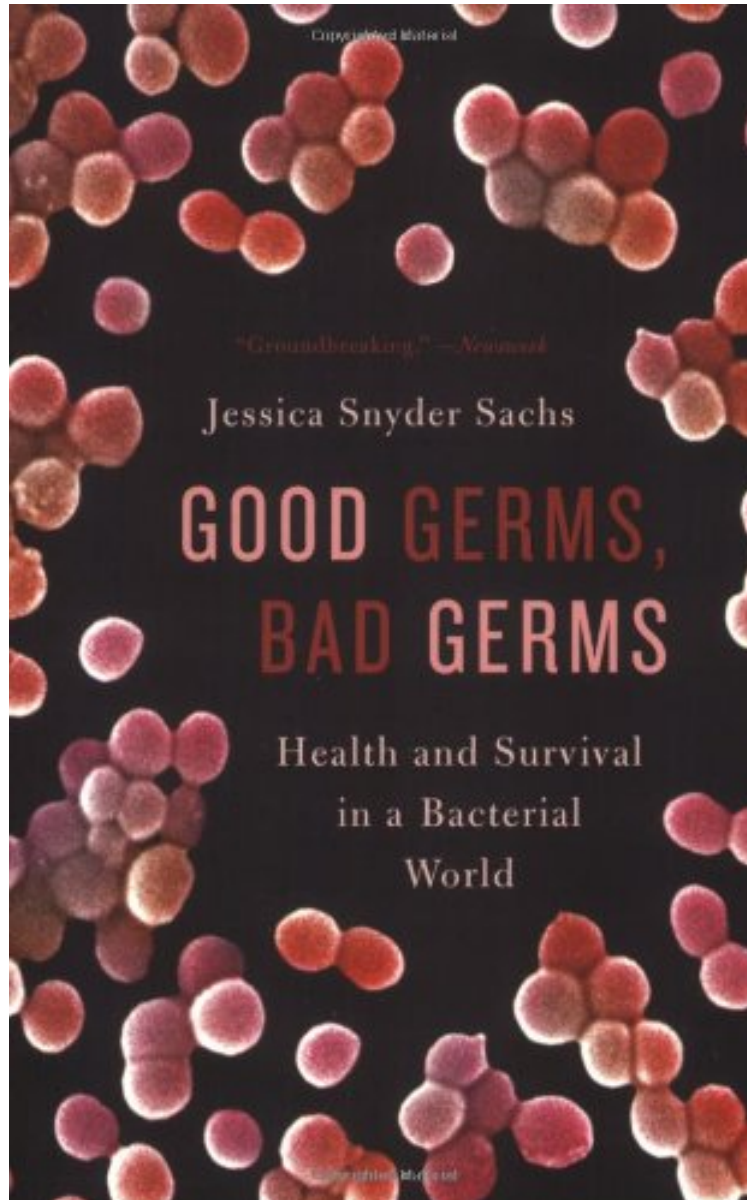


[Library ebook] Good Germs, Bad Germs: Health and Survival in a Bacterial World

Good Germs, Bad Germs: Health and Survival in a Bacterial World

Jessica Snyder Sachs

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Jessica Snyder Sachs : Good Germs, Bad Germs: Health and Survival in a Bacterial World before purchasing it in order to gage whether or not it would be worth my time, and all praised Good Germs, Bad Germs: Health and Survival in a Bacterial World:

0 of 0 people found the following review helpful. Very good book. Very informativeBy Isabel ValleVery good book. Very informative. Talks a lot about the reality in medicine of our days. We all want a quick fix, we want thinks

instantly. Instead we are harming our body's systems with the overuse of antibiotics and other medications instead of taking preventive care and leaning towards more natural solutions that are in agreement with our natural way of function. 0 of 0 people found the following review helpful. easy to read, extremely informative, everyone should READ THIS BOOK By L. Barkera really interesting book which i wish every mom dad would read so they would stop buying into the 'antibacterial' craze. manufacturers have turned us into a country of germophobes, and in doing so are creating a kind of self-fulfilling prophecy. this onslaught of products designed to keep our homes germ-free is creating strains of super-bugs, resistant to stronger and stronger antibacterials. we are creating a world where we will all end up being like the 'boy in the bubble', unable to fend off even the most innocuous germs even while they get stronger and stronger. (i'm sorry, but when we are told to buy 'hands free' soap dispensers, i think things have gone too far. who cares if the soap dispenser is 'germy'? isn't that why you're washing your hands? i'm more concerned with the door handle i'll be touching afterward.) anyway, this book will open your eyes to the role bacteria play in our lives as well as the folly of our attempts to eradicate them. well written, and easy to understand without being simplistic, this is a book that everyone should read. 0 of 0 people found the following review helpful. Five Stars By Herschel Patel very interesting book about the different types of bacteria and viruses

Public sanitation and antibiotic drugs have brought about historic increases in the human life span; they have also unintentionally produced new health crises by disrupting the intimate, age-old balance between humans and the microorganisms that inhabit our bodies and our environment. As a result, antibiotic resistance now ranks among the gravest medical problems of modern times. *Good Germs, Bad Germs* tells the story of what went terribly wrong in our war on germs. It also offers a hopeful look into a future in which antibiotics will be designed and used more wisely, and beyond that to a day when we may replace antibacterial drugs and cleansers with bacterial ones.

From Publishers Weekly Science writer Sachs (*Corpse*) makes a strong case for a new paradigm for dealing with the microbial life that teems around and within us. Taking both evolutionary and ecological approaches, she explains why antibiotics work so well but are now losing their effectiveness. She notes that between agricultural antibiotic usage and needless prescriptions written for human use, antibiotic resistance has reached terrifying levels. A decade ago, resistant infections acquired in hospitals were killing an estimated eighty-eight thousand Americans each year... more than car accidents and homicides combined. Our attempts to destroy microorganisms regularly upset useful microbial communities, often leading to serious medical consequences. Sachs also presents evidence suggesting that an epidemiclike rise in autoimmune diseases and allergies may be attributable to our misguided frontal assault on the bacterial world. The solution proposed is to encourage the growth of healthy, displacement-resistant microbial ecological communities and promote research that disrupts microbial processes rather than simply attempting to kill the germs themselves. Despite the frightening death toll, Sachs's summary of promising new avenues of research offers hope. (Oct. 16) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. Ground-breaking. Newsweek Could hardly be more timely. The New York Times Brings the battle against dirt firmly into the 21st century. The Washington Post Explains how our obsession with cleanliness led us to this point and details how science may still find a way past the danger. O, The Oprah Magazine About the Author Jessica Snyder Sachs is a freelance science writer. Her first book, *Corpse: Nature, Forensics, and the Struggle to Pinpoint Time of Death*, was published in 2001. She lives in New Jersey.