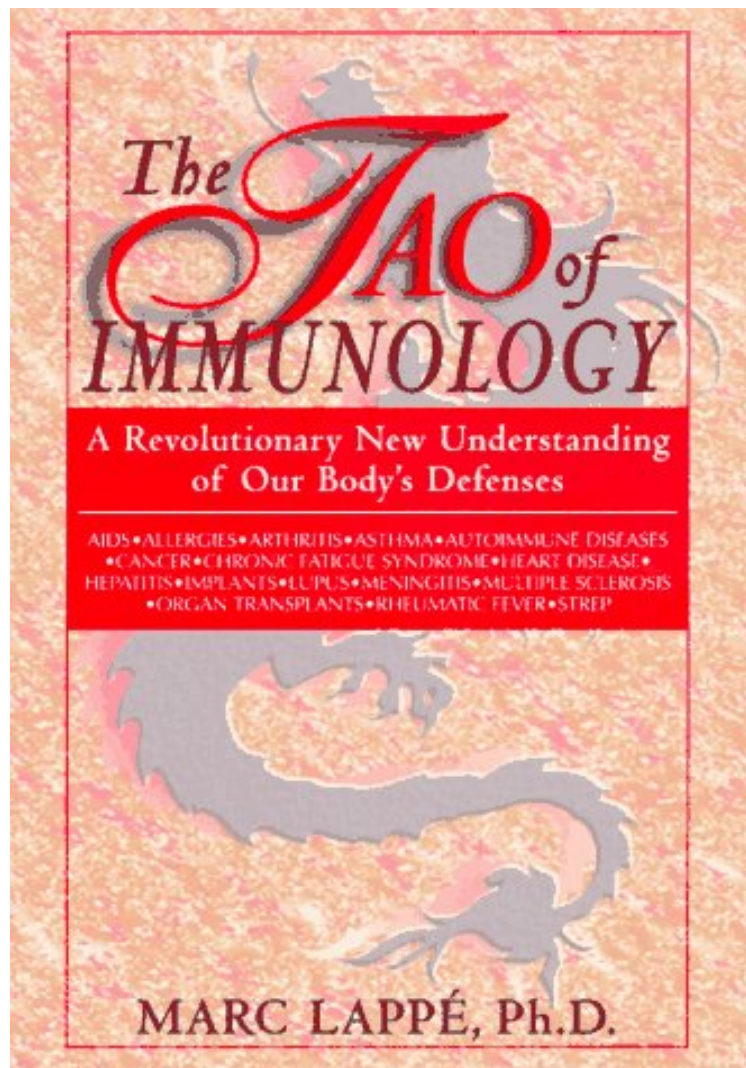


[Download free ebook] The Tao of Immunology: A Revolutionary New Understanding of Our Body's Defenses

## The Tao of Immunology: A Revolutionary New Understanding of Our Body's Defenses

Marc Lapp

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**Marc Lappé : The Tao of Immunology: A Revolutionary New Understanding of Our Body's Defenses** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Tao of Immunology: A Revolutionary New Understanding of Our Body's Defenses:

14 of 14 people found the following review helpful. A book with an interesting thesis, but very poor science. By snitkofg@panther.acp.edu This book begins with the thesis that the immune system has elements of good and bad,

depending on the situation. This is an excellent starting point and one I use often with my classes. However, Dr. Lappe does not have the depth of knowledge he needs to make me want to read further. Technically incorrect statements (for example, Herpes virus is an RNA virus and IgE has 4 antigen binding sites) degrade the import of his ideas. I cannot recommend this book to my students or the lay public, because of Lappe's basic science errors. In addition, these errors may cause the scientific community to disregard important ideas that are needed to to bring western allopathic medicine closer to the healing traditions found in eastern and native cultures. 1 of 5 people found the following review helpful. great!By A Customergreat

Dr. Marc Lappe crafts a radical new theory of immunity that stresses the concept of balance, and is remarkable for accommodating both Eastern and Western thought. Embracing the sense of harmony found in the Tao Te Ching, he asserts that the best possible immune system is neither hyperaggressive nor hypervigilant, since that type of system's overreactions can ravage healthy organs and cells along with the weak. He laments that scientists' Western bias of seeing the immune system solely as a destroyer and an attacker has led to the prevailing Maginot Line mentality that prevents us from dealing more knowledgeably and effectively with a wide range of devastating disease. The most desirable type of immune system is not highly reactive, but moderate and balanced. Cancer, heart disease, AIDS, arthritis, diabetes, Epstein-Barr virus, asthma, hepatitis, lupus, meningitis, multiple sclerosis, rheumatic fever, allergies, and reactions to implants and organ transplants are just some of the life-threatening and debilitating diseases and reactions that Dr. Lappe covers in his encompassing new theory. He moreover shows a link between impaired immunity and the ultraviolet radiation and chemicals invading our environment, as well as to the stresses that make up modern life.

.com One of the worst assumptions we can make, Marc Lappe suggests, is that human biology is perfectible. We'll read any magazine article that promises a new way to "strengthen" our immune systems, but in reality, strengthening it may be the worst thing we can do. (Not that the information in a typical magazine article would help you achieve that goal in the first place.) In fact, a weaker immune system may actually help protect a body against its greatest threat, which is the hyperexcitable immune system itself. Lappe's theories are based on decades of scientific research, but they ultimately support a basic tenet of Taoism: the more we muck around with nature, the more we encourage disease and disorder.