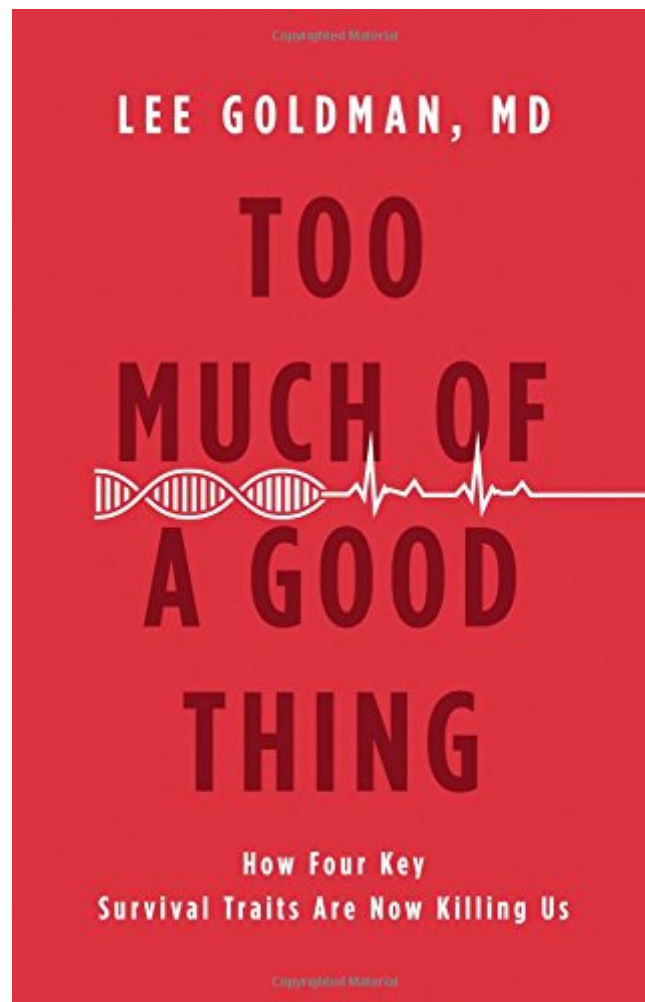


Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us PDF



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Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us by Lee Goldman
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Dean of Columbia University's medical school explains why our bodies are out of sync with today's environment and how we can correct this to save our health.

Over the past 200 years, human life-expectancy has approximately doubled. Yet we face soaring worldwide rates of obesity, diabetes, high blood pressure, mental illness, heart disease, and stroke. In his fascinating new book, Dr. Lee Goldman presents a radical explanation: The key protective traits that once ensured our species' survival are now the leading global causes of illness and death. Our capacity to store food, for example, lures us into overeating, and a clotting system designed to protect us from bleeding to death now directly contributes to heart attacks and

strokes. A deeply compelling narrative that puts a new spin on evolutionary biology, TOO MUCH OF A GOOD THING also provides a roadmap for getting back in sync with the modern world.

Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us Review

This Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Too Much of a Good Thing: How Four Key Survival Traits Are Now Killing Us having great arrangement in word and layout, so you will not really feel uninterested in reading.