

How to Survive a Pandemic How not to die in a pandemic Michael Greger MD Michael Greger

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a vital timely text on the viruses that cause pandemics and how to face them by the new york times bestselling author of how not to die as the world grapples with the devastating impact of covid 19 dr michael greger reveals not only what we can do to protect ourselves and our loved ones during a pandemic but also what human society must rectify to reduce the likelihood of even worse catastrophes in the future from tuberculosis to bird flu and hiv to coronavirus these infectious diseases share a common origin story human interaction with animals otherwise known as zoonotic diseases for their passage from animals to humans these pathogens both pre existing ones and those newly identified emerge and re emerge throughout history sparking epidemics and pandemics that have resulted in millions of deaths around the world how did these diseases come about and what if anything can we do to stop them and their fatal march into our countries our homes and our bodies in how to survive a pandemic dr michael greger physician and internationally recognized expert on public health issues delves into the origins of some of the deadliest pathogens the world has ever seen tracing their evolution from the past until today dr greger spotlights emerging flu and coronaviruses as he examines where these pathogens originated as well as the underlying conditions and significant human role that have exacerbated their lethal influence to large and even global levels

von tuberkulose über die vogelgrippe bis zu hiv und covid 19 immer wieder lösen neuartige erreger pandemien aus und führen zu millionen von toten wie entstehen diese hochinfektiösen krankheiten was können wir tun um ihren ausbruch zu verhindern seit jahrzehnten erforscht der allgemeinarzt und gesundheitsexperte dr michael greger gefährliche bis tödliche viren und deren ursprung fundiert und anschaulich beschreibt er ihre entwicklung und zeigt auf welche rolle der mensch bei der globalen ausbreitung spielt während weltweit gegen die verheerenden auswirkungen von covid 19 angekämpft wird liefert er einen leitfaden wie wir uns vor der aktuellen bedrohung schützen können und erklärt wie die entstehung von pandemieviren im keim erstickt werden kann um zukünftige katastrophen zu

verhindern

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