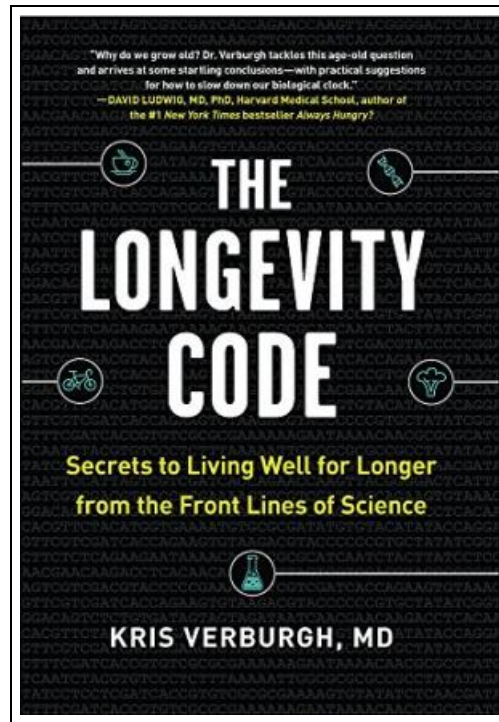


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Reviews

Totally one of the best publication I have got ever go through. It really is packed with knowledge and wisdom I discovered this pdf from my dad and i recommended this book to discover.

(Madisyn Kuhlman)

THE LONGEVITY CODE: SECRETS TO LIVING WELL FOR LONGER FROM THE FRONT LINES OF SCIENCE (HARDBACK)



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The Experiment LLC, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. A leading proponent of a bold new approach to slowing aging details the fast-developing science of longevity--and the steps we can take--at any age--to live well for longer We all know that we age--but do you know exactly how, and why? And do you wonder what you can do--whatever your age--to slow the process so you can live well, for longer? This book comprehensively answers these questions. Medical doctor and polymath scientist Kris Verburgh illuminates the biological mechanisms that make our bodies susceptible to heart attacks, strokes, dementia, diabetes, and other aging-related diseases. We learn about the crucial role of poorly functioning mitochondria, shortened telomeres, proteins and carbohydrates, and more. Having explained the aging process at work, Dr. Verburgh then provides the tools we need to slow it down: his scientifically backed Longevity Staircase. This simple yet innovative step-by-step method offers better health and a longer life span through nutrition--currently our best defense in the fight against aging and disease. And with each passing day, advances in biotechnology--once the stuff of science fiction--are emerging as part of the longevity code. Dr. Verburgh discusses how new types of vaccines, mitochondrial DNA, CRISPR proteins, and stem cells may help us slow and even reverse aging--now and in the future.



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