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Changing Planet, Changing Health: How the Climate Crisis Threatens Our Health and What We Can Do about It

Paul R. Epstein, Dan Ferber
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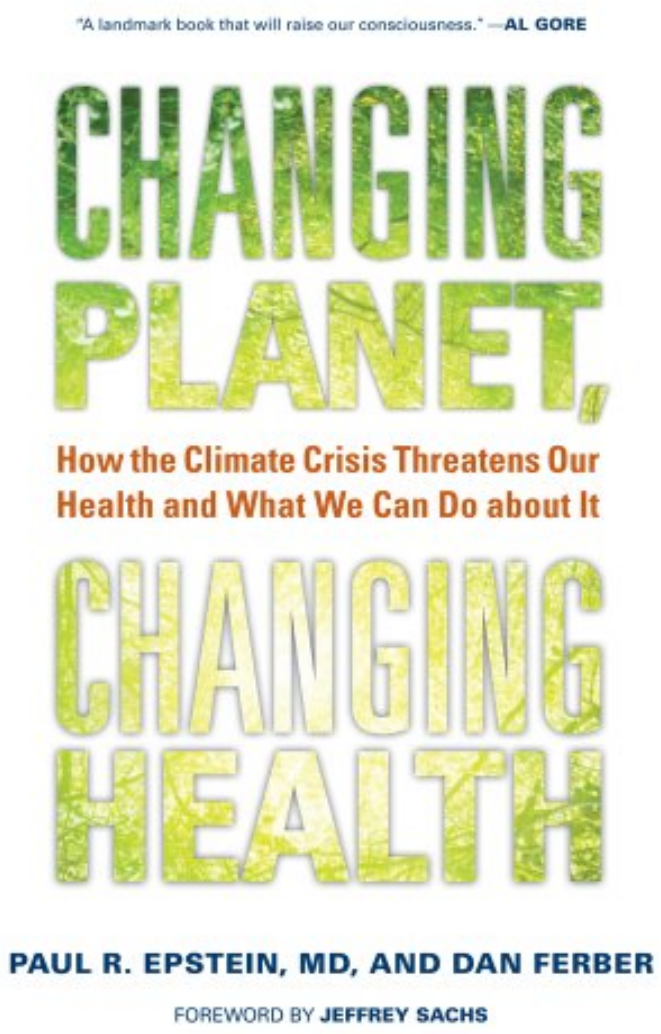

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#508584 in Books 2011-04-04Original language:EnglishPDF # 1 9.00 x .86 x 6.00l, 1.06 #File Name: 0520272633368 pages | File size: 53.Mb

Paul R. Epstein, Dan Ferber : Changing Planet, Changing Health: How the Climate Crisis Threatens Our Health and What We Can Do about It before purchasing it in order to gage whether or not it would be worth my time, and all praised Changing Planet, Changing Health: How the Climate Crisis Threatens Our Health and What We Can Do about It:

