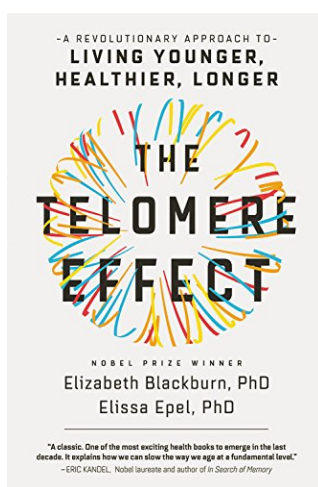


[PDF] The Telomere Effect: A Revolutionary Approach To Living Younger, Healthier, Longer

Dr. Elizabeth Blackburn, Dr. Elissa Epel - pdf download free book



Books Details:

Title: The Telomere Effect: A Revolu
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Description:

***The New York Times* bestselling book coauthored by the Nobel Prize winner who discovered telomerase and telomeres' role in the aging process and the health psychologist who has done original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life.**

Have you wondered why some sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's research shows that the length and health of one's telomeres are a biological underpinning of the long-hypothesized mind-body connection. They and other scientists have found that changes we can make to our daily habits can protect our telomeres and increase our health spans (the number of years we remain healthy, active, and disease-free).

THE TELOMERE EFFECT reveals how Blackburn and Epel's findings, together with research from colleagues around the world, cumulatively show that sleep quality, exercise, aspects of diet, and even certain chemicals profoundly affect our telomeres, and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them.

Drawing from this scientific body of knowledge, they share lists of foods and suggest amounts and types of exercise that are healthy for our telomeres, mind tricks you can use to protect yourself from stress, and information about how to protect your children against developing shorter telomeres, from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets.

THE TELOMERE EFFECT will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free longer and live more vital and meaningful lives.

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In the book "The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer," Nobel Prize-winning molecular biologist Elizabeth Blackburn, who was part of a team that discovered how telomeres protect the chromosome, and health psychologist Elissa Epel claim that specific practices including eating well, sleeping well and a positive frame of mind can help reduce chronic disease and improve wellbeing, all the way down to our cells and all the way through our lives. These practices are in our control. That's what was so exciting," Blackburn said Tuesday on CBS This Morning.

TELOMERES: A PATHWAY TO LIVING YOUNGER

Chapter One "How Prematurely Aging Cells Make You Look, Feel, and Act Old. Chapter Two "The Power of Long Telomeres. Chapter Three "Telomerase, the Enzyme That Replenishes Telomeres. Chapter Eight "Tired Telomeres: From Exhaustion to Restoration. Chapter Nine "Telomeres Weigh In: A Healthy Metabolism. Chapter Ten "Food and Telomeres: Eating for Optimal Cell Health. Master Tips for Renewal: Science-Based Suggestions for Making Changes That Last. 'The Telomere Effect', published last year, views this subject through the lens of the latest research into the biology of ageing. The eponymous telomere is the protective structure found at the ends of our chromosomes, the bundles of genetic material found in almost all of our body cells. Telomeres get shorter as we age, but the rate at which this happens is influenced by a host of genetic and lifestyle factors (see BioNews 885). Or, as the publicity blurb for the book put it: 'Have you ever wondered why some 60-year olds look and feel like 40-year olds and why some 40-year old...? We are the programmers of the epigenome.'

Buy *The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer* from Amazon UK. One of the Best 'Brainy' Books of This Decade - The Guardian

A ground breaking book on the history of Telomeres offering fresh advice on how to slow down aging and lengthen life. Nobel prize winning Doctor Elizabeth Blackburn and leading health psychologist Dr Elissa Epel have discovered biological markers called Telomeres which can help to understand how healthy our cells are and what we can do to improve them. The book specifically looks ideas including; how biological age is not chronological age; a biological basis for the mind-body connection, how sleep and diet can affect telomeres... Telomeres : a pathway to living younger -- How prematurely aging cells make you look, feel, and act old -- The power of long telomeres -- Telomerase, the enzyme that replenishes telomeres -- Your cells are listening to your thoughts -- Unraveling : how stress gets into your cells -- Mind your telomeres : negative thinking, resilient thinking --. When blue turns to gray : depression and anxiety -- Help your body protect its cells -- Training your telomeres : how much exercise is enough? -- Tired telomeres : from exhaustion to restoration -- Telomeres weigh in : a healthy metabolism -- Food and