



Summary, Analysis Review of Elizabeth Blackburn s and Elissa Epel s the Telomere Effect by Instaread (Paperback)

By Instaread

Instaread, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Summary, Analysis Review of Elizabeth Blackburn s and Elissa Epel s The Telomere Effect by Instaread Preview: The Telomere Effect by Elizabeth Blackburn and Elissa Epel describes advances in the field of gerontology and presents practical information on how to apply scientifically based guidance to daily life. An indicator of health and longevity is the condition of a person s telomeres, which are protective DNA that exists as cap-like structures at the end of each chromosome. Telomeres have the capacity to accelerate or decelerate the aging process because of their critical role in cellular health. It s critical to understand how they function within the body and how they respond, for better or worse, to variables including diet, sleep hygiene, exercise, stress, emotions, and environmental toxin exposure. Although some people like to believe that aging is entirely predestined by genetics, science has proven otherwise. Numerous studies have shown that a shift in lifestyle can radically alter the length of people s healthspan, or the period in which they enjoy robust health. PLEASE NOTE: This is a Summary, Analysis Review of the book and NOT...



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