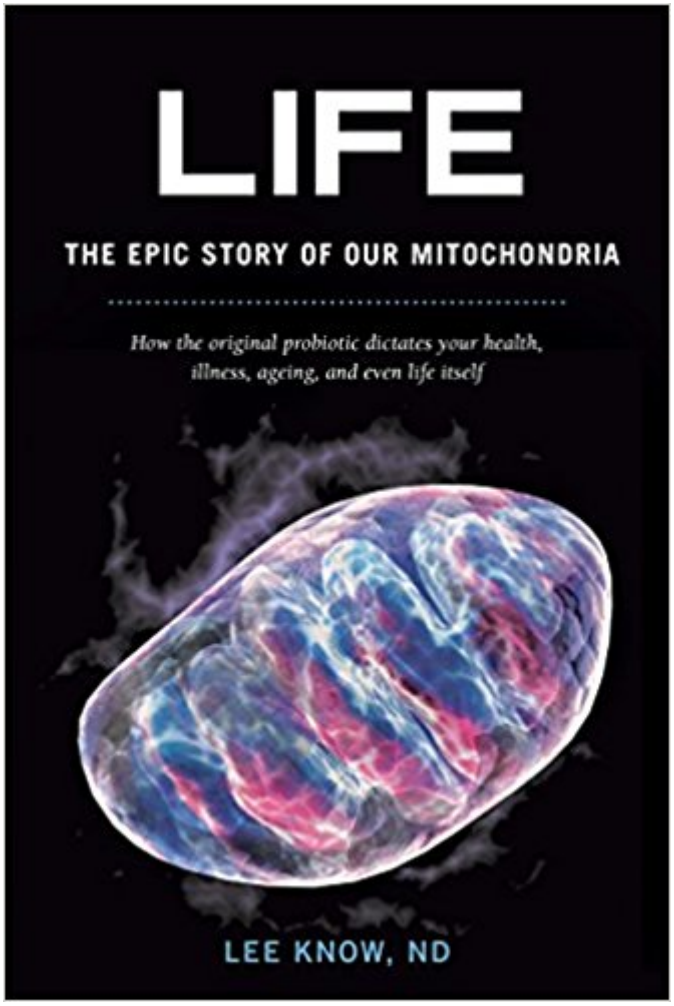
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Life - The Epic Story Of Our Mitochondria: How The Original Probiotic Dictates Your Health, Illness, Ageing, And Even Life Itself



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Synopsis

Why do we age? Why does cancer develop? What's the connection between heart failure and Alzheimer's disease, or infertility and hearing loss? Can we extend lifespan, and if so, how? What is the Exercise Paradox? Why do antioxidant supplements sometimes do more harm than good? Many will be amazed to learn that all these questions, and many more, can be answered by a single point of discussion-mitochondria and bioenergetics. This legendary saga began over two billion years ago, when one bacterium entered another without being digested, ultimately creating the first mitochondrion. Since then, for life to exist beyond single-celled bacteria, it's the mitochondria that are responsible for this life-giving energy. Yet, current research has also revealed a dark side; many seemingly unconnected degenerative diseases have their roots in dysfunctional mitochondria. Modern research, however, has also endowed us with the knowledge on how to optimize its function, which is of critical importance to our health and longevity. By reading this book, you are about to dive into this epic story, and learn how to add years to your life, and life to your years.

Book Information

Paperback: 264 pages

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Average Customer Review: 4.7 out of 5 stars 27 customer reviews

Best Sellers Rank: #177,373 in Books (See Top 100 in Books) #33 inÃ Â Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #2089 inÃ Â Books > Science & Math > Biological Sciences > Biology #2972 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

After a primer on mitochondrial electron transport chain he reviews th literature on how how diets and exercise(trite but true) overlap and reinforce metabolic pathways to improve the number an efficiency of mitochondria. This improved function results in decreased oxidative stress ,increased energy levels, increased exercise performance, decreased body fat, increased lean muscle mass, slows age related deterioration, and increases longevity. Who Knew(besides Gallagher) what slices and dices. Mitochondrial DNA. Zazen

I read this book in hopes of better understanding mitochondria. Most of it was too technical, but I still gleaned several valuable tidbits of information. Even though it may be difficult for the layman to understand, it is still worth reading.

I tried this subject once and had a rough time with it.Then this book was recommended and this time it was a pleasure to read. This is a special work.thim

Excellent . Written so non medical person with scientific interest can understand.

Great book. As good or even better in some ways than Power, Sex, Suicide, at least with respect to supplements and dosages.

Way too much technical detail and jargon for a lay person. But, helped me understand the topic and why their recommendations would work.

Interesting and highly technical. Slow reading and requires concentration.

My favorite book this year! Every page was full of information!

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New frontiers of rural population change, community development and voluntarism (Routledge Studies in Human Geography) Best Practice in Accessible Tourism: Inclusion, Disability, Ageing Population and Tourism (ASPECTS OF TOURISM) Management of Ageing in Graphite Reactor Cores: RSC (Special Publications) Cultured Food for Health: A Guide to Healing Yourself with Probiotic Foods Kefir * Kombucha * Cultured Vegetables Cultured Food in a Jar: 100+ Probiotic Recipes to Inspire and Change Your Life Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Kombucha, Kefir, and Beyond: A Fun and Flavorful Guide to Fermenting Your Own Probiotic Beverages at Home The Fast Metabolism Diet Cookbook: Eat Even More Food and Lose Even More Weight

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