

PREFACE

This book poses questions such as how well humans are adapted for life today and makes the reader realise how unfit we are for living on our planet today. We are still the hunters we were one million years ago but we no longer hunt. Food is plentiful and all our characteristics that make us good hunters have turned against us. Genes that were essential for our survival as hunters are now our worst enemies, responsible for atherosclerosis leading to heart attacks and strokes. Now we can even manipulate our genetic design and blueprint, and yet the design is still that of a hunter.

The ED/EC (evolutionary designs/ present environmental conditions) disbalance is a major cause of diseases. Many of our primitive instincts confuse us (despite education) into “bad-habits” in terms of modern life. One million years ago the need and the desire could have been essential. Today the need and desire are not essential and may be a danger. Inherited characteristics offering an advantage to the hunter become adverse in the post-reproductive period. Practical advice is offered on altering lifestyle, getting genetic information from the medical family history and on screening programmes. The “cradles of mankind” and our “African Edens”, areas which are our evolutionary ground have many lessons for us. It is a joy to read this book. In doing so we understand ourselves better and begin to get glimpses of where we, as hunters, may be heading for.

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