

The Fragile Wisdom An Evolutionary View On Womens Biology And Health

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The Fragile Wisdom An Evolutionary

"The antithesis of the diet and get-fit-quick books we're bombarded with at this time of year, The Fragile Wisdom: An Evolutionary View on Women's Biology and Health by Grazyna Jasienska is an engaging examination of how our hormonal and reproductive systems are attuned to our evolving circumstances. Don't expect instant solutions—Jasienska suggests our bodies are not so much 'wise' but 'confused' as they adapt to whatever life has thrown at us over the generations.

The Fragile Wisdom: An Evolutionary View on Women's ...

In The Fragile Wisdom, Jasienska offers new insights into evolutionary trade-offs between reproductive viability and other aspects of a woman's health. The book includes well-researched (48 pages of references) analyses of Paleolithic dietary patterns as well as hormonal fluctuations that support fertility of younger women and place these same women at risk for postmenopausal cancers of their reproductive organs.

The Fragile Wisdom: An Evolutionary View on Women's ...

In The Fragile Wisdom, Grazyna Jasienska provides an evolutionary perspective on the puzzle of why disease prevention among women is so frustratingly difficult. Modern women, she shows, are the unlucky victims of their own bodies' conflict of interest bet So many women who do everything right to stay healthy still wind up with breast cancer, heart disease, or osteoporosis.

The Fragile Wisdom: An Evolutionary View on Women's ...

The Fragile Wisdom brings the biology and anthropology of sex differences to life by taking an evolutionary perspective on why certain health problems that never affected our ancestors, plague women today. A biological anthropologist specializing in reproductive ecology, Grazyna Jasienska postulates that women's biology and health are evolutionarily distinct from men's because of the relative energetic investment in reproduction and consequently executes her analysis of medical questions ...

The Fragile Wisdom: An Evolutionary View on Women's ...

The Fragile Wisdom: An Evolutionary View on Women's Biology and Health Grazyna Jasienska. Harvard Univ., \$35 (319p) ISBN 978-0-674-04712-9 %%BUY_BOX(978-0-674-04712-9,1,,The Fragile Wisdom: An ...

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The Fragile Wisdom — Grazyna Jasienska | Harvard ...

The Fragile Wisdom: An Evolutionary View on Women's Biology and Health. By Grazyna Jasienska. 336 pp. Cambridge, MA: Harvard University Press. 2013. \$35.00 (cloth or ebook).

(PDF) The Fragile Wisdom: An Evolutionary View on Women's ...

The Fragile Wisdom: An Evolutionary View on Women's Biology and Health. By Grazyna Jasienska. Cambridge (Massachusetts): Harvard University Press. \$35.00. ix + 317 p ...

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The Fragile Wisdom: An Evolutionary View on Women's ...

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Amazon.com: Customer reviews: The Fragile Wisdom: An ...

Grazyna Jasienska's The Fragile Wisdom is a welcome addition to the literature on health and human biology through an evolutionary perspective. It gathers and synthesizes the multidisciplinary research related to women's health in evolutionary context and in doing so makes it abundantly clear why such a synthesis is worthwhile.

WOMEN'S HEALTH THROUGH AN EVOLUTIONARY LENS, Evolution ...

The Fragile Wisdombrings the biology and anthro- pology of sex differences to life by taking an evolution- ary perspective on why certain health problems that never affected our ancestors, plague women today.

Pharmacology for Women's Health

"Grazyna Jasienska's The Fragile Wisdom, subtitled An Evolutionary View on Women's Biology and Health, may well be the best of the lot. Jasienska—a professor at the Institute of Public Health at Jagiellonian University Medical College, in Krakow, Poland—could be described as an

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