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## Wild Health: How Animals Keep Themselves Well 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 Stoltz of the Washington Post noted, this highly readable assessment . . . triggers more outside-the-double-helix thoughts about human health than anything I've read recently. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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