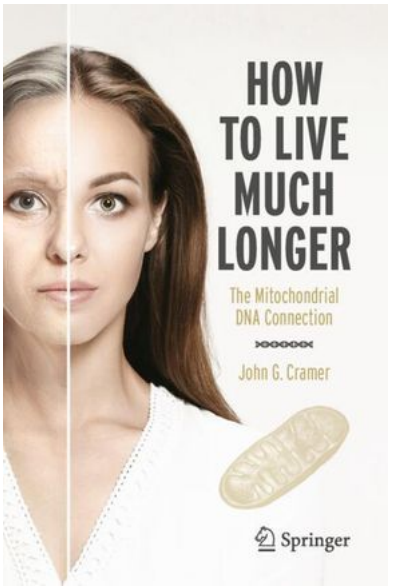
John G. Cramer

How to Live Much Longer

The Mitochondrial DNA Connection



This book is about why we age and how to fix it. Human aging, a complex biological process, has long eluded a unified explanation. The book explains that aging is fundamentally a cellular energy crisis, driven by the progressive accumulation of damage to the vulnerable DNA of mitochondria, the cell's primary energy producers. Drawing on this perspective, which emphasizes energy conservation and flow in biological systems, new light is cast on the traditional theories of aging, demonstrating that the recognized "Hallmarks of Aging" are all downstream consequences of the fundamental energy falloff. While currently available longevity interventions offer modest, short-term benefits that address some aging symptoms, none can resolve this underlying energy shortage. The path to true age reversal requires the application of strong measures, primarily the new technology of high-volume mitochondrial transplantation. The Age Reversal Revolution is about to shake the foundations of our civilization, and this book provides the key to understanding it and joining in its benefits.

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