



*"The Telomerase Revolution... offers a tantalizing promise that we might soon know not only how to cure and prevent age-related diseases, but how to reset the aging process itself."*

—MATT RIDLEY

*author of Genome and The Rational Optimist*

# The TELOMERASE REVOLUTION

The Enzyme That Holds  
the Key to Human Aging  
and Will Lead to  
Longer, Healthier Lives

Michael Fossel, MD, PhD

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# The Telomerase Revolution: The Enzyme That Holds the Key to Human Aging and Will Lead to Longer, Healthier Lives



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With every shortening of the telomeres, the cell's trillions of cells. We have now understand more about aging&#151;actually age reversal&#151;than previously.In recent years, our understanding of the nature of aging has grown exponentially, and dramatic life extension&#151;and preventing and reverse it&#151;has moved from science fiction to real probability.s ability to restoration its molecules decreases. Michael Fossel has been around the forefront of aging research for decades and is the author of the definitive textbook on human being aging. In The Telomerase Revolution, he will take us on an in depth but highly available scientific journey, providing startling insights in to the nature of human being aging.Two decades ago, there was still considerable debate of the type of human being aging, with a number of competing theories in play. But scientific consensus is forming around the telomere theory of aging. The essence of this theory can be that individual aging is the result of cellular aging. Every time a cell reproduces, its telomeres (the suggestions of the chromosomes) shorten.One of Wall Street Journal'Dr. Telomerase re-lengthens the telomeres, keeping these cells young. Human aging is the result of the aging of the body's "Best Books for Science Fans" in 2015Science is on the cusp of a revolutionary breakthrough. Sex cells and stem cells can reproduce indefinitely, without maturing, because they develop telomerase.t age.But some of our cells don' It age range.The Telomerase Revolution describes how telomerase will be used as a robust therapeutic tool, with the potential to dramatically extend life spans and also reverse human being aging. Telomerase-based treatments are already available, and have shown early guarantee, but a lot more potent treatments can be available over the next 10 years.The Telomerase Revolution is the definitive work on the most recent science on human being aging, covering both theory and the clinical implications. It takes the reader to the forefront of the upcoming revolution in individual medicine.



