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Uncivilised Genes: Human evolution and the urban paradox (Paperback)

By Gustav Milne

Independent Thinking Press, United Kingdom, 2017. Paperback. Condition: New. Language: English. Brand new Book. In *Uncivilised Genes: Human Evolution and the Urban Paradox*, Gustav Milne explores how we can reconfigure our lifestyles and urban environments, based on an understanding of our prehistoric past, in order to bring about a richer future for mankind. We evolved as hunter-gatherers over a period of more than three million years: living off the land within small tribal societies in a symbiotic working relationship with nature. Understanding this legacy and how our evolution has determined our social, psychological, nutritional and physiological needs means we can adopt what Milne has termed evolutionary-concordant behaviours: behaviours designed to reconcile the fundamental mismatch between our current urban lifestyles and our ancient biology. Our ancestral diets and lifestyles could hold the secret not only to enhancing our health and happiness but also to combating the prevalence of western lifestyle diseases such as obesity, type 2 diabetes and various types of cancer to name but a few. Milne expertly evaluates these challenges - along with many other issues pertinent to our urban wellbeing - and proposes solutions within our reach, including adaptations to our dietary regimes, lifestyle-embedded activities and school and...



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