

ED PARK, M.D.

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# THE TELOMERE MIRACLE

Scientific Secrets to Fight Disease, Feel Great,  
and Turn Back the Clock on Aging



Ed Park MD

## The Telomere Miracle: Scientific Secrets to Fight Disease, Feel Great, and Turn Back the Clock on Aging



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What if all you think you know about getting older and staying healthy is . But mainly because Dr. . wrong? Recreation area explains, instead of a thousand different illnesses, we' Ed Recreation area explores the revolutionary proven fact that disease and maturing in humans all arises from a unitary source: genetic errors due to shortening of telomeres, or the sequences of DNA at the ends of our chromosomes.Telomeres naturally shorten over time, and ultimately, because of this, our whole body deteriorates, leading to a variety of ailments—including many all of us associate with ageing, from diabetes to hypertension to macular degeneration to cancer. .In The Telomere Miracle, Dr.re really facing one disease with one thousand faces. Then he demonstrates how you can intervene in the aging process through practices and techniques that boost the activity of the enzyme telomerase— Park writes, "is that inside your cells, your body already has the necessary tools to correct itself and to stay young forever. Park conveys cutting-edge research in a lively style, using illustrations and metaphors, which range from auto parts to superheroes, that everyone can relate with.In these pages, Dr. And we have the ability to decelerate the procedure—the body's internal fountain of youth on a cellular level. "The easy yet profound message you'll find right here," Dr.or even turn it around and effectively reverse the clock."



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LOTS OF USEFUL INFORMATION!! (AND FUN TO READ) Bottom line: I found this book to become a true pleasure to read... and absorb. I enjoy that he educates and then says to create up your own mind based on the evidence he has supplied and supplementary research of your own. Chapters 4-9 cover a number of wellness topics (breath, mind, sleep, exercise, diet and products), and on the way the writer discusses how these areas of behavior affect telomere length. He quotes the Sufi poet Rumi: "You aren't a drop in the ocean. Then offers easy to check out steps we can try attempt.) Dr. Three Stars Theory is excellent, but is there results?. Bad!! You're breathing through the wrong holes! His views on maturing and disease are really revolutionary. ." Reading out of this chapter, I sat on the couch and felt peaceful as I pondered sentences such as for example: "I am part of existence" (when the author was authoring "What is ego?"). I found the breath and rest chapters to be especially valuable for me personally: I had thought I knew a whole lot on these topics, but I discovered some essential and useful facts and, because of this, have made some dramatic improvements in these areas!! Don't waste your money... so I received't quibble on these points.? The glossary at the end of the book is reason enough for me to keep this publication on the coffee table (thus easy to get at) and off the bookshelf.. Scientific in parts however the best motivator for implementing healthy behaviors and practices; Forget any supplements apart from fish oil and perhaps ginseng and your telomeres will lengthen and invert growing older. Got me into an exercise routine. Well crafted, humorous, and personable. Strongly suggested. I cannot not recommend this book As a biochemist, I cannot not recommend this book. Dr. Ed Recreation area lays everything out in an easy to read, albeit big-medical-phrase sprinkling to maintain it true."The chapter on "Your Mind" contains excellent descriptions of the autonomic anxious system and in addition contains lots of practical advice for calming stress. Working at the bottom of what makes us alive and who we are, DNA and replication of cells, we find out that if we maintain our DNA clean and replicating properly, we can continue indefinitely. (And also have been helping my friends perform the same.A good read indeed. Wanna be IMMORTAL?. Motivating, but not preachy at all I'm enjoying this book. I am the majority of the method through it. The title can be a bit misleading: that is a publication, yes, about telomeres and their pivotal function in the aging process, but it is far more than that – this reserve is also about enhancing one's health insurance and vitality in several ways. I also appreciate that he is an experienced medical doctor giving his undertake interpreting the medical data in support of his findings. Could it be true? Maybe. His interpretations definitely audio plausible. Plausible enough that I have already been motivated to create some changes based on his recommendations. I would recommend this publication to those ready to learn, who want in living their finest life without chasing pie-in-the-sky results. That is a practical publication which makes no outrageous statements and there are many actionable stuff within its webpages to help you live better for longer. Attending my very own 150th birthday is usually my short-term goal! The author fails to make a coherent argument and little or no research to verify his theories. All you have to do, relating to this writer, is breath, eat, rest and think happy thoughts. appropriate sleep, breathing, eating. Although there are hundreds of studies on the advantages of Resveratrol, this writer chooses to disregard them.?I differ with the author on some of his diet plan and supplement recommendations, but non-etheless found his different perspective on these issues to be of curiosity to me. Wanna be IMMORTAL? Telomeres will be the way.. But it also was a bit spiritual for me, like becoming transported back again to how I experienced when I first read Eckhart Tolle's "The Power of Today. Our health and wellness and longevity are inside our hands A great book. He also mixes in humor, like when he informed the story of "the 1st (and last) time I ever had taken a Bikram Yoga exercise class..." because the

"rather militant instructor singled me out—before 40 other individuals—by shouting over the loudspeaker: 'No, Ed!. Telomeres will be the way... to keep and freeze your physiological age. It's TRUE! You are the ocean in a drop. Go through all about it. Very good to learn. Great read with good data. Park has done his homework right here, and his explanations are obvious and convincing. Having said all that, this publication is also an excellent primer on the science underpinning telomeres, cell biology and maturing. I find that off since Resveratrol unregulated telomerase. Infomercial This book is an big infomercial for something this author sells which is ridiculisy expensive. Just another reserve to entice people to spend a lot of money on unproven and perhaps unsafe product Five Stars Excellent



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