Science, Physiology, and Nutrition for the Nonscientist (Morrill)

A wonderful blend of physiology, nutrition, biochemistry, genetics, biology, evolution, chemistry—what we all need to know as informed citizens. A basic knowledge of the life sciences and how our bodies work—to promote our own good health, especially as we're bombarded with misleading advertisements, soundbites, and the like. DNA fingerprinting, calorie requirements, dietary advice, genetic engineering (including gene editing with CRISPR cas9)—all in an easy-to-understand book.
1: Behind the Soundbite

2: Scientific Method

3: Chemistry
4: Dietary Recommendations

5: Energy-Providing Nutrients

6: Digestive Tract
7: Circulatory System

8: Atherosclerosis

9: Cells and Metabolism
10: Genes, Proteins, Viruses, Biotechnology

11: Dietary Protein

12: Cancer
13: Energy Requirements

14: Musculoskeletal System

15: Nervous System
16: Food Safety

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