolved defense against parasites. The horror and revulsion we are programmed to feel when we come in contact with people who appear diseased or dirty helped pave the way for civilization, but may also be the basis for major divisions in societies that persist to this day. This Is Your Brain on Parasites is both a journey into cutting-edge science and a revelatory examination of what it means to be human. "If you've ever doubted the power of microbes to shape society and offer us a grander view of life, read on and find yourself duly impressed." —Heather Havrilesky, Bookforum

NEW YORK TIMES BESTSELLER • A harrowing, moving memoir of the 1972 plane crash that left its survivors stranded on a glacier in the Andes—and one man's quest to lead them all home—now in a special edition for 2022, commemorating the fiftieth anniversary of the crash, featuring a new introduction by the author "In straightforward, staggeringly honest prose, Nando Parrado tells us what it took—and what it actually felt like—to survive high in the Andes for seventy-two days after having been given up for dead."—Jon Krakauer, author of Into the Wild "In the first hours there was nothing, no fear or sadness, just a black and perfect silence." Nando Parrado was unconscious for three days before he woke to discover that the plane carrying his rugby team to Chile had crashed deep in the Andes, killing many of his teammates, his mother, and his sister. Stranded with the few remaining survivors on a lifeless glacier and thinking constantly of his father's grief, Parrado resolved that he could not simply wait to die. So Parrado, an ordinary young man with no particular disposition for leadership or heroism, led an expedition up the treacherous slopes of a snowcapped mountain and across forty-five miles of frozen wilderness in an attempt to save his friends' lives as well as his own. Decades after the disaster, Parrado tells his story with remarkable candor and depth of feeling. Miracle in the Andes, a first-person account of the crash and its aftermath, is more than a riveting tale of true-life adventure; it is a revealing look at life at the edge of death and a meditation on the limitless redemptive power of love.

A handful of discoveries have changed the course of human history. This book is about the most recent and potentially the most powerful and dangerous of them all. It is an invention that allows us to rewrite the genetic code that shapes and controls all living beings with astonishing accuracy and ease. Thanks to it, the dreams of genetic manipulation have become a stark reality: the power to cure disease and alleviate suffering, to create new sources of food and energy, as well as to re-design any species, including humans, for our own ends. Jennifer Doudna is the co-inventor of this technology - known as CRISPR - and a scientist of worldwide renown. Writing with fellow researcher Samuel Sternberg, here she provides the definitive account of her discovery, explaining how this wondrous invention works and what it is capable of. She also asks us to consider what our new-found power means: how do we enjoy its unprecedented benefits while avoiding its equally unprecedented dangers? The future of humankind - and of all life on Earth - is at stake. This book is an essential guide to the path that now lies ahead.

A Journey Into the 3.5-Billion-Year History of the Human Body
The Better Half
Survival of the Sickest LP
A Doctor's Stories of Life, Death, and in Between
A Medical Maverick Discovers why We Need Disease
Survival of the Fittest
Evolving Health

Why are you attracted to a certain "type?" Why are you a morning person? Why do you vote the way you do? From a witty new voice in popular science comes a clever, life-changing look at what makes you you. "I can't believe I just said that." "What possessed me to do that?" "What's wrong with me?" We're constantly seeking answers to these fundamental human questions, and now, science has the answers. The foods we enjoy, the people we love, the emotions we feel, and the beliefs we hold can all be traced back to our DNA, germs, and environment. This witty, colloquial book is popular science at its best, describing in everyday language how genetics, epigenetics, microbiology, and psychology work together to influence our personality and actions. Mixing cutting-edge research and relatable humor, Pleased to Meet Me is filled with fascinating insights that shine a light on who we really are--and how we might become our best selves.

