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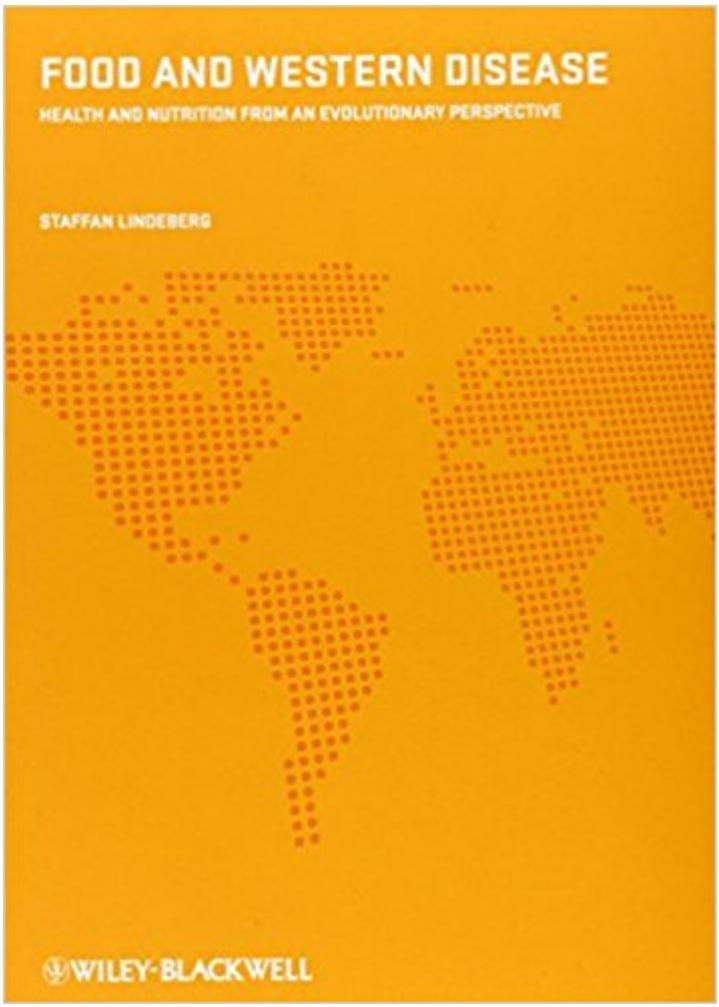
Food And Western Disease: Health And Nutrition From An Evolutionary Perspective



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Synopsis

Nutrition science is a highly fractionated, contentious field with rapidly changing viewpoints on both minor and major issues impacting on public health. With an evolutionary perspective as its basis, this exciting book provides a framework by which the discipline can finally be coherently explored. By looking at what we know of human evolution and disease in relation to the diets that humans enjoy now and prehistorically, the book allows the reader to begin to truly understand the link between diet and disease in the Western world and move towards a greater knowledge of what can be defined as the optimal human diet. Written by a leading expert Covers all major diseases, including cancer, heart disease, obesity, stroke and dementia Details the benefits and risks associated with the Palaeolithic diet Draws conclusions on key topics including sustainable nutrition and the question of healthy eating This important book provides an exciting and useful insight into this fascinating subject area and will be of great interest to nutritionists, dietitians and other members of the health professions. Evolutionary biologists and anthropologists will also find much of interest within the book. All university and research establishments where nutritional sciences, medicine, food science and biological sciences are studied and taught should have copies of this title.

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Customer Reviews

â œThis should make an invaluable guide for practitioners who already work in this area trying to help people whoare struggling with their weight, as well as those that just want to know more about

the complex and challenging area of obesity management .â • (Nutrition Bulletin, 1 March 2013) Â

Nutrition science is a highly fractionated, contentious field with rapidly changing viewpoints on both minor and major issues impacting on public health. With an evolutionary perspective as its basis this exciting book provides a framework by which the discipline can finally be coherently explored. By looking at what we know of human evolution and disease in relation to the diets that humans enjoy now and prehistorically the book allows the reader to begin to truly understand the link between diet and disease in the Western world and move towards a greater knowledge of what can be defined as the optimal human diet. Â Â Â Â Â Â Â Â Â Written by a leading expert Â Â Â Â Â Â Â Â Â Covers all major diseases, including cancer, heart disease, obesity, stroke and dementia Â Â Â Â Â Â Â Â Â Details the benefits and risks associated with the Palaeolithic diet Â Â Â Â Â Â Â Â Â Draws conclusions on key topics including sustainable nutrition and the question of healthy eating This important book provides an exciting and useful insight into this fascinating subject area and will be of great interest to nutritionists, dietitians and other members of the health professions. Evolutionary biologists and anthropologists will also find much of interest within the book. All university and research establishment where nutritional sciences, medicine, food science and biological sciences are studied and taught should have copies of this title.

