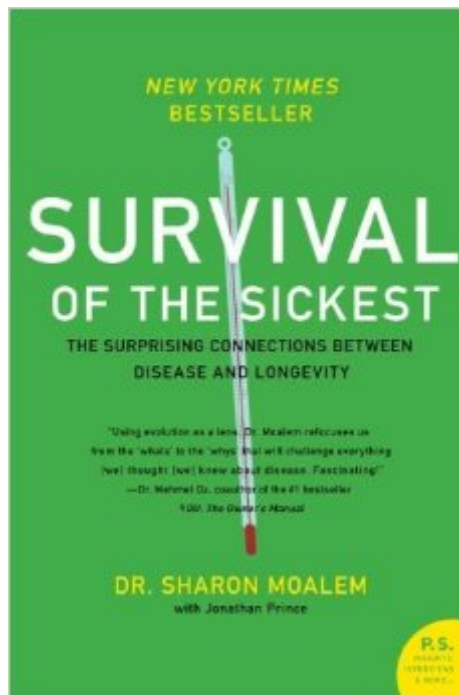


The book was found

# Survival Of The Sickest: The Surprising Connections Between Disease And Longevity (P.S.)



## Synopsis

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. 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. 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.

## Book Information

Series: P.S.

Paperback: 304 pages

Publisher: Harper Perennial; 1 Reprint edition (March 18, 2008)

Language: English

ISBN-10: 0060889667

ISBN-13: 978-0060889661

Product Dimensions: 5.3 x 0.7 x 8 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (248 customer reviews)

Best Sellers Rank: #15,824 in Books (See Top 100 in Books) [#2 in Books > Textbooks > Medicine & Health Sciences > Medicine > Basic Sciences > Genetics](#) [#9 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Diseases](#) [#15 in Books > Medical Books > Basic Sciences > Genetics](#)

## Customer Reviews

This book about genetics, evolution and disease is a genuine page turner, that's how deeply interesting it is, and how well it is written. The basic premise runs like this: The environment puts pressure on all living things, including humans, to evolve characteristics that help us survive long enough to reproduce and pass on our genes. Over the millenia, various conditions such as drought, ice ages and other climate changes have sparked genetic mutations that enhance our abilities to survive. These include some biological conditions that are advantageous in the short term, but sometimes detrimental in the long term. For example, today we consider diabetes mellitus a serious disease because it raises human blood sugars to dangerous levels that can result in loss of limbs

and sight, among other problems. However, in an ice age, when temperatures were significantly lower than they are now, having extra sugar in the blood may have enabled our ancestors to survive the cold because sugar lowers the temperature at which we freeze to death. Similarly, Sickle Cell Anemia may have evolved to help people resist malaria. What's especially interesting is that this theory would explain why ethnic groups that are prone to diabetes -- Scandinavians and people from the British Isles, for instance -- originally came from northern areas that were at one time covered by glaciers. And the ancestors of those groups that tend to carry the genes for Sickle Cell generally originated from climates in which malaria was prevalent. Another intriguing idea is that some "sicknesses" only become serious problems when an individual is older and past his or her prime reproductive years.

We're used to thinking of disease as the enemy, as a malicious force that makes our lives shorter and more miserable. That may be exactly what "disease" is on an individual basis--but its value to the species as a whole is a different matter. Dr. Moalem elegantly explains why medical conditions that are deemed to be diseases today often helped our ancestors survive and reproduce in difficult environments. Take hemochromatosis, a hereditary condition that causes iron to accumulate in a person's internal organs, eventually leading to death. Although the gene that causes hemochromatosis was once thought to be rare, research completed in 1996 found that it's actually surprisingly common. Why wouldn't such a terrible disease have been "bred out" of our species long ago? The answer is that hemochromatosis reduces the amount of iron available to iron-loving bacteria, such as the bubonic plague that depopulated Europe in the mid-1300s. A person living in the Middle Ages with the hemochromatosis gene would have eventually died from iron build up, but in the meantime would have had a smaller chance of dying from the plague and other iron-loving infections--in an age when few people lived past the age of 50, the disease resistance conferred by hemochromatosis far outweighed the disadvantage that would have materialized if the person carrying the gene had lived to old age. People with hemochromatosis reproduced and passed the gene on to their heirs; those without it died of the plague, without children. "Survival of the Sickest" is filled with similarly surprising observations.

[Download to continue reading...](#)

Survival of the Sickest: The Surprising Connections Between Disease and Longevity (P.S.)

Anatomy of the Soul: Surprising Connections between Neuroscience and Spiritual Practices That

Can Transform Your Life and Relationships Essential Kidney Disease Cookbook: 130 Delicious,

Kidney-Friendly Meals To Manage Your Kidney Disease (CKD) (The Kidney Diet & Kidney Disease

Cookbook Series) Music (Connections) (Connections! (Hardcover Twocan)) A Loving Approach to Dementia Care: Making Meaningful Connections with the Person Who Has Alzheimer's Disease or Other Dementia or Memory Loss (A 36-Hour Day Book) The Heart of the Matter : Breaking Codes and Making Connections Between You and Your Dog or Your Cat Sex God: Exploring the Endless Connections Between Sexuality and Spirituality First Life: Discovering the Connections between Stars, Cells, and How Life Began Chronic Kidney Disease, Dialysis, and Transplantation: A Companion to Brenner and Rector's The Kidney - Expert Consult: Online and Print, 3e (Pereira, ... Disease, Dialysis, and Transplantation) Life Settlements and Longevity Structures: Pricing and Risk Management Skin Disease: Diagnosis and Treatment, 3e (Skin Disease: Diagnosis and Treatment (Habif)) The Longevity Book: The Science of Aging, the Biology of Strength, and the Privilege of Time The Mediterranean Zone: Unleash the Power of the World's Healthiest Diet for Superior Weight Loss, Health, and Longevity Bone Broth Secret: A Culinary Adventure in Health, Beauty, and Longevity The Nature of Animal Healing: The Path to Your Pet's Health, Happiness, and Longevity Feline Nutrition: Nutrition for the Optimum Health and Longevity of your Cat The Tao of Health, Sex, and Longevity: A Modern Practical Guide to the Ancient Way The 100-Year Life: Living and working in an age of longevity The End of Heart Disease: The Eat to Live Plan to Prevent and Reverse Heart Disease The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders

[Dmca](#)