

Noter

Förord: Därför skrev vi den här boken

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Inledning: En berättelse om två telomerer

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DEL I

TELOMERER: EN VÄG ATT LEVA YNGRE

1. Så gör för tidigt åldrande celler att du ser gammal ut, känner dig gammal och betar dig gammalt

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 21. Om du vill kan du bidra till studier om hjärnans åldrande och sjukdomar utan att göra hjärnröntgen, eller ens vara på plats. Dr Mike Weiner, en ansedd forskare vid UCSF som leder en studie av Alzheimers som har det största personunderlaget över hela världen, har utvecklat det internetbaserade Brain Health Registry. Genom att gå med i Brain Health Registry svarar du på frågeformulär och kognitiva tester över nätet. Vi hjälper honom att studera effekterna av stress på hjärnans åldrande. Du hittar registret här: <http://www.brainhealthregistry.org/>
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DEL II

CELLERNA LYSSNAR PÅ DINA TANKAR

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DEL III

HJÄLP KROPPEN ATT SKYDDA SINA CELLER

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DEL IV

UTIFRÅN OCH IN: DEN SOCIALA VÄRLDEN FORMAR DINA TOLOMERER

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