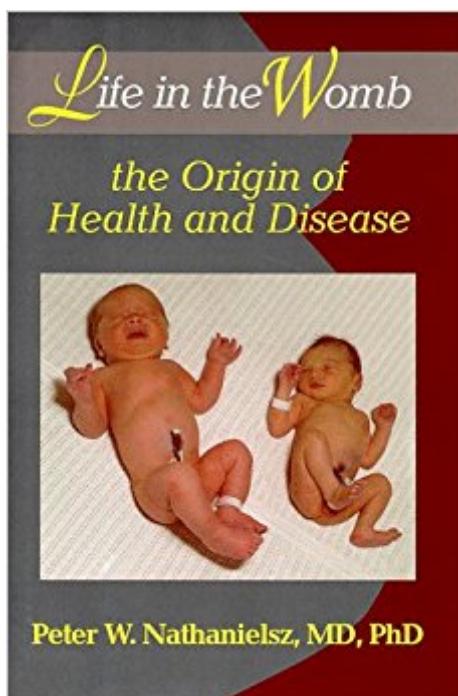


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# Life In The Womb: The Origin Of Health And Disease



## **Synopsis**

A story that will change your ideas about health and disease. Full of revolutionary and iconoclastic ideas impacting all our lives and the lives of generations of children as yet unborn. \* How we are ushered into life will affect how we leave it. \* Diseases such as diabetes can be passed transgenerationally from mother to daughter and from daughter to granddaughter by nongenetic mechanisms. \* The idea that our health is programmed in the womb is supported by life-time health records of babies born at the beginning of this century which show that birthweight is closely linked to health in later life.

## **Book Information**

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## **Customer Reviews**

Nathanielsz (reproductive medicine, Coll. of Veterinary Medicine, Cornell Univ.) discusses how unfavorable conditions during fetal development may program an individual for lifetime health problems. While the fetus can compensate for maternal nutritional deficiencies or drug use, these survival techniques may cause significant health problems later in life and may even lead to problems in succeeding generations. Although the author readily admits that it is difficult to prove this kind of theory, he provides an extensive review of epidemiological and animal studies which indicate that problems in prenatal development may lead to adult health problems such as heart disease and diabetes. The idea of developmental programming is not completely accepted by the medical community, yet Nathanielsz passionately defends his opinions, and because he has an M.D. and Ph.D. in obstetrics and physiology, his views merit thoughtful consideration. Written for the general reader, this book is recommended for all public libraries. Tina Neville, Univ. of South Florida

Peter Nathanielsz holds three doctorates from Cambridge University, PhD, MD and ScD. He has taught at Cambridge University in England, and the University of California. He is James Law Professor of Reproductive Medicine at Cornell University. Trained as an obstetrician, his research into the mysteries of life in the womb and the mechanisms of birth has been recognized by Fellowship ad eundem of the Royal College of Obstetricians in England. He has lectured at many Universities and Medical Schools throughout the world. In 1998 he presented a series of lectures in Europe as a Fulbright Distinguished Scholar. Dr. Nathanielsz has developed a reputation as a communicator of science to high school students and general audiences in Japan, Australia, New Zealand, England, Holland, German, France, Scandinavia, Spain and Italy. His work has been featured on British, American, and Canadian television and radio and extensively covered by national and international newspapers and magazines such as The Economist, American Scientist, Discover Magazine.

This is one of the most poorly written books I have ever slogged through. Which is a shame, because the ideas are important and intriguing: epidemiology and animal experiments show that maternal undernourishment changes the pancreas and liver to prepare for a life of famine. Subsequent normal and especially abundant diets then result in late onset diabetes and heart disease. The fetus is also extremely susceptible to damage from alcohol and tobacco. Thus, the way to reduce diseases that are thought to be genetic is by proper maternal nourishment and hygiene. Now that you know what the book has to say, save your money and spend it on other equally interesting but better written books about late-onset disease: Why Animals Don't Get Heart Disease by Matthias Rath and any books by Dean Ornish or Robert Pritikin. Nathanielsz ignores pre-natal emotional stress which is touched on in Arthur Janov's works.

Dr. Nathanielsz collects and discusses a wealth of important information about the effects of gestational environment. For too long, the nature/nurture debate has ignored one of the greatest components of human environment: the womb. This book corrects the misapprehension that congenital problems are the sole result of genes, and explains how the quality of life in the womb has lifelong consequences.

Peter Nathanielsz's book is remarkable. It gives us an invaluable insight into all sorts of factors

which regulate our general well-being. Presented in language and terms entirely suitable for the general reader, we are given a deep understanding of pregnancy and our future health.

overall a good experience the book was in good shape no tares or bends in pages it was as described

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