

Deadly Companions How Microbes Shaped Our History

Deadly Companions Our Allies The Microbes Germs, Genes, & Civilization Gut Instinct Ebola How Evolution Shapes Our Lives Chemistry and Industry The American Biology Teacher The Longevity Paradox Our Friends and Our Foes of the Invisible World The Microbes, Our Unseen Friends The Alkaloidal Clinic Pharmaceutical Bacteriology The Veterinarian The Animal's Defender and Zoophilist The Microbes The Theosophical Path Harper's New Monthly Magazine Harper's New Monthly Magazine Canada Lancet Dorothy H. Crawford Yves Earhart David Clark Olivia Parker Dorothy H. Crawford Jonathan B. Losos Steven R. Gundry, MD Harvey Hersey Harold William Rossmoore Albert Schneider Paul J. VanDemark Katherine Augusta Westcott Tingley Henry Mills Alden

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ever since we started huddling together in communities the story of human history has been inextricably entwined with the story of microbes they have evolved and spread amongst us shaping our culture through infection disease and pandemic at the same time our changing human culture has itself influenced the evolutionary path of microbes dorothy h crawford here shows that one cannot be truly understood without the other beginning with a dramatic account of the sars pandemic at the start of the 21st century she takes us back in time to follow the interlinked history of microbes and man taking an up to date look at ancient plagues and epidemics and identifying key changes in the way humans have lived such as our move from hunter

gatherer to farmer to city dweller which made us vulnerable to microbe attack showing how we live our lives today with increasing crowding and air travel puts us once again at risk crawford asks whether we might ever conquer microbes completely or whether we need to take a more microbe centric view of the world among the possible answers one thing becomes clear that for generations to come our deadly companions will continue to shape human history

our allies the microbes unveils the hidden world of microorganisms and their profound impact on life on earth this eye opening book explores the intricate relationships between microbes human health ecological systems and technological advancements it challenges readers to reconsider their understanding of these tiny yet influential organisms presenting them not as mere inhabitants but as active shapers of our world the book delves into three key areas the human microbiome microbial ecology and biotechnology it begins with a brief history of microbiology before guiding readers through an exploration of microbial influence from the human body to global ecosystems readers will discover how microbes affect digestion immunity and even mental health as well as their role in driving nutrient cycles and maintaining biodiversity the book also examines how humans are harnessing microbial power in fields such as medicine agriculture and environmental remediation what sets this book apart is its holistic approach to microbiology presenting a balanced view of microbial communities as complex dynamic systems by drawing connections to fields like chemistry computer science and climate science it offers a comprehensive understanding of microbial influence written in an accessible yet informative style our allies the microbes provides valuable insights for anyone interested in biology environmental science or the fundamental processes that underpin life on earth

in germs genes and civilization dr david clark tells the story of the microbe driven epidemics that have repeatedly molded our human destinies you ll discover how your genes have been shaped through millennia spent battling against infectious diseases you ll learn how epidemics have transformed human history over and over again from ancient egypt to mexico the romans to attila the hun you ll learn how the black death epidemic ended the middle ages making possible the renaissance western democracy and the scientific revolution clark demonstrates how epidemics have repeatedly shaped not just our health and genetics but also our history culture and politics you ll even learn how they may influence religion and ethics including the ways they may help trigger cultural cycles of puritanism and promiscuity perhaps most

fascinating of all clark reveals the latest scientific and philosophical insights into the interplay between microbes humans and society and previews what just might come next

gut instinct explores the fascinating connection between our digestive system and mental health challenging readers to rethink the relationship between gut bacteria and brain function this groundbreaking book delves into the gut brain axis examining how microbiota in our digestive tract can influence our thoughts emotions and overall well being by presenting cutting edge research from microbiology neuroscience and nutrition the book offers a holistic view of human health that goes beyond traditional brain centric approaches to mental wellness the book progresses through three key areas the gut brain axis gut bacteria s role in neurotransmitter production and diet s impact on mental health it presents complex scientific concepts in an accessible manner using real life examples and analogies to engage readers one intriguing insight is that the bacteria in our gut can produce neurotransmitters that affect our mood and cognitive function another fascinating fact is the potential for dietary interventions to improve mental health by modulating gut bacteria gut instinct stands out for its interdisciplinary approach bridging the gap between various scientific fields to present a comprehensive view of the gut brain connection it not only explains the science behind this relationship but also offers practical advice for readers to apply these insights to their own lives making it a valuable resource for anyone interested in optimizing their mental and physical health through a better understanding of their gut microbiome

