



# Human Biology (Jones & Bartlett Learning Titles in Biological Science)

*Daniel D. Chiras*

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## **Human Biology (Jones & Bartlett Learning Titles in Biological Science) Daniel D. Chiras**

A Thoroughly Revised and Updated Edition of an Acclaimed Human Biology Text Designed for the undergraduate, non-science major, the thoroughly updated eighth edition of Human Biology, continues to present the latest information on the structure, function, health, and disease of the human body, while maintaining the central organizational theme of homeostasis. This acclaimed text explores the world from the cellular level, followed by a look at tissues and organs, and then moves on to a discussion of humans as organisms within a complex evolutionary and ecological environment. Dr. Chiras discusses the scientific process in a thought-provoking way that challenges students to become deeper, more critical thinkers. The focus on health and homeostasis allows students to learn key concepts while also assessing their own health needs and learning how to implement a healthy lifestyle. New to the thoroughly revised and updated Eighth Edition:

- Features a reorganized chapter layout so content on the circulatory system and blood are presented before the chapter on nutrition and digestion.
- Moved the expanded in-chapter key concepts from the beginning to the end of each section.
- Contains new information on numerous topics, including expanded coverage on nutrition and the importance of plant-based nutrients and plant sources of complete proteins, new information on the functions of the appendix, additional information on the benefits of breastfeeding, and new content on the causes and treatment of acne.
- New topics added to this edition include primary cilia, hormonal control of hunger, effective treatments for insomnia, use of organs from pigs to repair damaged organs, health benefits of omega-3 fatty acids, new information on HIV infections, genetic determination of sex, natural killer cells, and many more!

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