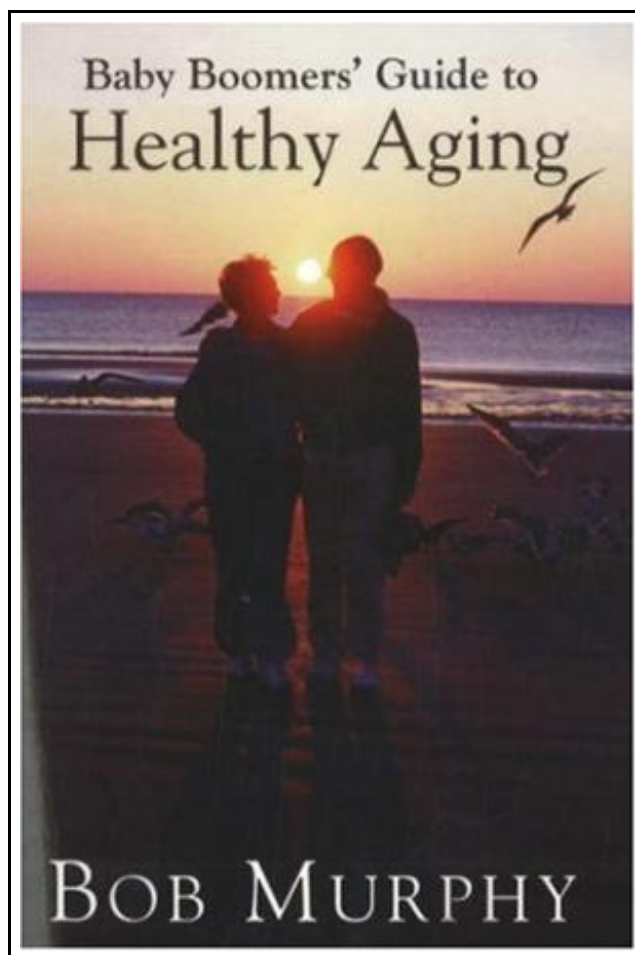


## Baby Boomer's Guide to Healthy Aging



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## BABY BOOMER'S GUIDE TO HEALTHY AGING



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Robert D. Reed Publishers. Paperback. Book Condition: new. BRAND NEW, Baby Boomer's Guide to Healthy Aging, Bob Murphy, Author Bob Murphy offers many startling propositions in his revolutionary new book, such as the basic molecules necessary for life to begin on Earth came from somewhere other than this planet; and the main cause of chronic disease related to ageing is the inability of human cells to efficiently deal with oxygen. The basic premise of this revolutionary new book is that the original animal cells evolved in an atmosphere largely deficient in oxygen and thus, our ability to deal with this very reactive element is flawed. In order to survive in an atmosphere that gradually acquired more and more oxygen, our human ancestral cells enlisted the help of the mitochondrion, which to this day, live within our cells. However, in the process of metabolising oxygen the mitochondrion are easily damaged. This damage, known as oxidant stress, (along with atherosclerosis) can lead to depression of cellular function and even cellular death, which in turn can lead to degenerative disease. Written not only for the 'Baby Boomers,' because of that generation's characterization as a 'youth culture,' but also for anyone with an interest in the problems associated with aging, "Baby Boomers' Guide to Healthy Aging" explains the principal factors leading to the development of degenerative diseases such as heart disease, osteoporosis, cancer, and dementia. The book encourages the reader to take preventative lifestyle and dietary measures and offers practical suggestions on how to maintain good health, as one gets older. "Baby Boomers' Guide to Healthy Aging" is supported by articles from approximately 5,000 scientific journals. This interesting and important health book is a must for the average reader, the clinician, and the scientist alike. Bob Murphy is a physiologist and psychologist. He lives with...



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