

Lifespan Why We Age And Why We Don T Have To By David A Sinclair Phd Matthew D Laplante Simon Schuster Audio

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Audio bonus! Includes exclusive conversations with the authors! From an acclaimed Harvard professor and one of *Time's* most influential people, this paradigm-shifting audiobook shows how almost everything we think we know about aging is wrong, offers a front-row seat to the amazing global effort to slow, stop, and reverse aging, and calls listeners to consider a future where aging can be treated. For decades, experts have believed that we are at the mercy of our genes and that natural damage to our genes - the kind that inevitably happens as we get older - makes us become sick and grow old. But what if everything you think you know about aging is wrong? What if aging is a disease - and that disease is treatable? In *Lifespan*, one of the world's foremost experts on aging and genetics reveals a groundbreaking new theory that will forever change the way we think about why we age and what we can do about it. Aging isn't immutable; we can have far more control over it than we realize. This eye-opening and provocative work takes us to the front lines of research that is pushing the boundaries on our perceived scientific limitations, revealing incredible breakthroughs - many from Dr. David Sinclair's own lab - that demonstrate how we can slow down, or even reverse, the genetic clock. The key is activating newly discovered vitality genes - the decedents of an ancient survival circuit that is both the cause of aging and the key to reversing it. Dr. Sinclair shares the emerging technologies and simple lifestyle changes - such as intermittent fasting, cold exposure, and exercising with the right intensity - that have been shown to help lead to longer lives. *Lifespan* provides a road map for taking charge of our own health destiny and a bold new vision for the future when humankind is able to live to be 100 years young. **PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.**

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The revolutionary science of why we age and why we don t have to by david si

The revolutionary science of why we age and why we don t have to by david si, even gerontologists doctors who specialize in aging often don t ask why we age they simply seek to address the consequences backed by 30 years of research lifespan sheds light on the difficulties of reconciling the b, aging is a disease and that disease is treatable david sinclair this article is a summary of the book lifespan why we age and why we don t have to co written by david sinclair phd a professor of genetics at harvard medical school and science journalist matthew laplante published in s.

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Lifespan why we age and why we don t have to is a non fiction book authored by australian biologist david andrew sinclair and journalist matthew laplante and published by atria books on september 10 2019 in lifespan the authors examine how technology diet exercise and lifestyle changes including intermitten

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We can live longer and stay healthy to well over a century and this sounds even more remarkable it is possible to turn the clock back and to reverse the ageing process dr sinclair shares these beliefs in lifespan why we age and why we don t have to no he is not an oddball maverick but a highly inte, aging is a disease and that disease is treatable david sinclair this article is a summary of the book lifespan why we age and why we don t have to co written by david sinclair phd a professor of genetics at harvard medical school and science journalist matthew laplante published in s, for example if how old we live is in our genes then to increase our lifespan we may be able some day to change those genes if on the other hand our final age is based on the accumulated d.

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Even gerontologists doctors who specialize in aging often don t ask why we age they simply seek to address the consequences backed by 30 years of research lifespan sheds light on the difficulties of reconciling the b

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