



## Cancer and Longevity Answers: Naked Mole Rats, Exercise Emods (Ros) (Paperback)

By Phd Prof Randolph M Howes MD

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Decades of research resulted in my appreciation of the many benefits of exercise in reducing the risks of acquiring a wide spectrum of common diseases and in an incredible rodent known as the naked mole rat (NMR) or the sand puppy. The NMR has the highest level of oxidative stress of all rodents and it lives eight times as long as other rodents, with a superb healthspan and it has never had a case of cancer reported in this species. ever! What does the naked mole rat and exercise have in common that could revolutionize our thinking about oxygen, electronically modified oxygen derivatives (EMODs) and oxidative metabolism? Are oxygen free radicals or reactive oxygen species the cellular assassins they have been portrayed to be? Or, could they be the secret weapon of the NMR which keeps it in good health for so long? Is there a commonality between the NMR and the effects of increased oxygen consumption and so-called oxidative stress associated with exercise? Can the unique salutary benefits of exercise and unique EMOD qualities be applied to man, such that our healthspan is...

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