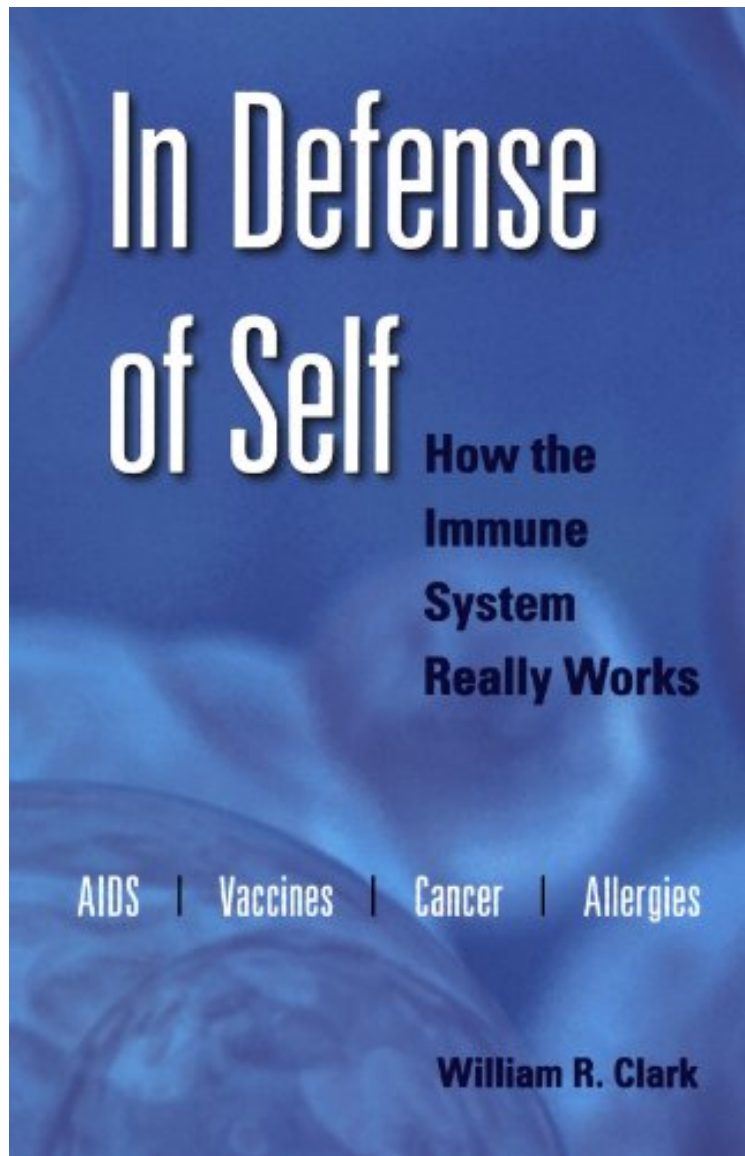


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In Defense of Self: How the Immune System Really Works

William R. Clark

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William R. Clark : In Defense of Self: How the Immune System Really Works before purchasing it in order to gage whether or not it would be worth my time, and all praised In Defense of Self: How the Immune System Really Works:

1 of 1 people found the following review helpful. Great book to understand the wonders of the immune systemBy montecarlostarThis book is a great resource to introduce you to the topic of immunology. I recommend it for patients

and doctors alike and basically anyone who wants to know how to treat and prevent disease. Not only is the immune system what heals us, it is the ONLY thing that does. Prescription drugs, herbal supplements, exercise and good sleep only help the body do what it's supposed to do! To keep us alive and healthy! In this book you will learn how many diseases, both chronic and acute, are caused by pathogenic agents, and how keeping a strong immune system is the key to health, youth and happiness. The technical content is difficult for the non-familiar with medical or biological terms (like myself) but not enough to prevent you from enjoying the book (and learning!). One last note: wherever you read "evolution" or "millions of years" replace it by "God" and the book is perfect! 2 of 2 people found the following review helpful. Buy this book! By LESLEY A SULLIVAN Wonderful book. Helps explain a lot in regards to the immune system. I think anyone with a chronic illness should read this and know that the medical community is actively trying to find cures. 18 of 18 people found the following review helpful. Excellent introduction for the general reader By Camber This book serves as an excellent introduction to immunology for the general reader. The level of detail is introductory but not trivial, and immunology is inherently a challenging subject, so readers should expect to pay attention and concentrate. This book isn't casual reading, and some general science background would be a big help. At the same time, the level of detail is much less than a book intended for health care professionals or students, so people in that category will need to go beyond this book, although they may still find this book to be a nice and comparatively gentle introduction. The same applies to general readers who are researching particular immunological disorders; for example, this book really only scratches the surface when it comes to things like allergies, autoimmune diseases, and cancer immunotherapy. Another effect of this book being intended for a general audience is that the presentation of information isn't quite as systematic as found in more advanced books, and I think that's a drawback for a subject as complex as this. But I do understand that books targeted at a general audience need to cater to the stylistic expectations of that audience if they're going to sell any copies ... Overall though, I'll reiterate that this book is an excellent introduction to immunology, so I recommend it to readers looking for such a book, and who understand its limitations.

We live in a sea of seething microbial predators, an infinity of invisible and invasive microorganisms capable of setting up shop inside us and sending us to an early grave. The only thing keeping them out? The immune system. William Clark's *In Defense of Self* offers a refreshingly accessible tour of the immune system, putting in layman's terms essential information that has been for too long the exclusive province of trained specialists. Clark explains how the immune system works by using powerful genetic, chemical, and cellular weapons to protect us from the vast majority of disease-causing microbes—bacteria, viruses, molds, and parasites. Only those microbes our bodies need to help us digest food and process vitamins are admitted. But this same system can endanger us by rejecting potentially life-saving organ transplants, or by overreacting and turning too much force against foreign invaders, causing serious—occasionally lethal—collateral damage to our tissues and resulting in autoimmune disease. *In Defense of Self* covers everything from how antibodies work and the strategies the body uses to distinguish self from not self to the nature of immunological memory, the latest approaches to vaccination, and how the immune system will react should we ever be subjected to a bioterrorist attack. Clark also offers important insights on the vital role that the immune system plays in cancer, AIDS, autoimmunity, rheumatoid arthritis, allergies and asthma, and other diseases. Of special interest to all those suffering from diseases related to the immune system, as well as their families, *In Defense of Self* lucidly explains a system none of us could live without.

About the Author Dr. William Clark is Professor and Chair Emeritus of Immunology at the University of California, Los Angeles. He is an internationally recognized authority on the killer T lymphocytes involved in organ transplant rejection and in viral immunity. He has written extensively on topics in science and medicine for the general public.