The anthrax incidents following the 9/11 terrorist attacks put the spotlight on the nation's public health agencies, placing it under an unprecedented scrutiny that added new dimensions to the complex issues considered in this report. The Future of the Public's Health in the 21st Century reaffirms the vision of Healthy People 2010, and outlines a systems approach to assuring the nation's health in practice, research, and policy. This approach focuses on joining the unique resources and perspectives of diverse sectors and entities and challenges these groups to work in a concerted, strategic way to promote and protect the public's health. Focusing on diverse partnerships as the framework for public health, the book discusses: The need for a shift from an individual to a population-based approach in practice, research, policy, and community engagement. The status of the governmental public health infrastructure and what needs to be improved, including its interface with the health care delivery system. The roles nongovernment actors, such as academia, business, local communities and the media can play in creating a healthy nation. Providing an accessible analysis, this book will be important to public health policy-makers and practitioners, business and community leaders, health advocates, educators and journalists.

The history of 'personality disorder' services is problematic to say the least. The very concept is under heavy fire, services are often expensive and ineffective, and many service users report feeling that they have been deceived, stigmatised or excluded. Yet while there are inevitably challenges involved in working with a population that can be complex, demanding and destructive, creative networks of learning do exist - professionals who are striving to provide progressive, compassionate services for and with this client group. Working Effectively with 'Personality Disorder' shares this knowledge, articulating an alternative way of working that acknowledges the contemporary debate around diagnosis, reveals flawed assumptions underlying current approaches, and argues for services that work more positively, more holistically and with a wider and more socially focused agenda. Contributors include Mary McMurran, David Pilgrim, Nick Benefield, Jina Barrett and Neil Gordon.

This popular textbook, now in its third edition, provides a theoretical framework for understanding why cancers arise, how they develop and how they can be treated. Particular attention is devoted to the origins of cancer and the application of evolutionary theory to explain how mutant cell populations tend to expand and spread. Focused on the genes and signaling pathways involved in the most common tumors, Principles of Cancer Genetics is a highly readable account that will be of interest to anyone who would like to attain a basic understanding of cancer biology. Students who have completed introductory coursework in genetics, biology and biochemistry, medical students and medical house staff will find this book to be a useful starting point toward mastery of this complex but fascinating topic. This updated edition delves into the critical interactions between growing tumors and the immune system, and introduces the concepts of T cell activation, immunoediting and immune evasion. Novel strategies for cancer diagnosis and prognosis, including new roles for next-generation sequencing and liquid biopsies, as well as established and emerging therapeutic modalities are now described in detail. For laypersons, students and researchers in other fields with a general interest in cancer, this book provides an accessible overview, enriched with many easy-to-understand illustrations. For advanced students considering future study in the field of oncology and cancer research, this concise book is a useful guide to the basic principles that underlie our understanding of cancer.

The Origins of Illness and How the Modern World Is Making Us Sick
Evolution Rx
Stories
On the Genetic Superiority of Women

The Surprising Connections Between Disease and Longevity
Home

Now in paperback--the timely and terrifying investigation into the dark underworld of biological weapons from the #1 "New York Times" bestselling author of "The Hot Zone."

13 songs from the third release by this hard-rock/rapping quintet. Songs include the title track and: Razor's Edge * Rock and Roll Revolution * Two Steps Back * and more. PARENTAL ADVISORY FOR EXPLICIT LYRICS.

NEW YORK TIMES BESTSELLER The daughter of a diplomat disappears on a school field trip—lured into the Santa Monica Mountains and killed in cold blood. Her father denies the possibility of a political motive. There are no signs of struggle and no evidence of sexual assault, leaving psychologist Alex Delaware and his friend LAPD homicide detective Milo Sturgis to pose the essential question: Why? "Feverish in pace and rich in characters . . . a chilling and irresistible thriller."—People Working with Daniel Sharavi, a brilliant Israeli police inspector, Delaware and Sturgis soon find themselves ensnared in one of the darkest, most menacing cases of their careers. And when death strikes again, it is Alex who must go undercover, alone, to expose an unthinkable conspiracy of self-righteous brutality and total contempt for human life. BONUS: This edition contains an excerpt from Jonathan Kellerman's Guilt.

