

FIT TO READ QUIZ – THE TELOMERE TREATMENT

1. How many cells does the body consist of approximately? _____
2. What happens to telomeres each time a cell divides to make another cell? _____

3. The length of a person's telomeres correlates with their _____ age and risk of developing disease.
4. Research indicates certain eating habits, lifestyles and supplements can help people maintain _____ associated with being younger
5. Genes and chromosomes unraveling and aging due to lifestyle habits is called? _____
_____.
6. What antioxidants neutralize free radicals? _____ and _____
7. Women who consistently ate a Mediterranean diet earned _____ points and had telomeres _____ years younger than women who did not eat a Mediterranean diet at all.
8. What was shorter telomeres associated with? _____ and _____

9. What vitamin protects telomeres? _____
10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!