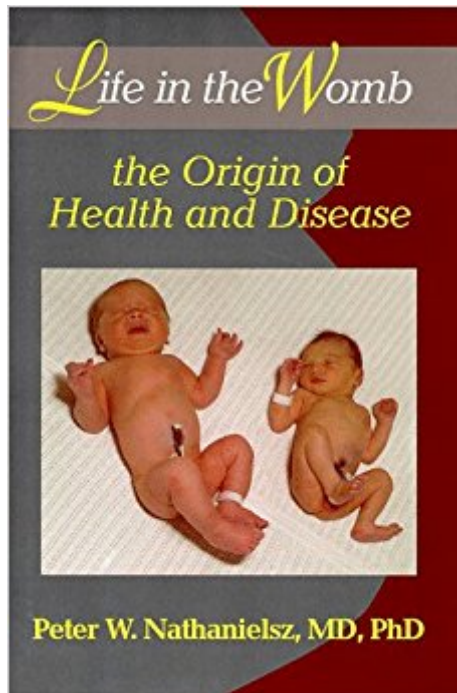


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# Life In The Womb: The Origin Of Health And Disease



## 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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Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (4 customer reviews)

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## Customer Reviews

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.

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.

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.

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

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