A biology professor's illuminating tour of the physical imperfections—from faulty knees to junk DNA—that make us human. ¶"A funny, fascinating catalog of our collective shortcomings that's tough to put down."—Discover ¶ We humans like to think of ourselves as highly evolved creatures. But if we are supposedly evolution's greatest creation, why do we have such bad knees? Why do we catch head colds so often—two hundred times more often than a dog does? How come our wrists have so many useless bones? Why is the vast majority of our genetic code pointless? And are we really supposed to swallow and breathe through the same narrow tube? Surely there's been some kind of mistake? As professor of biology Nathan H. Lents explains in Human Errors, our evolutionary history is indeed nothing if not a litany of mistakes, each more entertaining and enlightening than the last. The human body is one big pile of compromises. But that is also a testament to our greatness: as Lents shows, humans have so many design flaws precisely because we are very, very good at getting around them. A rollicking, deeply informative tour of humans' four-billion-year-and-counting evolutionary saga, Human Errors both celebrates our imperfections and offers an unconventional accounting of the cost of our success.

Preterm Birth
Human Errors
SURVIVAL OF THE SICKEST, THE ART OF MARTIN O'BRIEN.
How Sex Works
The Demon in the Freezer
The DNA Restart
Your Inner Fish

Most of us can trace the shape of our lives back to a physical place—a childhood home that played an enormous role in defining how we see ourselves and how we choose to make our way in the world. In Home, John Edwards has collected nearly sixty moving stories that reflect how these places, in many ways, are the blueprints of our lives. Home features uplifting, touching, and engaging narratives from all kinds of people across the country—everyday Americans with deeply inspiring stories share the pages with well-known figures from entertainment and religion, from politics and sports. Visit the early homes of: Mario Batali Benicio Del Toro Bob Dole Tommy Franks John Glenn Danny Glover Nanci Griffith Sugar Ray Leonard Maya Lin Jamie-Lynn Sigler Steven Spielberg Vera Wang Rick Warren . . . and many more. Through words, photos, and illustrations, Home paints a moving picture of America at its best—a country where people, no matter their background, no matter their circumstance, can build a great future. One by one, these different stories reveal our common story—a story that begins with the home we grew up in, the values it gave us, and the hopes that we share.

A fascinating chronicle of the evolution of humankind traces the genetic history of the organs of the human body, offering a revealing correlation between the distant past and present-day human anatomy and physiology, behavior, illness, and DNA. Reprint. 75,000 first printing.

A noted biologist defends his controversial thesis that most of our worst killers--including heart disease, cancer, and diabetes--are in fact caused by infectious diseases.

Read it. You're already living it. Was diabetes evolution's response to the last Ice Age? Did a deadly genetic disease help our ancestors survive the bubonic plagues of Europe? Will a visit to the tanning salon help lower your cholesterol? Why do we age? Why are some people immune to HIV? Can your genes be turned on -- or off? Joining the ranks of modern myth busters, Dr. Sharon Moalem turns our current understanding of illness on its head and challenges us to fundamentally change the way we think about our bodies, our health, and our relationship to just about every other living thing on earth, from plants and animals to insects and bacteria. Through a fresh and engaging examination of our evolutionary history, Dr. Moalem reveals how many of the conditions that are diseases today actually gave our ancestors a leg up in the survival sweepstakes. When the option is a long life with a disease or a short one without it, evolution opts for disease almost every time. Everything from the climate our ancestors lived in to the crops they planted and ate to their beverage of choice can be seen in our genetic inheritance. But Survival of the Sickest doesn't stop there. It goes on to demonstrate just how little modern medicine really understands about human health, and offers a new way of thinking that can help all of us live longer, healthier lives. Survival of the Sickest is filled with fascinating insights and cutting-edge research, presented in a way that is both accessible and utterly absorbing. This is a book about the interconnectedness of all life on earth -- and, especially, what that means for us.

