

"Why do we grow old? Dr. Verburgh tackles this age-old question and arrives at some startling conclusions—with practical suggestions for how to slow down our biological clock."

—DAVID LUDWIG, MD, PhD, Harvard Medical School, author of the #1 New York Times bestseller *Always Hungry?*

THE LONGEVITY CODE

Secrets to Living Well for Longer
from the Front Lines of Science

KRIS VERBURGH, MD

Kris Verburgh MD

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A leading proponent of a bold brand-new method of slowing aging details the fast-developing research of longevity— Verburgh discusses how fresh types of vaccines, mitochondrial DNA, CRISPR proteins, and stem cells may help us slow and even reverse maturing—at any age— Medical doctor and polymath scientist Kris Verburgh illuminates the biological mechanisms that make our bodies vulnerable to heart episodes, strokes, dementia, diabetes, and other aging-related diseases.but do you know exactly how, and why? And perform you wonder what you can perform—whatever your age—to slow the process so that you can live well, for longer? This publication comprehensively answers these questions.to live good for longer We all know that we age— Verburgh then provides the tools we need to slow it straight down: his scientifically backed Longevity Staircase. Having explained the aging process at the job, Dr. We find out about the key role of poorly working mitochondria, shortened telomeres, proteins and carbohydrates, and more. This simple yet innovative step-by-step method presents better health and a longer life span through nutrition—now and in the foreseeable future. And with each moving day, improvements in biotechnology—once the stuff of technology fiction—are emerging as part of the “ Dr.”longevity code.and the actions we can take—presently our very best defense in the fight aging and disease.



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Must read.. Good read Good read Smart guy! The writer explains complicated procedures as though it really is child's play. Wise guy! It cites lots of research and how some people live longer. Extremely informative and well crafted. It discusses not just what to do but also why. There are several recommendations for having a wholesome long life and a discussion of potential life-extension strategies that look like on the horizon. If you are searching for a publication about maturing well (and everyone should be!) and ageing without illness to take pleasure from the longest, healthiest life you can, this will help you get there. Many thanks Dr. Verburgh. Outdated already ? The cover information of this book states that it's a translation of a book published in Dutch, "Veroudering vertragen". This book was published in 2015, that makes it most likely that important progress has been in longevity research since that time. I highly recommend this publication and it provides prompted me to improve some of my diet plan. well rounded book on what it takes to lead a long healthy life This book includes the latest science on nutrition and addresses most of the myths perpetuated by the food and drug companies. I finally know how our body works at a cellular level and everything makes sense. Many studies are discussed here alongside how exactly we can apply the data to improve our very own life. Superb book if you need to live longer Really provides great overview of how our body work and ages. Excellent Information and Readability What a fascinating book. It will be useful if the writer could comment on this issue. This is an easily readable explanation of factors that effect one's prospects for . Great book but haven't finished reading yet.. That is an easily readable explanation of factors that effect one's prospects for extended life. This guy should be a teacher.



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