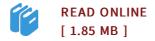




Wild Health: How Animals Keep Themselves Will and What We Can Learn from Them

By Cindy Engel

Mariner Books. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 8.8in. x 5.7in. x 0.8in.As Dr. Engel emphasizes in this enticing, well-referenced, and entertaining book (Science), we can learn a lot about human health by studying animal behavior in the wild. Indeed, some of the natural, holistic, and alternative human medicine being practiced today arose through the observation of wild animals. In this groundbreaking work, Dr. Engel points out fascinating parallels between animal and human medicine. She offers intriguing examples of how animals prevent and cure sickness and poisonings, heal open wounds, balance their diets, and regulate fertility. For instance, chimpanzees carefully eat bitter-tasting plant medicines that counter intestinal parasites elephants roam miles to find the clay they ingest to counter dietary toxins broken-legged chicks have been known to eat analgesic foods that alleviate pain. By observing wild health we may discover (or rediscover) ways to benefit our own health. As Craig Stotlz of the Washington Post noted, this highly readable assessment . . . triggers more outside-the-double-helix thoughts about human health than anything Ive read recently. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



Reviews

It in a single of my personal favorite pdf. It is one of the most awesome pdf we have read. I found out this book from my dad and i suggested this pdf to understand.

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This composed book is great. It really is basic but surprises from the fifty percent from the publication. Your way of life period is going to be convert when you total looking at this publication.

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