An Analysis of the Relationship Between the Sciences of Biology, Economics, Finance, and Survivalism
An Alex Delaware Novel
How Tiny Creatures Manipulate Our Behavior and Shape Society
Inheritance
Causes, Consequences, and Prevention
Prostitution Narratives
Saliva - Survival of the Sickest

Joining the ranks of modern myth busters, Dr. Sharon Moalem turns our current understanding of illness on its head and challenges us to fundamentally change the way we think about our bodies, our health, and our relationship to just about every other living thing on earth, from plants and animals to insects and bacteria. So why does disease exist? Moalem proposes that most common ailments—diabetes, hemochromatosis, cystic fibrosis, sickle cell anemia—came into existence for very good reasons. At some point they helped our ancestors survive some grand challenge to their existence. Examining the evolution of man, Moalem reveals the role genetic and cultural differences have played in the health and well-being of various races, including their susceptibility to disease. With mesmerizing insight, Moalem offers groundbreaking insight into : • How diabetes may be a biproduct of a mechanism that helped humans survive the Ice Age • Why African Americans living in the north might suffer from vitamin D deficiencies, • Why Asians can't drink as much alcohol as Europeans Revelatory, utterly engaging, and timely—Moalem ponders strongN1, the emerging Avian Flu virus—Why Redheads Feel More Pain and Asians Can't Drink will irrevocably change the way we think about our bodies and ourselves.

The Survival of the Richest: An Analysis of the Relationship between the Sciences of Biology, Economics, Finance, and Survivalism is Dr. Anthony M. Criniti IV's remarkable follow-up to his acclaimed book, The Necessity of Finance. Exploring in greater depth how the sciences of economics and finance are necessary for their respective entities to survive, this book integrates some of the hardest concepts of several very important fields of scientific inquiry. Deriving serious conclusions on the future of humanity, this provocative work is divided into five parts that discuss the science of survival, survivalism's connection to economics and finance, the relationship of biology and various reformed natural selection processes to wealth, and the role of humans as the ultimate universal manager. Dr. Criniti provides a comprehensive overview of survival; clarifies the proper order of prosperity; shows that being wealthier increases your probability of continuously surviving and prospering by providing you the greatest options to obtaining survival essentials; indicates that wealthier entities have the option to help other economic or financial entities (including nonhuman ones) survive and prosper, particularly through the concepts of the survival and the prosperity by a third party; demonstrates the inevitable relationship between biology, economics, finance, and survivalism; demonstrates that both individuals and populations of species evolve; summarizes, reforms, and adds to existing evolutionary selection processes; confirms that the management of money, and the technology that it can buy, is an advanced, necessary stage in the process of evolution-that is, the evolution of evolution; demonstrates that the survival of the richest is a more accurate concept than the survival of the fittest; and shows that all humanity should have the united goal of maximizing our wealth for our survival on this planet and beyond. This seminal work delivers a powerful analysis of the current human predicament as well as a call to people around the world, urging them to begin making better decisions. In the vein of Charles Darwin's The Origin of Species and Jared Diamond's Guns, Germs, and Steel, this book is designed for the well-educated-though it is equally valuable for the layperson interested in helping to protect the planet.

Fourteen-year-old Mateo and other Caribbean islanders face discrimination, segregation, and harsh working conditions when American recruiters lure them to the Panamanian rain forest in 1906 to build the great canal.

From the best-selling author of Survival of the Sickest comes this presentation of strange and fascinating discoveries about the human mating game, from the structure and function of human sex organs to the peculiar biology of sexual attraction, in an account that also examines contraception, pregnancy, sexuality, and sterility. 100,000 first printing. Original.

