

JEAN-MARC LEMAITRE
Directeur de recherche à l'Inserm

DÉCIDER DE SON ÂGE

Les dernières découvertes scientifiques
pour rester jeune plus longtemps

Quel âge avons-nous
vraiment ?

Allary Éditions

Date : 11/04/2024

Pages : 283

Format cm : 15 x 22

Prix : 21.9

EAN : 9782370734891

Choose Your Age

The Latest Scientific Discoveries for Extending Youth

Author: Jean-Marc Lemaître

Publisher : Allary

Category :

Genres : Medicine - Physics/Chemistry/Biology

Keywords : Aging - Long life - Youth

For the first time ever, a book that's both reader-friendly and fueled by the latest scientific data shows us concretely how to extend our youth!

Jean-Marc Lemaître, an expert in longevity mechanisms at France's National Institute of Health and Medical Research (INSERM), is a world-renowned, cutting-edge researcher in the fight against aging. By reprogramming cells, he and his team managed to increase healthy life expectancy in animals by 30%. Now he is working on a method that would allow individuals to learn their biological age, i.e. their true age – which can differ from their chronological age. This would enable doctors to evaluate the speed at which we are aging in order to slow the process down with personalized care.

Rights Sold: Italian, Korean, English (world), Spanish (world)

Sales in France: 10,000 copies