0 of 0 people found the following review helpful. Adapt or else -- we have no choice.By CreaticsIf you're curious at all about the possible effects of climate change, this might be worth a read. The author is a doctor who is fascinated by an increase in infectious diseases once rare and now becoming more and more common. So what is the correlation? He begins noticing the changes in tidal temperatures and air currents and finds it relevant enough to change fields and enter a whole new territory. And slowly, the changes begin to make sense...mosquitoes are moving into higher altitudes, decimating birds that once controlled mites and other parasites; algae begins to bloom in areas once inhospitable. For those of you trying to put the pieces together, this book starts you in the right path, a preview of what may soon be our normal world, one in which we will have to adapt to new diseases and new organisms in our waterways and air. This book isn't so much a scare tactic as a reality...this stuff is indeed happening and if the reason is climate change, so be it. But whatever the cause, the emphasis on this book is our changing health...it's happening and our planet will adapt, but will we?0 of 0 people found the following review helpful. Humane MD makes climate change health effects vividly clearBy Katherine ForrestThe author, the late Dr. Paul Epstein, traveled the world and had seen first hand much of what he wrote about. Further, he was connected to scientists, technical experts, and government leaders around the world. I bought the book because of the eulogies spoken by his colleagues at the American Public Health Ass'n meeting in October, 2012. Epstein's major emphasis in this book is people's lives--people everywhere, from a small African village, to post-Katrina New Orleans, to a mining town in Honduras, to New York City. He uses a single individual's unusual symptoms, a local agricultural problem, or an unexpected observation (e.g., a dying pine tree in the mountains in western Canada) as a springboard for explaining what is going on around the world as more and more carbon is released into the earth's admosphere and our planet warms. The evidence of widespread, sublte chchanges all around the world makes it clear that countless lives are already being impacted by the climate crisis and the effects will continue to mount. This is a good book for non-scientists, as well as those with scientific or medical training. It is likely to appeal to those who prefer stories and verbal pictures to technical details--which is most of us. And one doesn't have to be a confirmed believer in climate change to get into it--an open mind and curiosity are enough.9 of 10 people found the following review helpful. Informative Book!By Book SharkChanging Planet, Changing Health by Paul R. Epstein, MD, and Dan Ferber"Changing Planet, Changing Health" is an excellent book about how climate change harms our health now , and how it will devastate us in the future unless we transform society and our global economy. This insightful 368-page book is composed of the following thirteen chapters: 1. Mozambique, 2. The Mosquito's Bite, 3. Sobering Predictions, 4. Every Breath You Take, 5. Harvest Trouble, 6. Sea Change, 7. Forests in Trouble, 8. Storms and Sickness, 9. The Ailing Earth, 10. Gaining Green by Going Green, 11. Healthy Solutions, 12. Of Rice and Tractors, and 13. Rewriting the Rules.Positives:1. A comprehensive topic that was well researched.2. Engaging prose and accessible for the masses.3. Written with passion and conviction this book reads like a well crafted novel.4. The authors rely on sound science and their love for this planet to share some very important information.5. Great use of charts, illustrations and even great photos that further engages the reader into the topics of the book.6. This great book emphasizes the direct impact climate change has on our species, namely on our health.7. Great wisdom throughout this book.8. Great explanation of systems theory, and how it plays a vital role in addressing global issues.9. The fascinating story of cholera researcher Rita Colwell. Kudos to her!10. The importance of rain forests.11. A medical look at illnesses, epidemics and their relation to climate change. Great stuff!12. A historical look at the term greenhouse effect.13. So how do humans contribute to climate change? Find out in a comprehensive manner.14. The impact of El Nio, and why is it called that?15. So many great examples. The authors do a wonderful job of taking the reader to different parts of the world like Mozambique and Honduras. They proceed to explain with a luxury of details how climate change impacts their environments and how illnesses arise as a result of it.16. How big oil (as I like to call them) and their money purposely confuse the public by creating a global warning controversy. Global warmer deniers.17. Cholera, malaria, dengue, lyme disease, asthma, oh my...18. Great tidbits of knowledge throughout, did you know Rubisco is the most common protein on Earth? You do now.19. The wonders of evolution never ceases to amaze me. Some great examples...20. The impact of global warming and our food source.21. The link between our ocean and our health.22. Oysters, a keystone species, who knew?23. Coral reefs and how they are being threatened.24. Whitebark pine, another keystone species, find out why.25. What part of the U.S. has been hit the hardest by global warming...find out.26. We need more people like Dr. Juan Almendares.27. Global warming and links to extreme weather.28. Politics and its impact on how we deal with global warming. Some insightful stuff, including scandals.29. What factors can cause climate to change rapidly?30. Our living planet a unique look.31. The impact of global warming and economics.32. Why nuclear energy, clean coal and biofuels are not good for people.33. Chicago as a work in progress in turning itself into a green city.34. Keynes enormous influence through his proposed method of economic development, the Third Way.35. The uncoupling of the value of the dollar to gold and its impact. Interesting.36. How deregulation impacted our economy. The Washington Consensus.37. How we can address our problems. Many excellent guidelines.38. The web of relationships.39. Policies for sustainability.40. The links worked great.Negatives:1. Some people might be turned off by the politics but I consider it necessary and integral part of the book.In summary, what an excellent and informative book. Insightful, educational and inspirational. This book's unique perspective on health was a much needed contribution to climate

change and much thanks go out to these wonderful people for writing such a great book. Get this book, I highly recommend it!Further recommendations: " The Weather of the Future" by Heidi Cullen, "The Crash Course" by Chris Martenson, "Warnings: The True Story of How Science Tamed the Weather" by Mike Smith, "Merchants of Doubt" by Erik M. Conway, "Science Under Siege" by Kendrick Frazier, and "Storms of my Grandchildren" by James Hansen.

Climate change is now doing far more harm than marooning polar bears on melting chunks of iceit is damaging the health of people around the world. Brilliantly connecting stories of real people with cutting-edge scientific and medical information, Changing Planet, Changing Health brings us to places like Mozambique, Honduras, and the United States for an eye-opening on-the-ground investigation of how climate change is altering patterns of disease. Written by a physician and world expert on climate and health and an award-winning science journalist, the book reveals the surprising links between global warming and cholera, malaria, lyme disease, asthma, and other health threats. In clear, accessible language, it also discusses topics including Climategate, cap-and-trade proposals, and the relationship between free markets and the climate crisis. Most importantly, Changing Planet, Changing Health delivers a suite of innovative solutions for shaping a healthy global economic order in the twenty-first century.

If ever there was a book that ought to be on everybodys reading bucket list this is it.