



Longevity

Abder-Rahim Biad

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Finding life's secret is not the exclusive domain of conventional medical researchers and cannot be discovered in medical laboratories. Living longer is a personal experience and only the person who has achieved longevity is able to explain its secret. Rejuvenating the human body requires an understanding of the cell, its electrical functions and the role DNA plays in keeping it healthy and functional. The focus of this book is to teach life at the microscopic level: the cell and its atomic structure; the secret can be found there. Conventional medical systems still operate with techniques from the middle ages, chopping body organs when all they had to do is establish sensation inside ailing body parts. The answer to the dilemma of dealing with terminal diseases could not be found in biology labs, but rather going back to the basic concepts of life - the atom, and gaining an understanding of human life on a biophysical level.

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