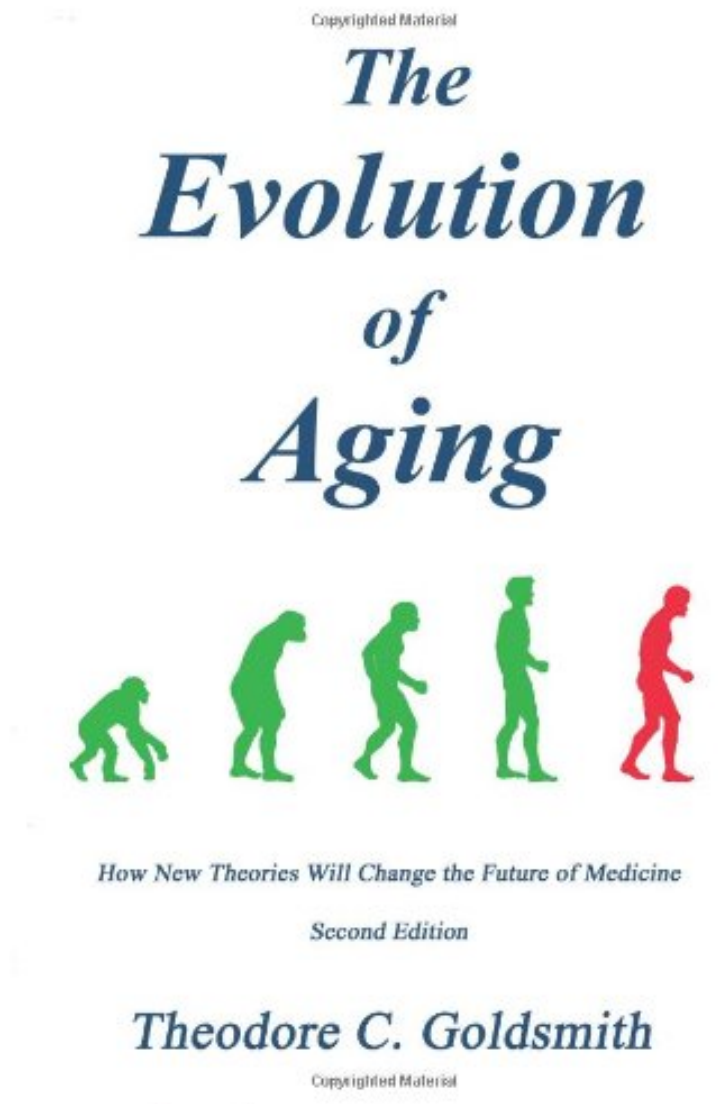


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## The Evolution of Aging

*Theodore C. Goldsmith*

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**Theodore C. Goldsmith : The Evolution of Aging** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Evolution of Aging:

2 of 3 people found the following review helpful. A fascinating, evenhanded dissection and summary of the oldest legends about agingBy Midwest Book ReviewNow in an updated second edition The Evolution of Aging: How New Theories Will Change the Future of Medicine is a thoughtful historical review of biological theories that seek to answer the question, "Why do we age?" Written by former NASA engineer Theodore C. Goldsmith, The Evolution of Aging covers evolution theory, historic and traditional theories of aging, digital genetics and evolution theory,

discoveries affecting aging theory, new theories of evolution and aging, anti-aging research, flaws in the theories discussed, and much more. Accessible to readers of all backgrounds, *The Evolution of Aging* is a fascinating, evenhanded dissection and summary of the oldest legends about aging, the latest cutting-edge research, and everything in between.

Why do we age? Scientists have been baffled by this question for centuries and disagree regarding even the general nature of aging. Is aging the result of fundamental limitations that apply to all living things, or are organisms designed by nature to age because a limited life span conveys some advantage? All of the theories either fail to fully explain observed animal characteristics or conflict with generally accepted evolution theory. This issue has potentially enormous implications for medicine. If aging is the result of fundamental and unalterable forces of nature, then anti-aging medicine is impossible and anti-aging research is futile and foolish. If aging is imposed by an evolved life span regulation system, then research will likely reveal means for altering the operation of the aging mechanism and thereby improve the treatment of many age-related diseases and conditions. This book provides a historical review of biological aging theories including underlying evolution and genetics issues and describes exciting recent discoveries and new theories that are causing renewed interest in aging-by-design. The author discusses Darwin's theory of evolution as well as more recent proposed modifications such as the selfish gene theory, evolvability theory, and group selection in connection with their effects on aging theory. A chapter is devoted to describing the aspects of modern genetics that have implications for evolution theory including the application of digital information theory to genetics.

From the Author The third edition of this book (2014 paperback 978870956) has significant updates.