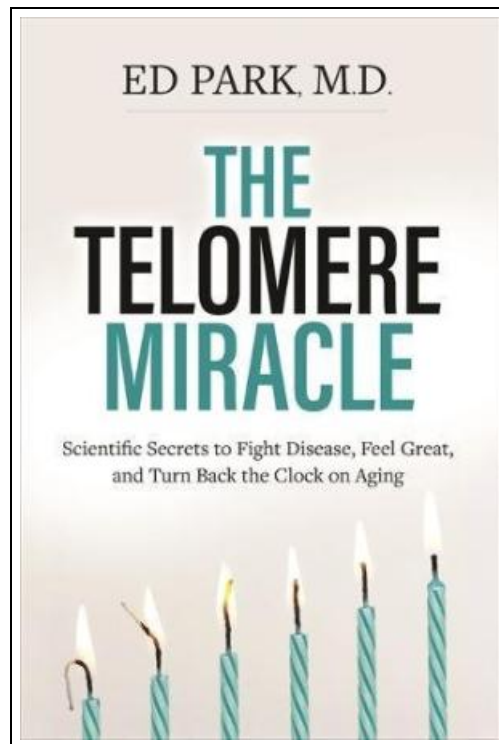


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Hay House Inc, United States, 2018. Hardback. Condition: New. Language: English . Brand New Book. What if everything you think you know about getting older and staying healthy is . . . wrong? In *The Telomere Miracle*, Dr. Ed Park explores the revolutionary idea that disease and aging in humans all arises from one single source: genetic errors caused by shortening of telomeres, or the sequences of DNA at the ends of our chromosomes. Telomeres naturally shorten over time, and ultimately, as a result, our whole body deteriorates, leading to a range of ailments-including many we associate with aging, from diabetes to hypertension to macular degeneration to cancer. But as Dr. Park explains, instead of a thousand different diseases, we re really confronting one disease with a thousand faces. And we have the ability to slow down the process-or even turn it around and effectively turn back the clock. In these pages, Dr. Park conveys cutting-edge science in a lively style, using illustrations and metaphors ranging from auto parts to superheroes that everyone can relate to. Then he shows you how you can intervene in the aging process through practices and techniques that boost the activity of the enzyme telomerase-the body s internal fountain of youth on a cellular level. The simple yet profound message you ll find here, Dr. Park writes, is that inside your cells, your body already has the necessary tools to repair itself and to stay young forever.



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