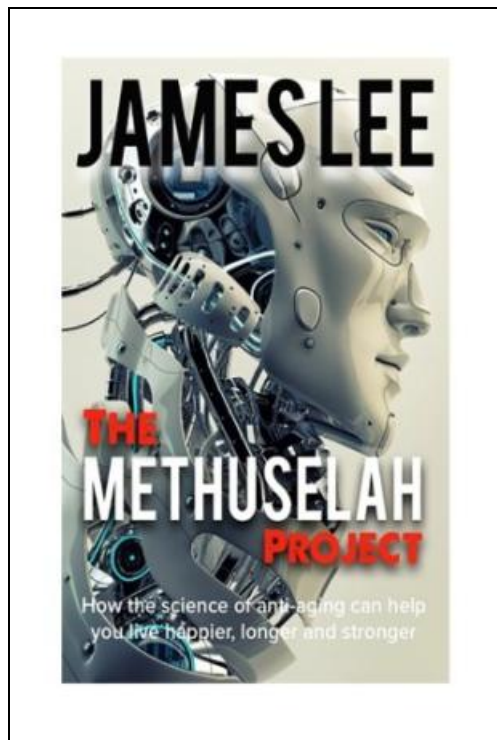


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Reviews




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Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you want to harness the latest advances in science to build a blueprint for a long life? In what is by far his most comprehensive work to date, James Lee (author of Brain 2.0 and Brain Hacks) has trawled through the latest research journals (and some older, lesser known studies) to identify the sources of premature aging and what you can do to increase your chances of living to 100 and beyond. Anti-aging should go beyond just the best anti-aging cream and encompass every aspect of life-extension and healthy aging. Lee takes you through the work that scientists are currently undertaking to pin down exactly why it is we age and what can we do about it. Many scientists believe that there is no theoretical upper limit to lifespan that cannot be overcome. Think about it - Why does a dog (which has a similar genetic makeup to humans) only live to around 15 years of age whereas we can reach an average of around 80? Why are certain animals like crustaceans theoretically immortal? As part of his research, Lee looks at some of the hot topics in anti-aging research such as - - Senescence - Sirtuins - Oxidative stress - Evolutionary theories of aging - Telomere shortening Plus information on how to utilise recent advancements in our understanding of mitochondrial dysfunction, inflammation and advanced glycation end-products (AGEs) and why you absolutely need to prevent the damage they can cause if you want to live a long and healthy life. Then, in the second part of the book, Lee looks at specific ways you can fight the various causes of aging, including - - Anti-aging foods -...

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