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## Lifelines: Unlock the Secrets of Your Telomeres for a Longer, Healthier Life (Paperback)

By Elaine Chin

Figure 1 Publishing, Canada, 2015. Paperback. Condition: New. Language: English . Brand New Book. 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!



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*Very helpful to any or all category of folks. It is writter in simple phrases rather than difficult to understand. Its been developed in an exceptionally simple way and is particularly just after i finished reading this pdf in which basically transformed me, modify the way in my opinion.*

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