



The Hungry Gene: The Science of Fat and the Future of Thin

By Ellen Ruppel Shell



The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell

Americans spend \$33 billion annually on diet and exercise programs, yet we are fatter than ever -- and it's killing us. According to a recent Surgeon General's report, more than 60 percent of Americans are overweight, including a growing number of children, all of whom face such increased, potentially life-threatening health risks as hypertension, diabetes, and heart disease. The Hungry Gene takes an unflinching look at the spreading obesity pandemic, guiding readers through the ongoing quest to unravel the genetic and behavioral basis of one of the most vexing scientific mysteries of our time. Acclaimed science journalist Ellen Ruppel Shell goes to the front lines of the struggle against fat -- from the quiet facility in Maine where the first superobese mice were bred more than thirty years ago, to Rockefeller University in New York where scientists worked around the clock to isolate the gene that causes obesity. Along the way Shell looks at how medicine is dealing with the fat crisis with radical and controversial surgical techniques, what the incidence of mordant obesity among native islanders in Micronesia tells us about its evolutionary roots, and how drug companies are racing to create a pill to cure this "Trillion Dollar Disease." She also takes aim at the increasingly obesity-enabling culture that lies behind the crisis -- from the expanding suburban sprawl that has fostered America's car-centered sedentary lifestyle to the fast-food marketers who prey on the jammed schedules of today's two-income families. Weaving science, history, and personal stories, the narrative builds to a powerful conclusion that reveals how we can beat the obesity pandemic before it beats us. Gripping and provocative, The Hungry Gene is the unsettling saga of how the world got fat -- and what we can do about it. "An indefatigable reporter with a novelist's sense of character and drama ..." -- John Horgan, author of The End of Science

 [Download The Hungry Gene: The Science of Fat and the Future ...pdf](#)

 [Read Online The Hungry Gene: The Science of Fat and the Futu ...pdf](#)

The Hungry Gene: The Science of Fat and the Future of Thin

By Ellen Ruppel Shell

The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell

Americans spend \$33 billion annually on diet and exercise programs, yet we are fatter than ever -- and it's killing us. According to a recent Surgeon General's report, more than 60 percent of Americans are overweight, including a growing number of children, all of whom face such increased, potentially life-threatening health risks as hypertension, diabetes, and heart disease. The Hungry Gene takes an unflinching look at the spreading obesity pandemic, guiding readers through the ongoing quest to unravel the genetic and behavioral basis of one of the most vexing scientific mysteries of our time. Acclaimed science journalist Ellen Ruppel Shell goes to the front lines of the struggle against fat -- from the quiet facility in Maine where the first superobese mice were bred more than thirty years ago, to Rockefeller University in New York where scientists worked around the clock to isolate the gene that causes obesity. Along the way Shell looks at how medicine is dealing with the fat crisis with radical and controversial surgical techniques, what the incidence of mordant obesity among native islanders in Micronesia tells us about its evolutionary roots, and how drug companies are racing to create a pill to cure this "Trillion Dollar Disease." She also takes aim at the increasingly obesity-enabling culture that lies behind the crisis -- from the expanding suburban sprawl that has fostered America's car-centered sedentary lifestyle to the fast-food marketers who prey on the jammed schedules of today's two-income families. Weaving science, history, and personal stories, the narrative builds to a powerful conclusion that reveals how we can beat the obesity pandemic before it beats us. Gripping and provocative, The Hungry Gene is the unsettling saga of how the world got fat -- and what we can do about it. "An indefatigable reporter with a novelist's sense of character and drama ..." -- John Horgan, author of The End of Science

The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell Bibliography

- Sales Rank: #1749337 in Books
- Published on: 2002-10
- Original language: English
- Number of items: 1
- Dimensions: 1.19" h x 6.30" w x 9.52" l, .1 pounds
- Binding: Hardcover
- 256 pages

 [Download The Hungry Gene: The Science of Fat and the Future ...pdf](#)

 [Read Online The Hungry Gene: The Science of Fat and the Futu ...pdf](#)

Download and Read Free Online The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell

