## Contents

	Authors' Note	xi
PART I	The Challenge and the Opportunity	
1	Ponce's Dream	3
2	Disease as a Medical Failure: A Transforming	
	Paradigm	9
3	Toward Exemplary Health	17
PART II	A Vortex of Discovery	
4	Health in the Age of the Omics	29
5	Taming the Wild Genome	39
6	The Epigenome: Disparate Identities and	
	Kinky Mouse Tails	49
7	Biomarkers and Biobanks	57
8	Zip Codes and Genetic Codes	69
9	Cyberhealth/Technohealth: Realities, Fantasies,	
	and Myths	77
10	Truth and Consequences	89
11	Resonance: Research = Health Care =	
	Research = Health Care	99

## Contents

PART III	Health vis-à-vis Disease: Moving the Target	
12	The Devils We Know	109
13	Evidence-Based Health	119
14	Good Drugs: Making Health Pills	129
15	Disrupting Medical Care: Realizing Predictive	
	Health	137
PART IV	The Broader View	
16	The Tyranny of Paradigm	159
17	Healthy People—Healthy Planet	173
18	Toward a Square Wave Life	183
	Epilogue: Life Is a Fatal Condition	189
	Notes	197
	Additional Reading	217
	Index	225