

Telomere Secrets

Dr. Sears' Telomere Secrets The Immortality Edge Lifelines Lifelines Telomere Biology Summary & Study Guide – The Telomere Miracle Telomere - A Complex End of a Chromosome *Al Sears Michael Fossel Elaine Chin Elain Chin Jerome Fucile Lee Tang Marcelo L. Larramendy*

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volume 2 in volume 2 dr sears will give you easy to follow strategies for preserving your telomeres and repairing your aging brain

based on nobel prize winning genetic research a simple plan to keep your telomeres healthy for better health and longevity telomeres play an important role in protecting our chromosomes from critical damage the shortening of the telomere disrupts vital cellular function and promotes the previously seemingly inevitable onset of aging and various diseases including cancer and alzheimer s drawing from the groundbreaking discoveries about telomeres that won the 2009 nobel prize in medicine this book includes a highly prescriptive program that shows you how to live longer by slowing telomere shortening and rejuvenating your cells through relatively simple alterations in nutrition habits and other lifestyle changes written by authors with extensive knowledge of genetics telomeres and longevity offers a simple action plan you can start using immediately includes a revolutionary new eating plan recommends individualized supplement programs shares a diet and exercise approach grounded in solid scientific research the exciting recent discoveries about telomeres promise to revolutionize our approach to anti aging much as antioxidants did ten years ago unlike trendy diet and fitness books with no basis in

science the immortality edge targets health at its innermost level by laying out a realistic lifelong plan using easy steps that can fit into any busy schedule steps that can improve the length and quality of your life

unlock the secrets of your telomeres for a longer healthier life they re like the plastic tips of your shoelaces that keep them from fraying but they re at the ends of your dna and they keep you from developing disease and dying too young the discovery of telomeres is one of the great breakthroughs in contemporary medicine nobel winning scientist dr elizabeth blackburn and her research teams have opened a world of promise when it comes to living longer and healthier today we have the know how to slow the disintegration process to beat our biological clock and prevent disease keeping your telomeres robust and as long as possible is crucial to your health noted physician dr elaine chin offers practical and realistic ways to optimize the length of your telomeres and maximize your health containing comprehensive information on diet and lifestyle the potential of supplements hormone replacement therapy sleep patterns mindfulness stress management and life purpose lifelines will show you how to use our knowledge of telomere science to give you an advantage in what really counts most in life how long and how well you will live

this book extensively discusses the biology of telomere with the help of advanced information developments in telomere researches have provided an interrelation of telomere dysfunction with cellular aging and several age related human diseases some new findings and studies have further widened our knowledge of telomere functions where telomeres have been demonstrated to be essential for microbial pathogen virulence and telomere proteins have significant non telomeric cellular functions this book presents current opinions on selected areas of telomere research and their implication in the hope of benefitting interested individuals in their future studies and enhancing their research progress

scientific secrets to fight disease feel great and turn back the clock on aging this book is a summary of the telomere miracle scientific secrets to fight disease feel great and turn back the clock on aging by ed park md telomeres are long repetitive sequences of dna at the tips of our chromosomes to protect them from harm during cellular division every time a cell divides the telomere shortens when the telomeres are exhausted cellular division stops and the cell dies telomere erosion is a central driver of illness and aging as our

telomeres shorten our whole body deteriorates leading to a range of aging related diseases such as heart disease diabetes alzheimer s disease and dementia this book explains the many facets of human aging and shows you how to intervene in the aging process through lifestyle changes that boost the activity of the enzyme telomerase that lengthens your telomeres apply what you learned from this book to win the war on aging prevent chronic diseases and live a longer happier healthier and more productive life this guide includes book summary helps you understand the key concepts online videos cover the concepts in more depth value added from this guide save time understand key concepts expand your knowledge

this book telomere a complex end of a chromosome is organized into nine chapters containing the latest aspects of the current knowledge about the structure of telomeres and the crucial role that telomerase plays not only in maintaining chromosomal stability but also in relation to cell immortality cell instability and cancer biology we now appreciate that these unusual complexes of dna and proteins we all know as telomeres are dynamic and key structures that depend on telomerase and other cellular factors for continuance regulation of telomere activity is a dynamic area of current research and new insights into telomeres and their role in aging and cancer among other biological functions and pathologies appear regularly in the scientific world however one fact is more than understandable in this difficult biological conundrum the end of the telomere story is far from being totally unraveled

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