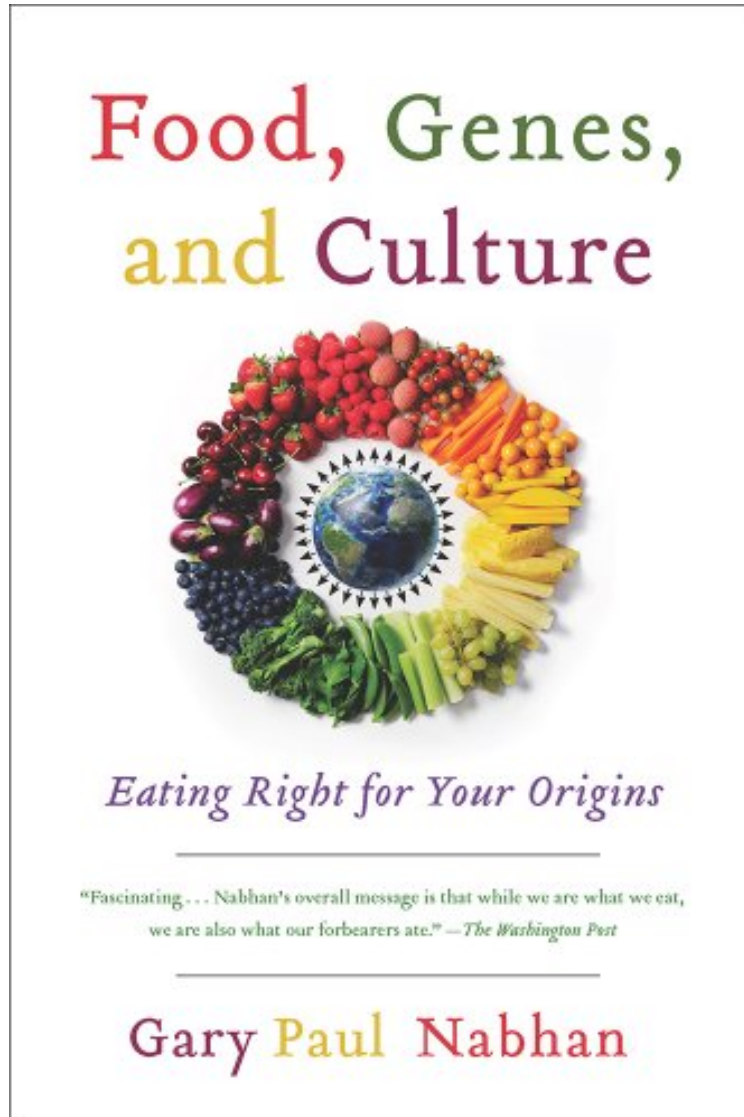


Food, Genes, and Culture: Eating Right for Your Origins

Gary Paul Nabhan

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#933542 in Books 2013-09-24Original language:EnglishPDF # 1 8.25 x .70 x 5.50l, .65 #File Name:
1610914929248 pages | File size: 44.Mb

Gary Paul Nabhan : Food, Genes, and Culture: Eating Right for Your Origins before purchasing it in order to gage whether or not it would be worth my time, and all praised Food, Genes, and Culture: Eating Right for Your Origins:

4 of 4 people found the following review helpful. Compelling and thought-provokingBy KatyRVery interesting and innovative thinking and research. These ideas and topics should be more broadly discussed and more common knowledge than they are. It makes sense that we should have co-evolved within our environments/local ecosystems,

and what we found to eat there - and that our dietary needs could therefore be more related to our recent genetic origins than what is convenient in our modern lives. This is the most compelling explanation of how to choose a diet for better health that I have seen, and it also points the way to reconnecting with our (literal) roots and environment at the same time. I am a big fan of this author - his practical, philosophical, and holistic thinking about our world and our place in it - and again, find that he has not disappointed. 0 of 0 people found the following review helpful. Why culture matters in what you eat By IsaBear A must read for anyone on the SAD (Standard American Diet) or those needing to eat healthier, ESPECIALLY those with non-European ancestry, but this book applies to EVERYONE. Great book to explain why one diet does not fit all, and why culture matters in what you eat. 1 of 1 people found the following review helpful. Great informative interesting read By Leyann An eye opener of a book. Get this book you wont regret it. You will learn how different people react differently to certain foods and the importance of knowing what will hurt you. I would recommend this book to anyone who has health issues and doesn't know why.

Vegan, low fat, low carb, slow carb: Every diet seems to promise a one-size-fits-all solution to health. But they ignore the diversity of human genes and how they interact with what we eat. In *Food, Genes, and Culture*, renowned ethnobotanist Gary Nabhan shows why the perfect diet for one person could be disastrous for another. If your ancestors were herders in Northern Europe, milk might well provide you with important nutrients, whereas if you're Native American, you have a higher likelihood of lactose intolerance. If your roots lie in the Greek islands, the acclaimed Mediterranean diet might save your heart; if not, all that olive oil could just give you stomach cramps. Nabhan traces food traditions around the world, from Bali to Mexico, uncovering the links between ancestry and individual responses to food. The implications go well beyond personal taste. Today's widespread mismatch between diet and genes is leading to serious health conditions, including a dramatic growth over the last 50 years in auto-immune and inflammatory diseases. Readers will not only learn why diabetes is running rampant among indigenous peoples and heart disease has risen among those of northern European descent, but may find the path to their own perfect diet.

"This exploration of the coevolution of communities and their native foods couldn't be more timely. Mixing hard science with personal anecdotes, Nabhan convincingly argues that health comes from a genetically appropriate diet inextricably entwined with a healthy land and culture."