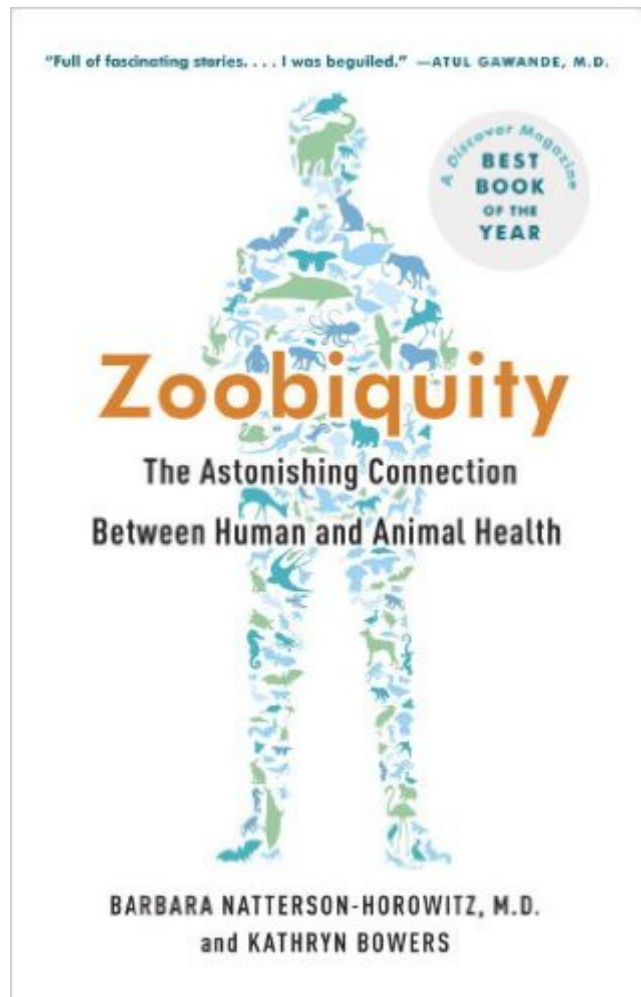


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# Zoobiquity: The Astonishing Connection Between Human And Animal Health



## Synopsis

New York Times Bestseller • A Discover Magazine Best Book of 2012 • An O, The Oprah Magazine Summer Reading Pick • Finalist, 2013 AAAS/Subaru SB&F Prize for Excellence in Science Books

Do animals overeat? Get breast cancer? Have fainting spells? Inspired by an eye-opening consultation at the Los Angeles Zoo, which revealed that a monkey experienced the same symptoms of heart failure as her human patients, cardiologist Barbara Natterson-Horowitz embarked upon a project that would reshape how she practiced medicine. Beginning with the above questions, she began informally researching every affliction that she encountered in humans to learn whether it happened with animals, too. And usually, it did: dinosaurs suffered from brain cancer, koalas can catch chlamydia, reindeer seek narcotic escape in hallucinogenic mushrooms, stallions self-mutilate, and gorillas experience clinical depression. Natterson-Horowitz and science writer Kathryn Bowers have dubbed this pan-species approach to medicine zoobiquity. Here, they present a revelatory understanding of what animals can teach us about the human body and mind, exploring how animal and human commonality can be used to diagnose, treat, and heal patients of all species.

## Book Information

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## Customer Reviews

The authors define ZOOBQUIITY as a connecting species spanning approach to the diagnostic challenges and therapeutic puzzles of clinical medicine. Just a few of the many interesting inter-species connections discussed include that:

1. Rhinos get leukemia
2. Melanoma occurs in

many animals from penguins to buffaloes<sup>3</sup>. Koalas contract chlamydia - in fact, it is decimating them<sup>4</sup>. Like humans, animals binge-eat, hoard food, and eat in secret at night<sup>5</sup>. Octopi and stallions among other species engage in self mutilation<sup>6</sup>. Chimpanzees in the wild can suffer from depression<sup>7</sup>. Many different species use plants to self medicate, including hallucinogens to feel better mentally<sup>8</sup>. Animals do commit suicide, especially those with terminal parasitic infections<sup>9</sup>. There was even evidence of dinosaurs having developed brain cancer. As an animal lover, especially of dogs and horses, I was pleased to find out that in 2012 the Canine Lifetime Health Project was begun to study the health and especially cancer in the 3000 Golden Retrievers signed up by their owners. This is the doggy equivalent of the famous Framingham Health Study for humans. An interesting side note to this area is that Beagles and Dachshunds were the least likely canine breeds to develop cancer, while unfortunately Boxers lead the list in developing mast cell tumors, which are quite rare in humans, and Chow Chows commonly get gastric carcinomas and melanomas. In the chapter titled ROAR-GASM the author informs us that "[Sex in animals as in humans] is not always linked to reproduction. In fact, it could be argued that the vast majority of sexual activity in animals does not have procreation as a goal.

**Zoobiquity: What Animals Can Teach Us About Health and the Science of Healing** by Barbara Natterson-Horowitz and Kathryn Bowers "Zoobiquity" is the outstanding book that introduces a new approach on how to improve the health of both human and animal patients. This is a beautifully written book that captures the love of science, the advantages of cooperation with the ultimate purpose of serving all living kind. Dr. Barbara Natterson-Horowitz and staff editor Kathryn Bowers will take the reader on a wonderful and enlightening scientific journey through the animal kingdom with a focus on health. This excellent 320-page book is composed of the following twelve chapters: 1. Dr. House, Meet Doctor Dolittle, 2. The Feint of Heart, 4. Jews, Jaguars, and Jurassic Cancer, 4. Rour-gasm, 5. Zoophoria, 6. Scared to Death, 7. Fat Planet, 8. Grooming Gone Wild, 9. Fear of Feeding, 10. The Koala and the Clap, 11. Leaving the Nest and 12. Zoobiquity. Positives: 1. What a fun and enlightening book this was! 2. Extensively researched and well executed book. 3. Great accessible science writing. Engaging, educational and humorous. The authors treated this topic with the utmost respect and care. 4. A fascinating topic, learning about our relatives in the animal kingdom helps bring light to all species including ours. 5. Establishes early on the new approach to health that will benefit both human and all animal kind, Zoobiquity. 6. It's a journey through the animal kingdom. What makes this book great is the number of interesting medical stories in the animal kingdom and how it relates to humans. Bravo! 7.

First off, I must admit that I have not yet finished the book. I'm only on the cancer section, and I'm not sure if I will finish it. Initially I was really excited to find this book (I have the kindle audio edition), because I'm a Laboratory Animal Veterinarian, so I encounter and appreciate comparative medicine on a daily basis. But almost immediately, I was turned off by the author's repetitive and nauseating writing style- overuse of adjectives, subjectivity, egotism, etc. Furthermore, this book so far has NOT offered anything new. I realize that most people may not realize this, because they are not in the field of comparative medicine. And I would have no problem if the author simply chose to present the information in a book that is accessible to the everyday person. The author does do this, but that is not all she does- she claims that she is taking a new, 'zoobiquitous' approach that few people if any have done before. In fact, this is not a new approach at all and is done every day through comparative medicine studies, namely animal research, which the author makes quite clear that she is opposed to. But it becomes obvious that in her opposition to animal research, she has failed to recognize the many benefits that comparative animal research has provided (although she does make reference to research findings, but does not mention that those findings came from animal research). The entire book thus far exudes a sense of profoundness- as if the author is crossing uncharted territory.

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