

JOSH MITTELDORF
& DORION SAGAN

CRACKING
THE
AGING CODE

THE NEW SCIENCE
OF GROWING OLD, AND
WHAT IT MEANS FOR
STAYING YOUNG



"The most original popular science book you're likely to read this year."
-Peter D. Kramer, Clinical Professor Emeritus of Psychiatry and Human Behavior at
Brown University and author of *Chatterbox* and *Learning to Drive*

Josh Mitteldorf

Cracking the Aging Code: The New Science of Growing Old - And What It Means for Staying Young



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A revolutionary examination of why we age, what this means for our health and wellness, and how we might just be able to battle it. In *Cracking the Aging Code*, theoretical biologist Josh Mitteldorf and award-winning article writer and ecological philosopher Dorion Sagan reveal that evolution and aging are even more complex and breathtaking than we originally thought. Maturing has evolved to help us adapt our development in a sustainable fashion in addition to prevent an ecological crisis from starvation, predation, pollution, or infection. Whenever a population grows too fast it can put itself at risk of a low cost wipeout. Rather, aging has an amazing evolutionary purpose: to stabilize populations and ecosystems, which are ever-threatened by cyclic swings that can result in extinction. Using meticulous multidisciplinary science, in addition to reviewing the history of our understanding about development, this book makes the case that ageing is not something that "just happens," neither is it the result of deterioration or a genetic inevitability. This dynamic new understanding of aging is provocative, entertaining, and pioneering, and will challenge the way we understand aging, death, and just what makes us human.



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A convincing case for aging as a genetic program Mitteldorf's theory of aging could be summed up the following. We are programmed to age group because it is beneficial to the species as a whole. So they promote the dogma of a 'free market,' not really because they have confidence in this or any ideology but because it supports the independence of the largest and the strongest to pillage everybody else. What does it mean to state that we are programmed to age group? Why is this even important?.. This makes aging a formidable foe since we are deeply wired to age. If some individuals could, through luck, neglect to age, they would quickly consider over the rest.. To be sure, the mainstream bias against group selection probably is definitely a barrier to acceptance of the aging theory, "...the root of the scientific community's failure to comprehend aging. Simultaneously, this shows that if we know enough about how your body keeps "its maturing clock", we could possibly reset it. An excellent study on the aging process An excellent book on an extremely challenging subject matter. Josh Mitteldorf has developed a new theory that clarifies all the data, as opposed to the 'traditional' theories presently in vogue which neglect to explain the evidence. Josh's reserve, among its many other strengths, is a studied examination of evolutionary concepts of aging, and how populations protect themselves from extinction by taking precautionary measures against overpopulation. I liked it so much that I purchased the hardcover. Personally I think that, much from being truly a flaw, that is a definite asset, in a great book. All in all, quite a superb book! I believe it somewhat distracts from the impact of his primary arguments on maturing. Super smart man and lays everything out in plain English. The central hypothesis of the book is that aging is a group-selected adaptation that serves to "stabilize ecosystems, to level the death count in good times and hard times. In fact, by the end he references his coming book *Cracking the Ageing Code* "for educational biologists. I desire Mitteldorf had opted into more technical fine detail on the scientific evidence--- maybe a chapter on the facts of his study. There is definitely something of an as-discussed-elsewhere taste to the exposition." That is a very interesting idea and I thought it was compellingly argued in this reserve. "There is a longstanding academic debate in the question of whether fitness selection pressure occurs in humans at an increased order of social organization compared to the individual, i.e. group selection. Because Mitteldorf's hypothesis is a kind of group selection, he will take it as necessary to defend the thought of group selection generally to support his particular hypothesis of aging." This is at least partly as the group selection controversy is often discussed in the context of this issue of human altruism. Mitteldorf wades into the controversy of whether strong altruism is a result of group level fitness selection pressure. This is a very interesting topic, however in my view distracts somewhat from his primary thesis on aging. To begin with, group selection in the broader sense has probably occurred in development. Quoting Eugene Koonin from *The Logic of Possibility*, "I posit that primordial development leading from small genetic elements to huge genomes much like the genomes of contemporary cellular life forms is apparently all but difficult without some type of group selection. Smart guy, interesting theories He is amazing. Plus, Mitteldorf convincingly argues that genetically programmed maturing happens in protists, nematodes, and fruitflies. None of the rides on the query of group selection for human being altruism. The authors favour epigenetics as a fundamental cause of aging. These are stem cells, telomeres lengthening, gene therapy amongst others. So in a book on the research of ageing we get some good gratuitous political assertions. First example, "If they told the truth about their motives, the rapacious corporate giants could hardly ever sell deregulation to an enlightened democracy. Aging assists prune the herd and keep carefully the food source abundant. Deservedly so since the science is indeed scanty. It begins to be a longish set of various things folks are attempting that may or might not pan out to prolong healthy lifespan. (I especially like Bowles and Gintis upon this, *A Cooperative Species: Human Reciprocity and its Evolution*. It describes the author's unique view on why aging is

