

"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."

—CAROL 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 and

## The Longevity Code: The New Science of Aging



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The Longevity Code is certainly his authoritative instruction on why and how we age group and on the four most crucial areas we've control over in order to decelerate - and even reverse - growing older. Kris Verburgh is quickly emerging among the world's leading research authorities on the technology of aging. Physician and researcher Dr. We learn why some animal species hardly age at all while others age and die very quickly and on the subject of the mechanisms at the job that slowly but definitely trigger our bodies to age, building us susceptible to coronary attack, stroke, cancer, pneumonia, and dementia. Dr. He concludes by presenting and assessing the wide range of cutting-edge developments in anti-maturing technology, the stuff once just of science fiction: fresh types of vaccines and the usage of mitochondrial DNA, CRISPR proteins, stem cells, and more. Verburgh devotes the last third of The Longevity Code from what we can do to slow down the process of aging.



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Must read. It would be useful if the writer could comment on this matter.. Extremely informative and well written. Smart guy! Excellent Information and Readability What an interesting book. The writer explains complicated processes as though it is child's play. I finally understand how our body functions at a cellular level and everything makes sense. If you are looking for a reserve about maturing well (and everyone ought to be! This guy ought to be an instructor.) and aging without illness to take pleasure from the longest, healthiest existence you can, this will help you obtain there. Many thanks Dr. Verburgh. Outdated already ? Many reports are discussed here along with how exactly we can apply the data to improve our very own life. This publication was published in 2015, which makes it most likely that important progress has been around longevity research since then. Great book but haven't completed reading yet. well rounded book in what it takes to lead a long healthy life This book brings together the latest science on nutrition and addresses most of the myths perpetuated by the food and drug companies. It cites a lot of studies and how some individuals live longer. The cover information of the book states that it is a translation of a book published in Dutch, "Veroudering vertragen". Excellent book if you would like to live longer Really gives a great overview of how the body work and ages. It discusses not only what to do but also why.. That is an easily readable explanation of factors that effect one's prospects for . Good read Good read Smart guy! I highly recommend this book and it has prompted me to change some of my eating habits. This is an easily readable explanation of factors that effect one's prospects for long life. There are many ideas for having a healthy extended life and a discussion of potential life-extension strategies that seem to be on the horizon.



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