Survival of the Sickest
Body Counts
You Can Stop Humming Now
The New Power to Control Evolution
Voices from the Panama Canal
Pleased to Meet Me
Miracle in the Andes

"[A] searing debut." —i>O, The Oprah Magazine In her powerful collection, first published in 2016 and now featuring new stories, Vanessa Hua gives voice to immigrant families navigating a shifting America. Tied to their ancestral and adopted homelands in ways unimaginable in generations past, these memorable characters span both worlds but belong to none, illustrating the conflict between self and society, tradition and change. This all–new edition of Deceit and Other Possibilities marks the emergence of a remarkable writer.

Sixteen-year-old Jem struggles to maintain the status quo at home in Trenton, New Jersey, when the family men join the war for independence. There are signs of rebellion in the Emerson household several years before the actual American Revolution hits in 1776! Brought up in a relatively liberal household, Jemima Emerson is quite a challenge for her tutor, John Reid, who is known as a Tory with strong ties to England. How could Jem's parents be friends with a man who opposes American freedom? Jem longs for freedom on every level, in the home and her homeland--and John represents the forces that restrict her. Jem and her family soon find themselves fighting for freedom in whatever ways they can in the Revolutionary War. Before long, Jem discovers that there is much more to Mr. Reid than she ever imagined. Her feelings about him change when Jem realizes that John shares her love of freedom--and will risk his life to defend it.

The increasing prevalence of preterm birth in the United States is a complex public health problem that requires multifaceted solutions. Preterm birth is a cluster of problems with a set of overlapping factors of influence. Its causes may include individual-level behavioral and psychosocial factors, sociodemographic and neighborhood characteristics, environmental exposure, medical conditions, infertility treatments, and biological factors. Many of these factors co-occur, particularly in those who are socioeconomically disadvantaged or who are members of racial and ethnic minority groups. While advances in perinatal and neonatal care have improved survival for preterm infants, those infants who do survive have a greater risk than infants born at term for developmental disabilities, health problems, and poor growth. The birth of a preterm infant can also bring considerable emotional and economic costs to families and have implications for public-sector services, such as health insurance, educational, and other social support systems. Preterm Birth assesses the problem with respect to both its causes and outcomes. This book addresses the need for research involving clinical, basic, behavioral, and social science disciplines. By defining and addressing the health and economic consequences of premature birth, this book will be of particular interest to health care professionals, public health officials, policy makers, professional associations and clinical, basic, behavioral, and social science researchers.

"Joining the ranks of modern myth busters, Dr Sharon Moalem turns our current understanding of illness on its head and challenges us to fundamentally change the way we think about our bodies and our health. By re-examining evolutionary history, Dr Moalem reveals how many of the conditions that are diseases today actually gave our ancestors a leg up in the survival sweepstakes. It goes on to demonstrate just how little modern medicine really understands about human health, and offers a new way of thinking that can help all of us live longer, healthier lives." -- Back cover.

Genes, Germs, and the Curious Forces That Make Us Who We Are
Time Enough for Drums
The Survival of the Richest
A Panorama of Our Glitches, from Pointless Bones to Broken Genes
U.S. Health in International Perspective
How Our Genes Change Our Lives--and Our Lives Change Our Genes
A Lab of One's Own

Award-winning physician and New York Times bestselling author Sharon Moalem, MD, PhD, reveals how genetic breakthroughs are completely transforming our understanding of both the world and our lives. Inheritance Conventional wisdom dictates that our genetic destiny is fixed at conception. But Dr. Moalem's groundbreaking book shows us that the human genome is far more fluid and fascinating than your ninth grade biology teacher ever imagined. By bringing us to the bedside of his unique and complex patients, he masterfully demonstrates what rare genetic conditions can teach us all about our own health and well-being. In the brave new world we're rapidly rocketing into, genetic knowledge has become absolutely crucial. Inheritance provides an indispensable roadmap for this journey by teaching you: -Why you may have recovered from the psychological trauma caused by childhood bullying-but your genes may remain scarred for life. -How fructose is the sugar that makes fruits sweet-but if you have certain genes, consuming it can buy you a one-way trip to the coroner's office. -Why ingesting common painkillers is like dosing yourself repeatedly with morphine-if you have a certain set of genes. -How insurance companies legally use your genetic data to predict the risk of disability for you and your children-and how that impacts the coverage decisions they make for your family. -How to have the single most important conversation with your doctor-one that can save your life. And finally: -Why people with rare genetic conditions hold the keys to medical problems affecting millions. In this trailblazing book, Dr. Moalem employs his wide-ranging and entertaining interdisciplinary approach to science and medicine-- explaining how art, history, superheroes, sex workers, and sports stars all help us understand the impact of our lives on our genes, and our genes on our lives. Inheritance will profoundly alter how you view your genes, your health--and your life.

