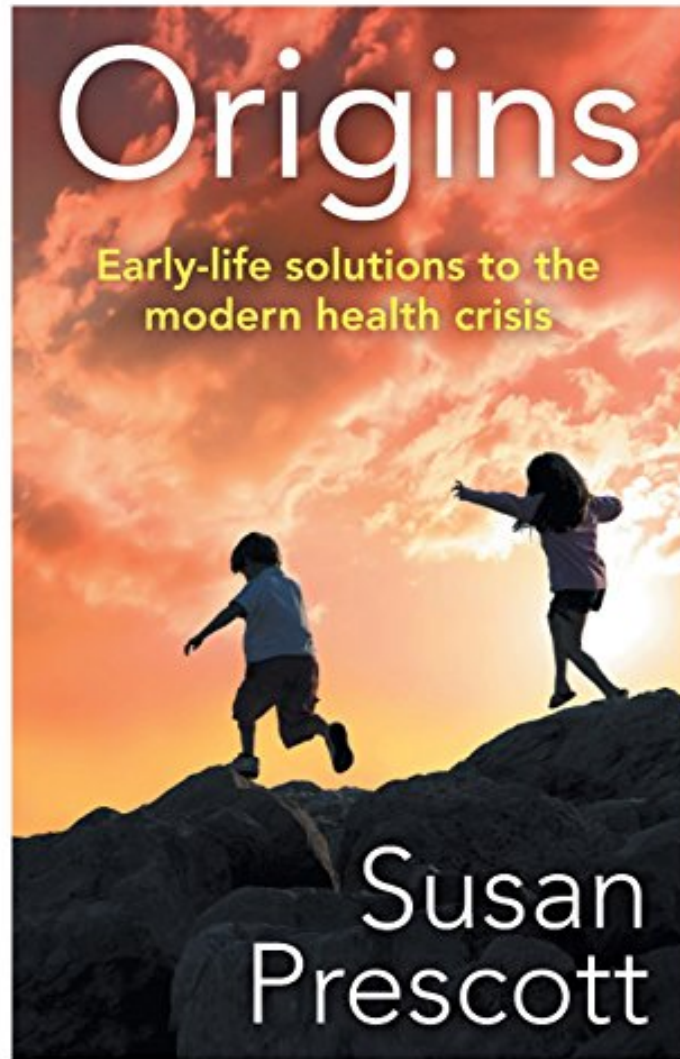


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## Origins: Early-life solutions to the modern health crisis

*Susan Prescott*

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**Susan Prescott : Origins: Early-life solutions to the modern health crisis** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Origins: Early-life solutions to the modern health crisis:

2 of 2 people found the following review helpful. Origins is Brilliant! Already a Classic By Alan C. Logan We are living in an era where cartloads of books are overselling emerging epigenetic and microbiome research; hardcover, paperback and kindle books galore, many, if not most of them, making promises of "cures" based on detailed but

largely unproven interventions. *Origins* is not one of those books. The discussions are far more deeply rooted in how we could go about PREVENTING the very things we need to be cured. Susan L. Prescott provides cutting edge information concerning the ways in which we could help turn off the faucet of non-communicable diseases. And that faucet is wide open at the moment, it desperately needs to be shut. Every research arrow suggests that the place to get to work is in early life. As Dr Prescott describes, healthy aging is a discussion of early life. The superhighway to virtually every chronic medical condition is paved early in life, and if only we had a greater appreciation of that fact, perhaps we wouldn't need to throw all sorts of costly and questionable interventions at the full-fledged problems once they fully appear in the fast lane. This book will be appealing to both interested lay readers and medical/science professionals. It is a rare hybrid book that covers detailed discussions of epigenetics, telomere length and the microbiome in very clear and concise ways. Since Dr Prescott is both a PhD scientist and a medical doctor specializing in allergy/immunity, she understands the desperation of patients who ask for quick solutions. She also understands science, and what is (and is not) ready for prime time. Thus, as with all of Dr Prescott's previous works, there is never an overpromise. At the same time, there are plenty of discussions concerning the importance of dietary quality, lifestyle habits, natural environments/beneficial microbes and, in another play off the word *Origins*, our ancestors. *Origins* is destined to be a classic. The first and only book in the category of developmental *Origins* of health and disease that could be both a required textbook and/or an interesting read for anyone concerned about our planet and the generations that will follow.

The field of epigenetics is revolutionizing our understanding of how environment shapes our genes. Dr. Susan Prescott is a leading childhood immunologist who shows how the application of epigenetics through Developmental *Origins* of Health and Disease (DOHaD) is changing scientific research and public health. A poor start to life is associated with an increased risk of disorders throughout life, including cardiovascular disease, obesity, type 2 diabetes and metabolic disturbances, osteoporosis, chronic obstructive lung disease, some forms of cancer, and some mental illnesses. The environment in which early life develops - at conception, and/or during fetal life, infancy, and early childhood - induces changes in development that have a long term impact on later health and disease risk. Parental lifestyle, diet, smoking, obesity, as well as exposure to endocrine disruptor chemicals and toxins, have all been shown to modulate disease risk. The effects of such exposures are often graded and subtle - they do not simply disrupt development or induce disease themselves - but can affect how rapidly disease develops in an individual. However, timely interventions may reduce such risk in individuals and also limit its transmission to the next generation. DOHaD has significant implications for many societies and for global health policy. Therefore, in this book, Dr. Prescott explains the research and shows how a focus on early life - in health promotion, the exchange of knowledge between policymakers, clinical and basic scientists and the wider public, and education and training - will build capacity to assist a healthy start to life across populations. [Subject: Health, Medicine, Pediatrics, Biology, Public Policy]