first discovered in 1976 and long regarded as an easily manageable virus affecting isolated rural communities ebola rocketed to world prominence in 2014 as a deadly epidemic swept through guinea sierra leone and liberia in west africa thousands of people died as the extraordinarily contagious disease spread rapidly from villages to urban centres initial quarantine responses proved often too little and too late and the medical infrastructure of the affected countries struggled to cope by august 2014 several months after the start of the outbreak the who declared the epidemic a public health emergency and international aid teams and volunteers began to pour in but halting the epidemic proved to be hugely challenging not only in terms of the practicalities of dealing with the sheer numbers of patients carrying the highly infectious virus but in dealing with social and cultural barriers the author dorothy crawford visited sierra leone while the epidemic was ongoing and met with those on the frontline in the fight against the virus in ebola crawford

combines personal accounts from these brave medical workers with the latest scientific reports to tell the story of the epidemic as it unfolded and how it has changed our understanding of the virus she looks at its origin and spread the international response and its devastating legacy to the health of those living in the three worst affected countries she describes the efforts to prevent international spread the treatment options for ebola including the drug and vaccine trials that eventually got underway in 2015 and the sensitive issue of running trials of experimental therapies during a lethal epidemic our understanding of the ebola virus continues to develop as long term health problems and complications following recovery from the disease are being identified epidemics of ebola or other dangerous microbes will continue to threaten the world regularly already concerns have been raised by the possible impact of the zika virus what lessons have been learnt from ebola how asks crawford might we prevent a repeat of the awful suffering seen in 2014 16

an authoritative exploration of why understanding evolution is crucial to human life today it is easy to think of evolution as something that happened long ago or that occurs only in nature or that is so slow that its ongoing impact is virtually nonexistent when viewed from the perspective of a single human lifetime but we now know that when natural selection is strong evolutionary change can be very rapid in this book some of the world's leading scientists explore the implications of this reality for human life and society with some twenty three essays this volume provides authoritative yet accessible explorations of why understanding evolution is crucial to human life from dealing with climate change and ensuring our food supply health and economic survival to developing a richer and more accurate comprehension of society culture and even what it means to be human itself combining new essays with essays revised and updated from the acclaimed princeton guide to evolution this collection addresses the role of evolution in aging cognition cooperation religion the media engineering computer science and many other areas the result is a compelling and important book about how evolution matters to humans today the contributors are dan i andersson francisco j ayala amy cavanaugh cameron r currie dieter ebert andrew d ellington elizabeth hannon john hawks paul keim richard e lenski tim lewens jonathan b losos virpi lummaa jacob a moorad craig moritz martha m muñoz mark pagel talima pearson robert t pennock daniel e l promislow erik m quandt david c queller robert c richardson eugenie c scott h bradley shaffer joan e strassmann alan r templeton paul e turner and carl zimmer

from the author of the new york times bestseller the plant paradox comes a groundbreaking plan for living a long healthy happy life from the moment we are born our cells begin to age but aging does not have to mean decline world renowned surgeon dr steven gundry has been treating mature patients for most of his career he knows that everyone thinks they want to live forever until they hit middle age and witness the suffering of their parents and even their peers so how do we solve the paradox of wanting to live to a ripe old age but enjoy the benefits of youth this groundbreaking book holds the answer working with thousands of patients dr gundry has discovered that the diseases of aging we most fear are not simply a function of age rather they are a byproduct of the way we have lived over the decades in the longevity paradox he maps out a new approach to aging well one that is based on supporting the health of the oldest parts of us the microorganisms that live within our bodies our gut bugs the bacteria that make up the microbiome largely determine our health over the years from diseases like cancer and alzheimer s to common ailments like arthritis to our weight and the appearance of our skin these bugs are in the driver s seat controlling our quality of life as we age the good news is it s never too late to support these microbes and give them what they need to help them and you thrive in the longevity paradox dr gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come a progressive take on the new science of aging the longevity paradox offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital

harper s informs a diverse body of readers of cultural business political literary and scientific affairs

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