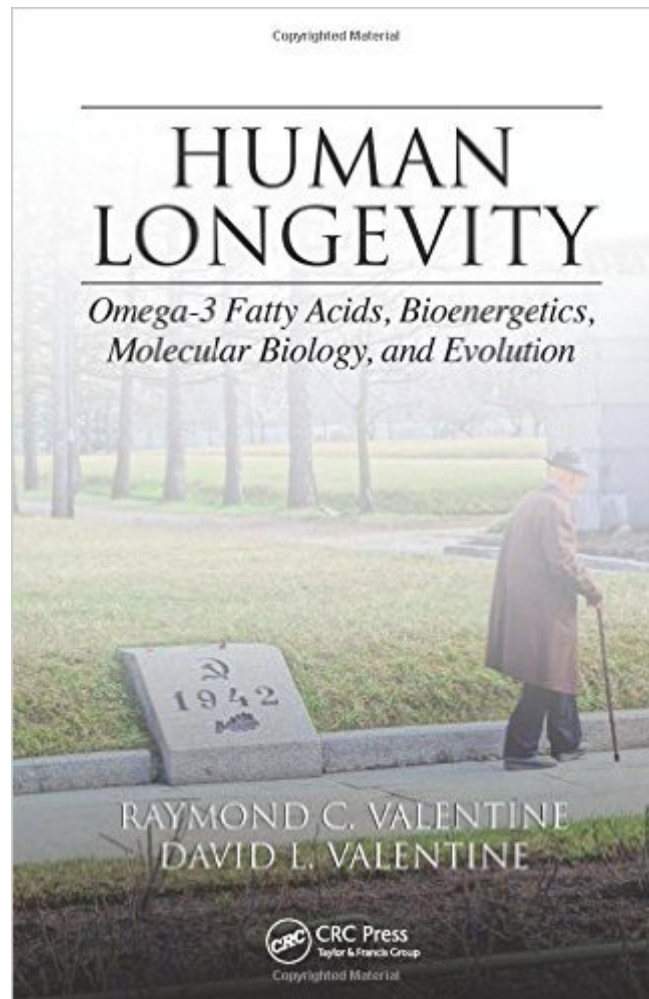


The book was found

Human Longevity: Omega-3 Fatty Acids, Bioenergetics, Molecular Biology, And Evolution



Synopsis

More than 7 billion people inhabit the earth and all of them are subject to aging. This book is aimed at persons interested in a molecular explanation of how our cells age. Human Longevity: Omega-3 Fatty Acids, Bioenergetics, Molecular Biology, and Evolution is built on the proposition that we age as our mitochondria age. It suggests a revised version of Harman's famous hypothesis featuring mitochondrial oxidative and energy stresses as the root causes of aging. Human cells are protected from the ravages of aging by a battery of defensive systems including some novel mechanisms against membrane oxidation introduced in this book. This concept is consistent with recent discoveries showing that mitochondria-targeted antioxidants prevent Huntington's disease, Parkinson's disease, and traumatic brain disease in animal models of neurodegeneration. This book explores a unified theory of aging based on bioenergetics. It covers a variety of topics including an introduction to the science of human aging, the Darwinian selection of membranes enabling longevity, a revised mitochondrial membrane hypothesis of aging, and various mechanisms that protect human mitochondrial membranes, thereby enabling longevity.

Book Information

Hardcover: 259 pages

Publisher: CRC Press; 1 edition (September 18, 2014)

Language: English

ISBN-10: 1466594861

ISBN-13: 978-1466594869

Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

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