Invites readers to change their perceptions about illness in order to understand disease as an essential component of the evolutionary process, citing the role of such malaises as diabetes, STDs, and the Avian Bird Flu in protecting the survival of the human race. 100,000 first printing.

Survival of the Sickest LPHarper Collins

From the stand-up comedian, actress, and host beloved for her cheeky swagger, unique voice, and unapologetic frankness comes a book of comedic essays for fans of Is Everyone Hanging Out Without Me by Mindy Kaling and We ' re Going to Need More Wine by Gabrielle Union. If you ' ve watched television or movies in the past year, you ' ve seen Michelle Buteau. With scene-stealing roles in Always Be My Maybe, First Wives Club, Someone Great, Russian Doll, and Tales of the City; a reality TV show and breakthrough stand-up specials, including her headlining show Welcome to Buteaupia on Netflix, and two podcasts (Late Night Whenever and Adulting), Michelle ' s star is on the rise. You ' d be forgiven for thinking the road to success—or adulthood or financial stability or self-acceptance or marriage or motherhood—has been easy; but you ' d be wrong. Now, in Survival of the Thickest, Michelle reflects on growing up Caribbean, Catholic, and thick in New Jersey, going to college in Miami (where everyone smells like pineapple), her many friendship and dating disasters, working as a newsroom editor during 9/11, getting started in standup opening for male strippers, marrying into her husband ' s Dutch family, IVF and surrogacy, motherhood, chosen family, and what it feels like to have a full heart, tight jeans, and stardom finally in her grasp.

For-Profit Enterprise in Health Care
Stories of Survival in the Sex Trade
Why We Look, Smell, Taste, Feel, and Act the Way We Do
Essays
Principles of Cancer Genetics
The Future of the Public's Health in the 21st Century
Deceit and Other Possibilities

The DNA Restart turns traditional dietary advice on its head with groundbreaking research that demonstrates that we all require different diets based on our genes. In The DNA Restart, Sharon Moalem, MD, PhD, provides a revolutionary step-by-step guide to the diet and lifestyle perfect for your individual genetic makeup. A physician, scientist, neurogeneticist, and New York Ti Moalem has spent the last two decades researching and formulating how to reset your own genetic code using five essential pillars: eat for your genes; reverse aging; eat umami; drink oolong tea; and slow living. The DNA Restart plan utilizes decades of in-depth scientific research into genetics, epigenetics, nutrition, and longevity to explain the pivotal role genes play in the jou health status. Dr. Moalem's unique 28-day plan shows how to upgrade sleep, harness sensory awareness, and use exercise to reset your DNA; how to determine the right amounts of protein, carbs, and fats you need for your individual genetic make-up; and how to incorporate umami-rich recipes and oolong tea into your diet to genetically thrive. Delicious recipes with mix-and- testimonials, and genetic self-tests round out this paradigm shifting diet book.

The political activist and founder of "POZ" magazine recounts his experiencesin New York during the height of the AIDS epidemic, his own transforming diagnosis with HIV, and his efforts as the executive director of the Sero Project.

