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Sommario/riassunto

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 a
