



## Baby Boomer's Guide to Healthy Aging

By Bob Murphy

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...

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