"[This book is] the most authoritative assessment of the advantages and disadvantages of recent trends toward the commercialization of health care," says Robert Pear of The New York Times. This major study by the Institute of Medicine examines virtually all aspects of for-profit health care in the United States, including the quality and availability of health care, the cost of mec financial capital, implications for education and research, and the fiduciary role of the physician. In addition to the report, the book contains 15 papers by experts in the field of for-profit health care covering a broad range of topics--from trends in the growth of major investor-owned hospital companies to the ethical issues in for-profit health care. "The report makes a lasting contrib policy literature."--Journal of Health Politics, Policy and Law.

Provocative, science-based, and practical, "Evolution Rx" presents a new and powerful way of understanding the human body based on evolutionary medicine.

How Stealth Infections Cause Cancers, Heart Disease, and Other Deadly Ailments
72 Days on the Mountain and My Long Trek Home
A Memoir of Politics, Sex, AIDS, and Survival
The Blueprints of Our Lives
Plague Time
Silver People
Working Effectively with 'personality Disorder': Contemporary and Critical Approaches to Clinical and Organisational Practice

"Gripping, soaring, inspiring."--Atul Gawande, author of Being Mortal For readers of Atul Gawande and Jerome Groopman, a book of beautifully crafted stories about what life is like for patients kept alive by modern medical technology. Modern medicine is a world that glimmers with new technology and cutting-edge research. To the public eye, medical stories often begin with sirens and flashing lights and cr survival or death. But these are only the most visible narratives. As a critical care doctor treating people at their sickest, Daniela Lamas is fascinated by a different story: what comes after for those whose lives are extended by days, months, or years as a result of our treatments and technologies? In You Can Stop Humming Now, Lamas explores the complex answers to this question through intimate accou their families. A grandfather whose failing heart has been replaced by a battery-operated pump; a salesman who found himself a kidney donor on social media; a college student who survived a near fatal overdose and returned home, alive but not the same; and a young woman navigating an adulthood she never thought she'd live to see -- these moving narratives paint a detailed picture of the fragile borde and health. Riveting, gorgeously told, and deeply personal, You Can Stop Humming Now is a compassionate, uncompromising look at the choices and realities that many of us, and our families, may one day face.

Within the last few years, iron research has yielded exciting new insights into the under standing of normal iron homeostasis. However, normal iron physiology offers little protec tion from the toxic effects of pathological iron accumulation, because nature did not equip us with effective mechanisms of iron excretion. Excess iron may be effectively removed by phlebotomy in hereditary hemochromatosis, but th be applied to chronic anemias associated with iron overload. In these diseases, iron chelating therapy is the only method available for preventing early death caused mainly by myocardial and hepatic iron toxicity. Iron chelating therapy has changed the quality of life and life expectancy of thalassemic patients. However, the high cost and rigorous requirements of deferoxamine therapy, and the significant tox underline the need for the continued development of new and improved orally effective iron chelators. Such development, and the evolution of improved strategies of iron chelating therapy require better understanding of the pathophysiology of iron toxicity and the mechanism of action of iron chelating drugs. The timeliness of the present volume is underlined by several significant develop ments in recent ye have been gained into the molecular basis of aberrant iron handling in hereditary disorders and the pathophysiology of iron overload (Chapters 1-5).

Human illnesses can be understood as damage to those adaptationsthat we took on at various stages in our evolution from pre-lifemolecules to modern Homo sapiens. Preventing these illnessesentails avoiding what causes the damage-- which too frequently arethe everyday hazards of twenty-first-century life, as the chartbelow shows: Level of Evolution Cause of adaptive failure resulting disease or proble Environmental poisons Certain birth defects Single cell (bacteria and amoeba-like) Viral infection Colds/flu/HIV Morula (sponge-like) 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 Exces Gout Homo sapiens Reduced dietary variety Nutritionaldiseases/food allergies

