

1. Record Nr.	UNINA9910437937103321
Autore	Nabhan Gary Paul
Titolo	Food, Genes, and Culture : Eating Right for Your Origins / / by Gary Paul Nabhan
Pubbl/distr/stampa	Washington, DC : , : Island Press/Center for Resource Economics : , : Imprint : Island Press, , 2013
ISBN	9781610914932 1610914937
Edizione	[1st ed. 2013.]
Descrizione fisica	1 online resource (249 p.)
Classificazione	HEA017000SCI029000SOC055000SOC057000SOC002010
Disciplina	612.3
Soggetti	Ecology Agriculture Environmental Sciences
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Foreword -- Introduction -- 1. Discerning the Histories Encoded in Our Bodies -- 2.Searching for the Ancestral Diet. Did Mitochondrial Eve and Java Man Feast on the Same Foods? -- 3. Finding a Bean for Your Genes and a Buffer Against Malaria -- 4. The Shaping and Shipping Away of Mediterranean Cuisines -- 5. Discovering Why Some Don't Like It Hot. Is It a Matter of Taste? -- 6. Dealing with Migration Headaches. Should We Change Places, Diets, or Genes? -- 7. Rooting Out the Causes of Disease. Why Diabetes Is So Common Among Desert Dwellers -- 8. Reconnecting the Health of the People with the Health of the Land. How Hawaiians Are Curing Themselves -- Sources -- Index.
Sommario/riassunto	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 autoimmune 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.