At 76 years of age I read this book with a lot of past history. Dr. Lindeberg convinced me that I was eating way too much cheese. That perhaps I should be eating none at all. Secondly, that my eating of whole wheat crackers and bread along with the dairy products might well be a good part of the reasons I had high blood pressure, was over weight, and was prediabetic. Now, can I at this ripe old age change my eating habits? Time will tell but he has convinced me to try and I have added more fruit to my diet and am lowering the amount of whole wheat.Dr. Lindeberg does not set out to convince you of the above and he appears not to in anyway gain by your conversion. He is rather just a ’dumb’ scientist pointing out with 2034 references why the average Western man’s diet leads the Western man to the diseases mentioned above. And I in the above have just simplified what he writes in pointing out those things that apply most to me of his well thought out expose.He has arrived at his learned hypothsis by comparing the diet and diseases of primitive cultures that have diets more in keeping with man’s evolutionary past, with the diets and diseases of Western man. He then has shown the scientific background for the conclusions he has drawn. There are only 230 pages of writing, plus glossary and references. It is in a dry but very readable (well with some checking on the meaning of words) text that should be on anyones book list that wants to better

understand the effects of diet on the human body. It is a must, in my opinion for anyone in the medical or nutrition professions. Forget all those diet books; read this book first and then figure out where you need to go next. This book in time should become a classic

I had read some books dealing with the Paleo-diet style. I also have a personal library with more than 200 books, whose subjects are in one or other way, related with the one in this book (say anthropology, evolution, primatology, nutrition and medicine). I can only say that this one is a really informative book, truly worked, plenty of wisdom and real science, that is, written with a sceptical point of view and with an interest in trying not to be biased at all. It’s insightful and thoughtful. I highly recommend its reading if you’re one who believe in evolution as the real tool for understanding nutrition. Nutrition is just an inseparable part from the ecosystem, and humans are not different from other animals. If nutrition in zoos is seen as a scientific issue, how is that human nutrition is seen as a political, social and economic arrangement? Once one read this book his/her live changes forever, because one cannot simply think of those colourful card box full of grain and dairy derived stuff as food. One starts looking at those edibles very different from food, from human food and its real meaning.I reiterate my recommendation of reading this profound research. It doesn’t mind you’re a medical doctor or practitioner, an anthropologist or a mere human being who seeks light in the messed nutrition world, this is one of the few fresh books which deserves a read. No fad; no preaching; only science, true science, written in a readable way and with a humble and friendly style.MartinPS: If you read and liked this book, then you could be interested in this one (albeit dealing with a quite different subject):Â The Biology of Human Longevity:: Inflammation, Nutrition, and Aging in the Evolution of Lifespans.

Dr. Lindeberg is a leading figure in the paleolithic diet world, and arguably the most knowledgeable person alive on diet and health in Papua New Guinea. He lead the Kitava study, which is one of the most informative and complete characterizations of any traditionally-living population to date.The book touches on many "Western diseases" and their possible dietary causes. Nearly every factual statement is extensively referenced. The book contains over 2,000 references. The book is a gold mine of references. Lindeberg is a consummate skeptic, a treatment he gives his own theories as well as those of others. This is a must-read book for any serious student of diet and health who has a scientific or medical background.Although it’s a paperback, the paper and print are top quality. I felt guilty marking on it and folding over pages.For the Kitava study aficionados, the book contains some previously unpublished data.

I have not finished this book, so far it is extremely interesting and has taught me a great deal

An extraordinary book. Should be obliged reading for every doctor and nutritionist (especially all the pseudo-nutritionists!

A precise and well-referenced meta-analysis of the studies and research done on human health as related to nutrition. This is now my "go to" book fror answers and further readings. Also, EVERY person I have shown this book to has ordered one for themselves!

Dr Lindeberg has my complete respect for writing this book. The tone is unbaised, the references succinct and the conclusions pretty much unimpeachable. If you want to know why Paleo is so popular from a scientific viewpoint this is the book. Dr Lindeberg actually lived with the populations he studied and ate what they ate. You can’t say that about the authors of most popular books like The China Study. I remind people as well that some of the real Paleo gurus are actual hard core basic researchers like Lindeberg and Cordain. The same is rarely true about the opposite side of the fence. I don’t think this book will change anyone’s mind who is committed to avoiding meat. But anyone who wants to know what the science says about our ancestral diet and why we might revisit it more closely in modern times should read this book. For a non scientist its not an easy read but the information is invaluable.

This magnificent book by the "master" S. Lindeberg is a breakthrough in understanding the origin of western diseases!! If you want to learn the causes, and treat the causes, this book is a must in your library.

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