A "beautifully written" (Kirkus Reviews, starred review) memoir-manifesto from the first female director of the National Science Foundation about the entrenched sexism in science, the elaborate detours women have take to bypass the problem, and how to fix the system. If you think sexism thrives only on Wall Street or Hollywood, you haven't visited a lab, a science department, a research foundation, or a b Colwell is one of the top scientists in America: the groundbreaking microbiologist who discovered how cholera survives between epidemics and the former head of the National Science Foundation. But when she first applied for a graduate fellowship in bacteriology, she was told, "We don't waste fellowships on women." A lack of support from some male superiors would lead her to change her area of study completing her PhD. A Lab of One's Own is an "engaging" (Booklist) book that documents all Colwell has seen and heard over her six decades in science, from sexual harassment in the lab to obscure systems blocking women from leading professional organizations or publishing their work. Along the way, she encounters other women pushing back against the status quo, including a group at MIT who revo discover their labs are a fraction of the size of their male colleagues. Resistance gave female scientists special gifts: forced to change specialties so many times, they came to see things in a more interdisciplinary way, which turned out to be key to making new discoveries in the 20th and 21st centuries. Colwell would also witness the advances that could be made when men and women worked together—o such as when she headed a team that helped to uncover the source of anthrax used in the 2001 letter attacks. A Lab of One's Own is "an inspiring read for women embarking on a career or experiencing career challenges" (Library Journal, starred review) that shares the sheer joy a scientist feels when moving toward a breakthrough, and the thrill of uncovering a whole new generation of female pioneers. It book for the #MeToo era, offering an astute diagnosis of how to fix the problem of sexism in science—and a celebration of women pushing back.

Unlock Your Personal Genetic Code to Eat for Your Genes, Lose Weight, and Reverse Aging
This Is Your Brain On Parasites
Survival of the Thickest
Shorter Lives, Poorer Health
A Medical Maverick Discovers Why We Need Disease
One Woman's Personal Journey Through Sexism in Science
Iron Chelation Therapy

For too long the global sex industry and its vested interests have dominated the prostitution debate repeating the same old line that sex work is just like any job. In large sections of the media, academia, public policy, government and the law, the sex industry has had its way. Little is said of the damage, violation, suffering, and torment of prostitution on the bodies and minds of mostly women and children, nor of the deaths, suicides and murders that are routine in the sex industry. "Prostitution Narratives: Stories of Survival in the Sex Trade" refutes the lies and debunks the myths spread by the industry through the lived experiences of women who have survived prostitution."

A Guardian Book of the Week Longlisted for the PEN / E. O. Wilson Literary Science Writing Award An award-winning physician and scientist makes the game-changing case that genetic females are stronger than males at every stage of life Here are some facts: Women live longer than men. They have stronger immune systems. They're better at fighting cancer and surviving famine, and even see the world in a wider variety of colors. They are simply stronger than men at every stage of life. Why is this? And why are we taught the opposite? To find out, Dr. Sharon Moalem drew on his own medical experiences - treating premature babies in the neonatal intensive care unit; recruiting the elderly for neurogenetic studies; tending to HIV-positive orphans in Thailand - and tried to understand why in every instance men were consistently less likely to thrive. The answer, he discovered, lies in our genetics: two X chromosomes offer a powerful survival advantage. With clear, captivating prose that weaves together eye-opening research, case studies, diverse examples ranging from the behavior of honeybees to American pioneers, as well as experiences from his personal life and his own patients, Moalem explains why genetic females triumph over males when it comes to resiliency, intellect, stamina, immunity and much more. He also calls for a reconsideration of our male-centric, one-size-fits-all view of medical studies and even how we prescribe medications - a view that still sees women through the lens of men. Revolutionary and yet utterly convincing, The Better Half will make you see humanity and the survival of our species anew.

Invites readers to change their perceptions about illness in order to understand disease as an essential component of the evolutionary process, citing the role of such malaises as diabetes, STDs, and the Avian Bird Flu in protecting the survival of the human race. (Health & Fitness)

A Practical Guide to Harnessing Our Innate Capacity for Health and Healing
A Crack in Creation