

GENETICS, PHILOSOPHY

# CLASH BETWEEN OUR GENES & ENVIRONMENT

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The new book by Gibson “It Takes a Genome: How a Clash Between Our Genes and Modern Life Is Making Us Sick” raises some interesting points (from the [Amazon review](#))

Our genome is out of equilibrium, both with itself and its environment. Simply put, our genes aren’t coping well with modern culture. Our bodies were never designed to subsist on fat and sugary foods; our immune systems weren’t designed for today’s clean, bland environments; our minds weren’t designed to process hard-edged, artificial electronic inputs from dawn ’til midnight.

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