



Breaking the Aging Code Maximizing Your DNA Function for Optimal Health and Longevity

By Vincent C. Giampapa

Basic Health Publications. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 9.1in. x 6.0in. x 0.4in. DNA is life's blueprint. Our genetic inheritance for health and life expectancy is encoded in each of our DNA. Throughout life, DNA reproduces and replaces itself continually. In optimal conditions, DNA copies itself over and over again, making perfect reproductions. This is very close to the state that people are in when they are young and healthy. As people age, however, their DNA is damaged continually by the environment, diet, and physical and emotional stress. The DNA begins to reproduce poorly and ultimately stops reproducing completely. The result is disease and aging. In this groundbreaking book, Vincent Giampapa, M. D. , presents a radical new theory on how we age. Contrary to current thinking, latest aging research suggests that the body is not irreversibly programmed by a finite number of cell divisions to age and die, but rather is built for longevity and self-repair. Moreover, we can regulate which aging genes to switch off and which to switch on, thereby altering how our genes are expressed and influencing how we age, the quality of our health, and how long we live. In Breaking the Aging Code, you...



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