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Get worked up about this!com, with its main focus to eliminate Alzheimer's disease (Advertisement)with telomerase therapy. Dr. not worth the purchase price. He cites some lower organisms which by no means die until consumed because telomeres are preserved.- If this is therefore promising. It has already been done in the laboratory on tissues and even in some artificially aged lower animals. This book is written for educated laymen as well as physicians.. Extending Human Lifespans: GENUINE Here's a publication that readies you for future years. The explanation on how telomere loss leads to specific diseases alone is worth the read.. That is something to get excited about! It looks like the 'real McCoy' old reversal!" On pg. An enjoyable book on a fascinating theory Fossel writes in regards to a simple and speculative idea: cell aging is caused by a shortening of the telomeres (which impacts gene expression) and, in turn, cell aging does cause our aging. There's some but overall little evidence and only this theory. However, if the idea is even simply partially correct, it could have deep outcomes. The book is excellent on several counts. This is an enjoyable book, therefore i gave 5 stars. It isn't a textbook... this is only a fun book to read over the week-end. The author kept jargon to a minimum. He gives all the references assisting his theory, but he does not move into the details of the recent research, presenting instead an overview... As some reviewers have remarked, Fossel gives himself a central part in the story. It is told as a personal story. It did not bother me. To answer some possible objections.. There is a good reasonable speculation of why evolution would 'select' loss of life for all of us individual organisms. Most considerably, he explains how activation of the dormant gene inside our cells for the enzyme which builds telomeres will invert cellular aging, and for that reason prevent a host of degenerate diseases... why offers this not been pursued and completed already? Well. Study on telomerase was granted a Nobel prize, so there has been a lot of analysis.- But why provides this not really been pursued more aggressively as a therapy? 74: "Age-related diseases occur when telomere shortening exposes our genetic flaws.. He covers many aspect of today's achievements and paints a plausible and positive future for our lives and health. So it's bound to be always a difficult road. But the author does not have confidence in what the co-authors of his earlier book: "The Telemere Effect" said about using certain health supplements and vitamins to help lengthen your Telemeres. But also if the telomere theory is certainly correct. Five Stars Great information that I didn't know.. these particular therapies might very well fail or show counterproductive if only because they may neglect to elongate telomeres sufficiently. There are stories of individuals who might have undergone gene therapy so that some of their cells produce telomerase.. It is to the point, logical, and For me compelling. But I am not judging the idea, I am judging the publication, and it is fun! May be the telomere theory correct? In a clear, lucid design, the author relates the history, current function, and projected benefits from an enzyme called "telomerase... moreover, as explained by Fossel, researchers aren't eager to discuss the idea of reversing aging as it is too much of a disruptive idea. And, I could not really find anything. It would have been more interesting had he spent period reviewing the evidence that is unlike his theory.. Very Interesting and Informative! Great book.... We have to not be surprised if such work is not easy to fund and get approved by governemental bodies.. Dr. Fossel wanted proof concerning this, that is understandable from a scientist.... And something of the co-authors was awarded the Nobel Prize, Elizabeth Blackburn, for finding Telemeres. Very well written. The author, Michael Fossel, brings credentials and credibility to the duty of outlining how current analysis will deliver human being longevity. We still have too little information to know." Normally not made by mature, differentiated cells, telomerase adds a specific DNA sequence to the ends of a cell's chromosomes, the regions known as "telomeres." Once lengthened, the unique happens: cells live longer, quickly breaking through the Hayflick Limit, imparting a protracted lifespan to the complete organism. Five Stars Interesting read That is truly unbelievable, nonetheless it appears real (maybe) After finishing this book, I possibly could not really believe the last chapter where Michael Fossel states "within the next decades or two the projected mean human lifespan may ... transfer to the range of several centuries... The notion of healthy human lifespans in the range of ... 500 years can be an entirely rational point for argument..." I thought Michael Fossel must be just another hyping anti-aging fundamentalist. He defines it in one sentence (pg.. He even founded a company, Telocyte... Five Stars Excellent Short but Sweet. Apparently all chronic diseases can be the traced back to aging induced by shortening telomeres. Things I wish to know more about let alone try. Dr Fossel goes on a journey through the development of a scientific revolution. You can't eat telomerase and expect it to get rid of up in your genes. New thoughts and ideas in aging. Great book Great reserve. I am well educated in the

main topic of ageing but this function gives new thoughts and ideas. Game-Changer Game-changer. This publication illustrates the revolution in wellness, science and human longevity we've all been looking forward to. Dr. The price ought to be no more than 2. Highly recommend!. Telomere extenders have been around for ten years and research is usually accelerating. I'd encourage him to take action in a follow-up edition.... Be prepared.. It is one thing to identify a potential type of assault and quite another to build up and test an actual therapy. Lots of fluff..a lot of fluff though.. Fossel, who has created the only real medical textbook on cellular aging in existence, explains how telomere reduction leads to raising cellular senescence and eventual death,with the subsequent loss of life of the organism. Browse it in 45 mins. Just the last chapter was interesting. Fossel is about to make history within the next few of years and this book details exactly how.99. I loved how Fossel packs his tome with details and references helping his projection that, within ten years, a viable and inexpensive Fountain of Youth will be found. So, I googled him and appeared for controversy, scam, hype, etc.My only criticism would be that Fossel obviously loses all critical sense toward the end of the publication, assuming without restraint that his theory is correct. To the contrary every search reinforced his formidable background as a doctor, scientist, researcher from Stanford and among the few leading pioneers in telomerase therapy study. Get ready for more healthy years . As an aging physician(opththalmologist) who has been thinking about aging, that is, how to delay it, and if possible reverse it, I have studied every state to these ends and indulged in the few which seemed reasonable. And also if it is wrong, the whole topic continues to be fascinating. First, it can clarify in a concise framework the telomere theory of ageing. Get this book.33): “ cells divide, telomeres shorten, gene expression adjustments, cellular restoration and recycling decelerate, mistakes slowly accumulate, and cells fail. Read it and gain hope!We have been working for decade on an end to the HIV virus, and we are not there yet. Wndering about aging? Interesting and useful reading



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