

The Hidden Epidemic at the Root of
Most Chronic Disease — and How to Fight It

WHY
WE GET
SICK

Benjamin Bikman, PhD

Foreword by Jason Fung, MD, author of *The Obesity Code*

Why We Get Sick

CH Cherryholmes



Why We Get Sick:

Why We Get Sick Benjamin Bikman, 2020-07-21 A scientist reveals the groundbreaking evidence linking many major diseases including cancer diabetes and Alzheimer's disease to a common root cause insulin resistance and shares an easy effective plan to reverse and prevent it We are sick Around the world we struggle with diseases that were once considered rare Cancer heart disease Alzheimer's disease and diabetes affect millions each year many people are also struggling with hypertension weight gain fatty liver dementia low testosterone menstrual irregularities and infertility and more We treat the symptoms not realizing that all of these diseases and disorders have something in common Each of them is caused or made worse by a condition known as insulin resistance And you might have it Odds are you do over half of all adults in the United States are insulin resistant with most other countries either worse or not far behind In *Why We Get Sick* internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters Unless we recognize it and take steps to reverse the trend major chronic diseases will be even more widespread But reversing insulin resistance is possible and Bikman offers an evidence based plan to stop and prevent it with helpful food lists meal suggestions easy exercise principles and more Full of surprising research and practical advice *Why We Get Sick* will help you to take control of your health [Why We Get Sick](#) Randolph M. Nesse, MD, George C.

Williams, 2012-02-08 The next time you get sick consider this before picking up the aspirin your body may be doing exactly what it's supposed to In this ground breaking book two pioneers of the science of Darwinian medicine argue that illness as well as the factors that predispose us toward it are subject to the same laws of natural selection that otherwise make our bodies such miracles of design Among the concerns they raise When may a fever be beneficial Why do pregnant women get morning sickness How do certain viruses manipulate their hosts into infecting others What evolutionary factors may be responsible for depression and panic disorder Deftly summarizing research on disorders ranging from allergies to Alzheimer's and from cancer to Huntington's chorea *Why We Get Sick* answers these questions and more The result is a book that will revolutionize our attitudes toward illness and will intrigue and instruct lay person and medical practitioners alike **Why**

Christians Get Sick George Malkmus, 2011-07-28 With a diagnosis of colon cancer George Malkmus launched an intensive biblical and scientific search to find out why he a Christian got sick and to possibly find an alternative treatment to the medical profession's usually unsuccessful ones *Why Christians Get Sick* by George Malkmus is the most important book Christians can read after the Bible It delves into the questions of why we get sick and provides the Biblical answers With more than 150 Bible verses this book clearly shows how we can avoid sickness and disease and experience superior health through a natural diet and lifestyle People the world over have been transformed by the truth of the teachings found in this book [George C. Williams and Evolutionary Literacy](#) Michael P. Cohen, 2022-09-28 In this book a case study of a humanistic reading of an essential evolutionary theorist George C Williams May 12 1926 September 8 2010 the author

contends that certain classic works of evolutionary theory and history are the most important nature writing of recent times
 What it means to be scientifically literate is essential for humanistic scholars who must ground themselves with literary
 reading of scientific texts As the most influential American evolutionary theorist of the second half of the twentieth century
 Williams masters critique frames questions about adaptation and natural selection and answers in a plain aphoristic writing
 style Williams aims for parsimony to recognize adaptation at the level necessitated by the facts and no higher through a
 minimalist writing style This voice articulates a powerful process that operates at very low levels by blind and selfish chance
 at the expense of its designed products using purely trial and error The Current Issue ,1908 **Why We Get Sick**
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