

THE ONLY PLAN BASED ON THE NOBEL PRIZE-WINNING RESEARCH

The  
Realize the Secrets  
of Your Telomeres for a  
Longer, Healthier Life  
Immortality  
EDGE

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**The Immortality Edge: Realize the Secrets of Your  
Telomeres for a Longer, Healthier Life**



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Predicated on Nobel Prize- Drawing from the groundbreaking discoveries about telomeres that earned the 2009 Nobel Prize in Medicine, this book includes a highly prescriptive system that shows you how to live longer by slowing telomere shortening and rejuvenating your cells through relatively simple alterations in nutrition behaviors and other lifestyle changes. The shortening of the telomere disrupts vital cellular function and promotes the previously seemingly inevitable onset of ageing and various diseases, including cancer and Alzheimer's. winning genetic research-a simple plan to maintain your telomeres healthy for better health and longevity Telomeres play an important role in protecting the chromosomes from critical harm. Unlike trendy diet and fitness books with no basis in research, The Immortality Advantage targets wellness at its innermost level by installation of an authentic, lifelong plan using easy steps that can fit into any active schedule- steps that can improve the duration and quality you will ever have. Written by authors with extensive knowledge of genetics, telomeres, and longevity Offers a simple action strategy you can start using immediately Includes a groundbreaking brand-new eating plan Recommends individualized product programs Shares a diet and exercise strategy grounded in solid scientific research The thrilling recent discoveries about telomeres guarantee to revolutionize our approach to anti-aging very much as antioxidants do ten years ago.



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A Practical Primer on Staying Young As a family physician in his mid-30s beginning to feel the consequences of aging, I found this book at only the proper time. In medical school, I recall learning about how the shortening of telomeres on the ends of DNA are associated with maturing and how telomerase can actually reverse that procedure. I never learned, however, a practical way to apply these concepts toward improving my health and the fitness of my patients . kickbacks i'm sure.. Makes plenty of feeling. The authors base their recommendations on scientific research that has been shown to reduce the significant reasons of cellular aging (Oxidation, Inflammation, Glycation, and Abnormal Methylation). After an very easily understood explanation of the science of telomeres and telomerase, the authors discuss the game-changing implications of this Nobel-Prize-winning discovery on the continuing future of medicine and aging. The majority of the book is devoted to the Immortality Edge Longevity Program. The Chemistry I would like to live so long as possible if I'm healthy. The authors of The Immortality Edge have done an excellent job distilling the research that is currently available about telomeres into a practical life plan for slowing down aging. nothing spectacular in this book. I am hopeful that various other books will be compiled by these anti-aging professionals. The rationale for every recommendation is explained obviously (there's a glossary at the end of the book for the technical jargon), and the authors provide a list of scientific references to aid their suggestions. The authors also construct a day-by-day fitness plan based on your fitness level, in addition to a 14 time meal plan which considers various dietary preferences including vegetarianism and the Paleo diet. you could probably find out more on google. The Immortality Edge presents a comprehensive arrange for staying young and healthy through the use of the cutting-edge science of telomere biology to way of life. I curenly have started to experience the benefits of following the recommendations in this book, and I'll recommend it to my sufferers to help them consider better control of their wellness. It gives credit to others in the field such as for example Aubrey de Grey and Dave Kekich.. These same four factors, not really coincidentally, also donate to many of the chronic diseases that plague our society: diabetes, hypertension, cardiovascular disease, and cancer. a little science lesson without the real evidence behind it. i was quite disappointed. it was only a commercial for different products. There's also an Immortality Advantage tequila cocktail recipe! A fascinating and important read in the event that you value longevity at all.. TA 65 is the foremost breakthrough on lengthening telomeres, but it is only one area of the four parts of the solution. I go through it twice just to be sure I had everything right. Added sugars, grains, and some vegetables, need to be eliminated to lose weight, and rid your body of present and upcoming disease. Which occasionally makes me question if they simply write these books to market items. This book explains a lot of the recent scientific findings,

particularly regarding telomeres and telomerase.. Five Stars Excellent Dr Fossel covers everything.Utilize this information to remain alive for the next 10 to twenty years so you may enjoy the "miracle" cures if they become available. I do recommend the book though, it's cutting edge and very easy to understand, most importantly, it all makes sense! Keep yourself alive and healthful now, and meant for millenia to come (we hope) Nobody wants to die, but we've had to consider it inevitable. Actually the healthiest and holiest eventually pass away.There is a growing popular movement to locate a cure for later years and dying from it.(Nobody expects to locate a treatment for dying from a bullet in the human brain.)What's more, there's a huge and growing bigger body of scientific studies which support this motion.Nobody can state to be immortal yet, but it's likely many people now alive will live for hundreds or more years.. Telomeres are small chains of protein at the ends of your DNA strands.. Telomerase is an enzyme which actually lengthens telomeres.This book switches into many ways to slow down the shortening of your telomeres and encourage telomerase to lengthen them. Well written, easy to follow, and right on the money in most cases. Well written Excellent! I sensed it had been very difficult to place this publication down once I started reading. If it does even fifty percent of what they state, I'm great with it. I learned so much.. There's a huge correlation between brief telomeres and old age diseases and death. I am amazed with this reserve. It gave me an understanding of the true reasons "why" we age group. The authors define the complexities with great detail. The definitions and proof is written so that I possibly could understand it.People who eat well, workout and take the right supplements live healthier lives, and for more years. The chapters are interesting and enlightening. I am presently following a few of the new assistance described in this reserve.This program offers specific strategies on what things to eat, how exactly to exercise, how exactly to reduce stress, and what supplements to take order to increase our life span and reduce our threat of developing chronic disease. I like it I read this every once in awhile Excellent! Instead, lots of proof backs up what we know.But no one pretends to possess a magic, miracle "Fountain of Youth" (yet). The reserve was written a couple of years ago, so knowledge in a few areas has been obtained. Now, good saturated excess fat is essential, alongside raw dairy, cage free of charge eggs, range feed beef and others. The information is quite interesting and actionable. This one publication can educate you in a hurry! Probably the most complete book on increasing longevity This is the most satisfactory book on longevity in addition to on TA 65. waste of money the authors put plenty of plugs for different companies and products in this book,including one of the authors own. Excellent read. By third , program, the authors think that we can decelerate the shortening of our telomeres and essentially slow down the aging process, perhaps even reaching the generally-accepted 120 yr maximum life time of humans. This

reserve has provided me hints on how best to do this. but who cares. Four Stars it's ok Two Stars Can be condensed right into a single chapter. Five Stars Very interesting book..until now. Five Stars good browse and great details to digest



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