

## Decolonizing the Diet: Nutrition, Immunity, and the Warning from Early America (Hardback)



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### ***Reviews***

*An incredibly great book with perfect and lucid answers. Better then never, though i am quite late in start reading this one. You will not sense monotony at whenever you want of the time (that's what catalogues are for relating to if you question me).  
(Nannie Lindgren Jr.)*

## DECOLONIZING THE DIET: NUTRITION, IMMUNITY, AND THE WARNING FROM EARLY AMERICA (HARDBACK)

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Anthem Press, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. Decolonizing the Diet challenges the common claim that native American communities were decimated after 1492 because they lived in virgin soils that were distinct from those in the Old World. Comparing the European transition from Paleolithic hunting and gathering with native American subsistence strategies before and after 1492, this book offers a new way of understanding the link between biology, ecology and history. After examining the history and bioarchaeology of ancient Europe, the ancient Near East, ancient native America and Europe during the medieval Black Death, this book sets out to understand the subsequent collision between indigenous peoples and Europeans in North America from 1492 to the present day. Synthesizing the latest work in the science of nutrition, immunity, and evolutionary genetics with cutting edge scholarship on the history of indigenous North America, this book highlights a fundamental model of human demographic destruction--Human populations have been able to recover from mass epidemics within a century, whatever their genetic heritage. They fail to recover from epidemics when their ability to hunt, gather and farm nutritionally dense plants and animals is diminished by war, colonization and cultural destruction. The history of native America before and after 1492 clearly shows that biological immunity is contingent on historical context, not least in relation to the protection or destruction of long-evolved nutritional building blocks that underlie human immunity. Decolonizing the Diet cautions against assuming that certain communities are more prone to metabolic syndromes and infectious diseases, whether due to genetic differences or a comparative lack of exposure to specific pathogens. This book refocuses our understanding on the ways in which human interventions--particularly in food production, nutritional accessibility and ecology--have exacerbated demographic decline in the face of disease; both in terms of...



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