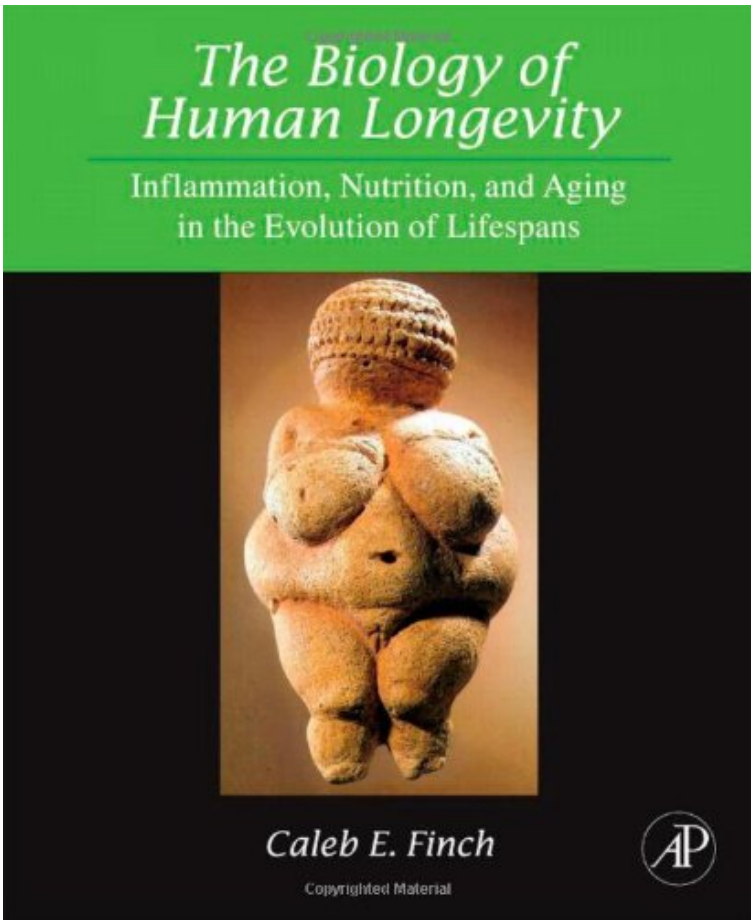
The Biology of Human Longevity: Inflammation, Nutrition, and Aging in the Evolution of Lifespans

Caleb E. Finch



#1773330 in Books 2007-07-25Original language:EnglishPDF # 1 9.55 x 1.51 x 7.87l, 3.27 #File Name: 0123736579640 pages | File size: 62.Mb

Caleb E. Finch : The Biology of Human Longevity: Inflammation, Nutrition, and Aging in the Evolution of Lifespans before purchasing it in order to gage whether or not it would be worth my time, and all praised The Biology of Human Longevity: Inflammation, Nutrition, and Aging in the Evolution of Lifespans:

2 of 2 people found the following review helpful. Great overview of the fieldBy Cory GilesAs someone who is trained in other areas of molecular biology, but new to aging research, I found this book really helpful for getting a high-level overview of the field. It covers a broad swath of topics: the comparative biology of aging, specific diseases of aging, various aspects of tissue, cell, and molecular-level aging, and genetic and environmental perspectives.It assumes about the same level of background knowledge as your typical review article, so it isn't really suitable for a lay audience (my wife, who has no biology background but has an interest in aging, tried it, and didn't get very far). Conversely, I think a professional in aging would find it a bit basic, especially now that it is a little dated.Seemingly every aging

researcher has a unique theory about the causes of aging and the best way to study it, and the author is no exception. He is, however, up-front about his biases toward viewing gene-environment interactions and inflammatory processes as especially important, and sensibly portrays aging as "event-related, rather than time-related". Overall, I found this to be a very balanced and well-written introduction to the field and highly recommend it.18 of 20 people found the following review helpful. Mildly disappointedBy G. LautenslagerThis is a great book in some respects. It collects many concepts concerning aging and disease. That said; it is a disappointment because the book suffers from poor editing. It is replete with misspellings and grammatical errors. Further, there are sentences that are completely meaningless, as if the author was interrupted in the middle of a thought.This is a tough read, not because of the subject matter or because of the level of sophistication. It is a tough read because of the errors, and because of the sentence structure. Too bad really, I expected more after reading the review in Science.0 of 1 people found the following review helpful. Four StarsBy Evon H. DialsBought as a request from daughter-in-law for a Christmas gift

Written by Caleb Finch, one of the leading scientists of our time, The Biology of Human Longevity: Inflammation, Nutrition, and Aging in the Evolution of Lifespans synthesizes several decades of top research on the topic of human aging and longevity particularly on the recent theories of inflammation and its effects on human health. The book expands a number of existing major theories, including the Barker theory of fetal origins of adult disease to consider the role of inflammation and Harmon's free radical theory of aging to include inflammatory damage. Future increases in lifespan are challenged by the obesity epidemic and spreading global infections which may reverse the gains made in lowering inflammatory exposure. This timely and topical book will be of interest to anyone studying aging from any scientific angle.Author Caleb Finch is a highly influential and respected scientist, ranked in the top half of the 1% most cited scientistsProvides a novel synthesis of existing ideas about the biology of longevity and agingIncorporates important research findings from several disciplines, including Gerontology, Genomics, Neuroscience, Immunology, Nutrition