Editorial Review

From Publishers Weekly

More than 1.1 billion people worldwide are overweight or obese. How and why did the world get so fat? Shell, a journalist and codirector of the Program in Science Journalism at Boston University, explores the issue from many angles including the roles of genetics, pharmaceutical companies, the food industry and social class. She charts the growth in scientific research on obesity and obesity treatments in the last decade (from stomach stapling to the notoriously dangerous drug Fen-Phen), explaining the biology of metabolism that makes it so difficult to circumvent the body's appetite. Shell also explores the lifestyle culprits behind obesity, traveling to Micronesia to document the residents of the island of Kosrae, whose average life span has plummeted in recent years due to the introduction of high-fat Western food. Though she lucidly explains the physiology of fat, Shell fills the book with chatty profiles of patients and doctors ("Rudy Leibel is a small man and trim... He has a degree in English literature, and a weakness for poetry") and her prose reads like that of a glossy magazine. There is also much in the book that may be familiar to readers; the spotlights on new obesity treatments are compelling, but it will come as no surprise that too much high-fat, calorie-dense food and too little exercise trigger obesity. On the other hand, given that Big-Tobacco-style class-action lawsuits against fast food companies are under consideration, some may find Shell's arguments for the regulation of junk-food TV advertising, among other measures, timely and provocative.

Copyright 2002 Cahners Business Information, Inc.

From Library Journal

This is not quick-fix diet book. It's a science journalist's study of why we are fatter than ever (60 percent of Americans should be skipping dessert today) and what is being done about it.

Copyright 2002 Reed Business Information, Inc.

From [Booklist](#)

Science journalist Shell brings science, history, and economics to bear in this penetrating look at how and why an increasing number of people in developed nations are obese and what can be done about it. Shell outlines the life-threatening illnesses posed by obesity--hypertension, diabetes, and heart disease. She explores historic public and medical opinions on obesity--from attributing it to lack of moral fortitude to classifying it as a genetic disorder--and the various cures, including starvation and stomach stapling. Shell also offers a fascinating cast in the scientists, doctors, and patients who are tracking down the causes of obesity. Despite the general lack of public sympathy for the obese, the predicted profits to be made on weight reduction are fueling a growing conflict between scientific discovery and commercial interests.

Readers interested in health and science will enjoy this fascinating book, although be forewarned that some descriptions may be too graphic for some readers' tastes. *Vanessa Bush*

Copyright © American Library Association. All rights reserved

Users Review

From reader reviews:

Mary Rohan:

Why don't make it to become your habit? Right now, try to prepare your time to do the important act, like looking for your favorite book and reading a e-book. Beside you can solve your condition; you can add your

knowledge by the e-book entitled The Hungry Gene: The Science of Fat and the Future of Thin. Try to stumble through book The Hungry Gene: The Science of Fat and the Future of Thin as your buddy. It means that it can to become your friend when you feel alone and beside that course make you smarter than previously. Yeah, it is very fortunate for you. The book makes you much more confidence because you can know almost everything by the book. So , let us make new experience and also knowledge with this book.

Eric McDonald:

Book is usually written, printed, or illustrated for everything. You can know everything you want by a publication. Book has a different type. As you may know that book is important point to bring us around the world. Close to that you can your reading proficiency was fluently. A reserve The Hungry Gene: The Science of Fat and the Future of Thin will make you to always be smarter. You can feel much more confidence if you can know about almost everything. But some of you think in which open or reading a book make you bored. It is not make you fun. Why they can be thought like that? Have you looking for best book or acceptable book with you?

Michelle Dewees:

Are you kind of hectic person, only have 10 or perhaps 15 minute in your time to upgrading your mind expertise or thinking skill possibly analytical thinking? Then you are having problem with the book than can satisfy your small amount of time to read it because pretty much everything time you only find publication that need more time to be read. The Hungry Gene: The Science of Fat and the Future of Thin can be your answer mainly because it can be read by you actually who have those short spare time problems.

Paul Breen:

As we know that book is vital thing to add our information for everything. By a guide we can know everything you want. A book is a list of written, printed, illustrated or perhaps blank sheet. Every year seemed to be exactly added. This reserve The Hungry Gene: The Science of Fat and the Future of Thin was filled in relation to science. Spend your free time to add your knowledge about your research competence. Some people has distinct feel when they reading a new book. If you know how big advantage of a book, you can sense enjoy to read a book. In the modern era like now, many ways to get book that you wanted.

Download and Read Online The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell #ZM4H8KWIYD9

Read The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell for online ebook

The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell books to read online.

Online The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell ebook PDF download

The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell Doc

The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell Mobipocket

The Hungry Gene: The Science of Fat and the Future of Thin By Ellen Ruppel Shell EPub