Challenging Aging: The Anti-senescence Effects of Hormesis, Environmental Enrichment, and Information Exposure

About the eBook

This volume explains the role of hormesis in anti-aging processes followed by information on vitagenes, epigenetics, environmental enrichment and germlines. The monograph also brings newer concepts and theories to the fore, such as ‘environmental enrichment’ and ‘technoculture.’

Contents

- Hormesis and Adaptation
- Vitagenes and Hormetins: The Pills of Hormesis
- Environmental Enrichment: General Concepts and Research
- Epigenetic Regulation and Adaptation to Stimuli
- A ‘War of Trade-offs’ Between the Soma and the Germ Line
- Another Dimension: ‘Zooming Out’
- Energy, Entropy and Complexity: Thermodynamic and Information-Theoretic Perspectives on Ageing
- Engagement with a Technological Environment for Ongoing Homoeostasis Maintenance
- Appendix