



Der Fluch unserer Gene: Warum Volkskrankheiten entstehen und wie die Evolutionsmedizin hilft (German Edition)

Jeremy Taylor

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Die Evolution hat uns kein leichtes Erbe auferlegt: Unser Körper befindet sich noch auf Steinzeit-Niveau und ist an die »moderne« Welt nicht angepasst. Die Folge sind Zivilisationskrankheiten wie Rückenschmerzen, Autoimmunkrankheiten, Krebs, Herz-Kreislauf-Erkrankungen und vieles mehr. Beispielsweise ist die Bauchspeicheldrüse darauf gepolt, dass wir wie unsere Ahnen täglich 40 km lange Märsche zurücklegen und selten mal eine Beere naschen. Unsere zuckerlastige Ernährung und mangelnde Bewegung führen darum langfristig zu Diabetes Typ II. Dieses Buch erklärt auf ebenso spannende wie einleuchtende Weise die Ursachen und Zusammenhänge sämtlicher Volkskrankheiten. Dazu stellt es neueste Forschungsergebnisse aus der Evolutionsmedizin vor, die unglaubliche Chancen und Therapiemöglichkeiten bietet.

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