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Altri autori (Persone)	HansonMark A
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Nota di contenuto	Contents; Introduction: Our Bodies and our World; Part I. Match; 1. Our Comfort Zone; 2. Where Have We Come From?; 3. When We Were Very Young; 4. Things Ain't What They Used to Be; 5. Constrained by our Pasts; Part II. Mismatch; 6. Coming of Age; 7. A Life of Luxury; 8. Four Score Years and Ten; 9. Match and Mismatch; Epilogue; Notes; Acknowledgements; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; R; S; T; U; V; W; X; Y
Sommario/riassunto	Our modern lifestyles, city-bound with abundant nutrition - are far removed from the hunter-gatherer lifestyles of our ancestors. However we have not evolved to reflect this change. This fascinating and controversial book explores whether it is this 'mismatch' that has led to the deadly explosion in lifestyle diseases we face today. - ;We have built a world that no longer fits our bodies. Our genes - selected through our evolution - and the many processes by which our development is tuned within the womb, limit our capacity to adapt to the modern urban lifestyle. There is a mismatch. We are se

