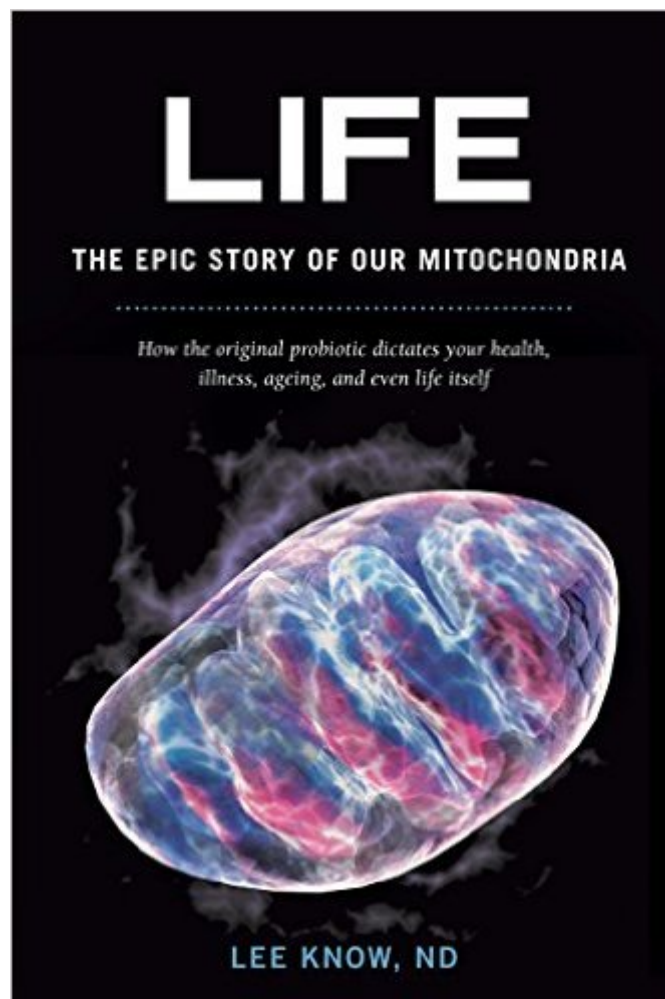


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Life - The Epic Story Of Our Mitochondria: How The Original Probiotic Dictates Your Health, Illness, Ageing, And Even Life Itself



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

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Customer Reviews

Length: 3:33 Mins

As someone who loves biology as well as health, this book definitely hit the spot for me. It's a biology heavy book that applies the information towards improving our health and functioning. What made the journey of reading Life even more enjoyable is how Lee Know wrote it - with personality and humor that made the reading experience feel personal. The content, though, is so powerful. I

remember briefly learning about mitochondria in high school and college and how they generate the power that our cells use, but it never clicked to me that our life force is a reflection of their state of being. I assumed that they were merely another component of the cell and that their health was dependent on the health of the cell. But Lee explained very well how, generally, it's the health of our cells that are dependent on the mitochondria. Thankfully, Lee not only introduced this concept but also wrote an entire section on the specific ways (diet, supplements, exercise) in which we can enhance the well-being of our mitochondria. He does admit that it's not a comprehensive list, but in my opinion, it's an amazing start.

Found; a superbly informative book that explains in practical language how to care for and nurture your mitochondria. If nutritional biochemistry is not your bag, you may ask what are mitochondria, and why would I want to care for and nurture them? The first part of the question is easy to answer for readers who vicariously make periodic visits to the planet Tatooine in a galaxy far, far away. • There, intelligent microscopic life forms called Midi-chlorians live symbiotically inside the cells of all living things. • In that far away galaxy, midi-chlorians are essential for life and provide communication with the pervasive energy field known as the Force. High amounts of midi-chlorians are possessed by the Jedi, warrior monks who serve as guardians of peace and justice in the galaxy that includes Tatooine. The higher the midi-chlorian content the greater the link to the Force. Readers who know of midi-chlorians will find that mitochondria are familiar creatures. For less enlightened earth-bound humans, the answer is a bit more complex. Like midi-chlorians, mitochondria are believed to have once lived as independent single-cell organisms that now dwell in a symbiotic relationship within larger living cells. Like midi-chlorians, mitochondria still maintain some independence by holding on to a little of their own DNA. Without mitochondria, as without midi-chlorians, life could not exist and we would have no knowledge of the Force. • More: [...]

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

I have been reading many scientific studies dedicated to mitochondria. This book is the most clearly written of all I have seen. It is a masterpiece. It goes very deeply in all the mitochondrion mechanisms. To be read by scientist, students or amateurs, as I am myself !

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.

This is a difficult read, but I gleaned some good information that I was unaware of and that is the main thing I look for when reading. I don't think I would highly recommend, but some good information about supplements.

As a medical professional for 30 years, I have mixed reviews about this book. The author is neither a biochemist or an MD. He is a Naturopath. I don't know what the peer review or board certification, if any, is necessary for this title, but I am concerned that he is giving out medical advice. Most of the known science about the Mitochondria is accurate and up to date. When he veers off into naturopathic areas, and talks about unsubstantiated treatments and using various organic substances, I cringe. The chronically ill, and the desperate, will grasp at these false oases. It is difficult for the layman to know where the science ends and the opinions begin. The meld seamlessly. If you are interested in learning about my all time favorite organelle, the Mitochondria, I would stick to more tried and true authors. Anything Sean Carroll's name is attached to is superb. Especially recommended is his book *Power, Sex, and Suicide*. David Goodsell's book, *The Machinery of Life* is also excellent. Goodsell is Professor of Molecular Biology at the Scripps Institute, and well worth studying. I think you need to know a lot of science to be able to separate the wheat from the chaff in Lee Know's book. I cannot recommend it to the accidental tourist.

It is a hard book but I am loving it. Some of the pages may take you a few extra readings because of the detail but wow it all makes so much sense. I like the very easy style--totally informal as if the author was talking to me. I enjoy every single detail having been spent a lot of time on explaining in sometimes various ways how it works. If you think a mitochondria is just a little thing in your cells, think again: there is no life without them. And how complex they are! Amazing book. I enjoy the refresher!

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