present. It is likely that in early human beings intertribal conflict was a primary pressure stage for survival of the fittest group---kill the males of the neighboring tribe and steal their females and hunting grounds. Ingroup/outgroup psychology has been the foundation for unspeakable works of inhumanity. The study of human cooperation from the evolutionary perspective is the basis for a nascent evidence-based public policy, but it's early in the process. For instance, Elinor Ostrom's *Governing the Commons: The Development of Institutions for Collective Action* is definitely a primer on the topic of evidence-based public plan. It does not necessarily imply strong centralized regulation as the utmost efficient, fair or stable form of government. For the purposes of this book review I simply point out that altruism is an extremely complex topic far beyond the scope of the book. Mitteldorf's interaction with this issue is always perfunctory because it's actually off subject. which explains many queries raised by this most intriguing subject matter. Lastly is the topic of anti-aging remedies. It's exciting stuff; Plus they also comment on the researchers leading the way, which I found very useful because have now searched these people and may now go deeper into their function. But this topic is certainly sort of a footnote to the rest of the book. Historically, a significant section of the argument for the benignity of free of charge markets comes from the analogy with evolution. rather, it really is that the body is usually conspiring against us to destroy or kill us, not with regard to the individual (which will not make sense) but for the sake of the species."In my estimation, Mitteldorf is correct that the group selection description for altruism will ultimately carry your day. Will def purchase whatever book he generates next. You feel much wiser after you finish reading it Quite simply, this book is amazing. Its novel, original, and, I may say, the writer(s) have superb writing styles. Book is easy to understand for the novice and deep enough for specialists. I began my interest in anti-aging about 5 years ago, and have read many books and articles about them, but this book quite simply is the best.) But solid altruism developed to punish free of charge riders just as much as it did to help others in the ingroup. It is not the current view that your body is performing its best to contain damage; I believe Mitteldorf might have been a little more explicit in delineating the amount of the evidence for any of the things he mentions. Amazing. I became convinced. In the event that you do are not really, then you will need to believe deep and hard to counteract their arguments. It means that the body "knows" how to be young, but chooses to end up being old. Well, to solve a problem, you need to know what the issue is. If you believe in their thesis, then the only way to extend longevity is to trick the body into thinking that it is younger, or that it's under threat. Because if the body thinks its under threat (famine, danger, etc), then the body thinks everyone in the community or species is exceptional same threat, and your body goes into protective mode, delaying aging and repairing the damage in our tissues. I paid attention to the audiobook edition first. I really like that he addresses WHY we age. the fact that human beings have got selfish genes doesn't imply genetically determined individual selfishness in the ordinary sense. I think I'm going to ask my doctor to put me on Metformin.I was most impressed with the dialogue of the Demographic Theory of Aging, Josh's original concept; Recommend it Great publication! If you want to really comprehend what ... Great publication! If you would like to really comprehend the proceedings with Maturing, this is actually the best book about them.I enjoyed this publication very much, having been students of longevity for 40 years." On the facial skin of it the development of multicellular organisms is a kind of selection at successive hierarchical levels of complexity above individual selfish genetic components. I was sceptical about fasting and lifespan but he convinced me. An interesting scientific hypothesis-- with some politics and a touch of woo. Only complaint is the evolution part gets just a little boring but if you're interested in that you'll like it. Best book on Ageing I have read. Fascinating I do recommend skimming the first 30%, which really is a lot of academic buildup to building the main points later in the publication.The author not only masterfully

explains this aging theory, but it also discusses quite like I have not read before, the potential therapies that are on the pipeline and which will one day extend our lives. And of course, an expert's take on what's most likely to slow one's own aging, based on what we know today. And even if you don't trust their thesis, the authors head to great duration and depth to describe their rationale. Five Stars really interesting. Five Stars Best book on theory of programmed aging. Arguably THE VERY BEST Book on Aging I have read over 40 books associated with the subject of aging during the past year.. That is why caloric restriction, saunas, cool exposures and exercise work! I also got the right tips on how exactly we might lengthen our very own lives and also improve the quality of life, so we don't fall prey to illnesses that accompanies aging. An excellent book to understand current aging research A very good book to comprehend current aging analysis. Mitteldorf then really continues on a tangent to indulge his personal sights of the political implications of genetically programmed altruism;. This is the one I recommend to anyone who is not an MD or PhD. and this is a plus Highly recommended Good supportive information to blog and site agingadvice This an extremely well and considered concept of the aging process. Good supportive info to blog and web site agingadvice.com. Happy with purchase.



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