



A vida sem doenças (Portuguese Edition)

David B. Agus

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Uma vida longa, saudável, livre do sofrimento causado por enfermidades debilitantes — esse é objetivo perseguido por médicos, pesquisadores de diversas áreas e até por inovadores do mundo da tecnologia. Para o oncologista David B. Agus, professor da Universidade do Sul da Califórnia, a sociedade se encontra a poucos passos de uma revolução nos cuidados com a saúde, que vai transferir a ênfase do diagnóstico para a prevenção. Agus contesta mitos e ideias preconcebidas ao defender uma visão sistêmica sobre o funcionamento do corpo humano, um conjunto complexo. Com isso, ele aponta o caminho para um futuro sem doenças, em que cada indivíduo participa ativamente da administração da sua própria saúde, com cuidados personalizados, possíveis graças a novas disciplinas na área médica.

“O livro faz um bom uso de pesquisas médicas e de uma sofisticada compreensão da complexidade da fisiologia humana a fim de explicar métodos práticos para se evitarem doenças e aprimorar a saúde.” **The Washington Post**

“A vida sem doenças interessa a todos que buscam se manter em dia com as mais novas recomendações para a saúde — muitas vezes contraditórias. Sua visão otimista, dosada com um pouco de ceticismo, guia os leitores na direção certa.” **The Boston Globe**

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