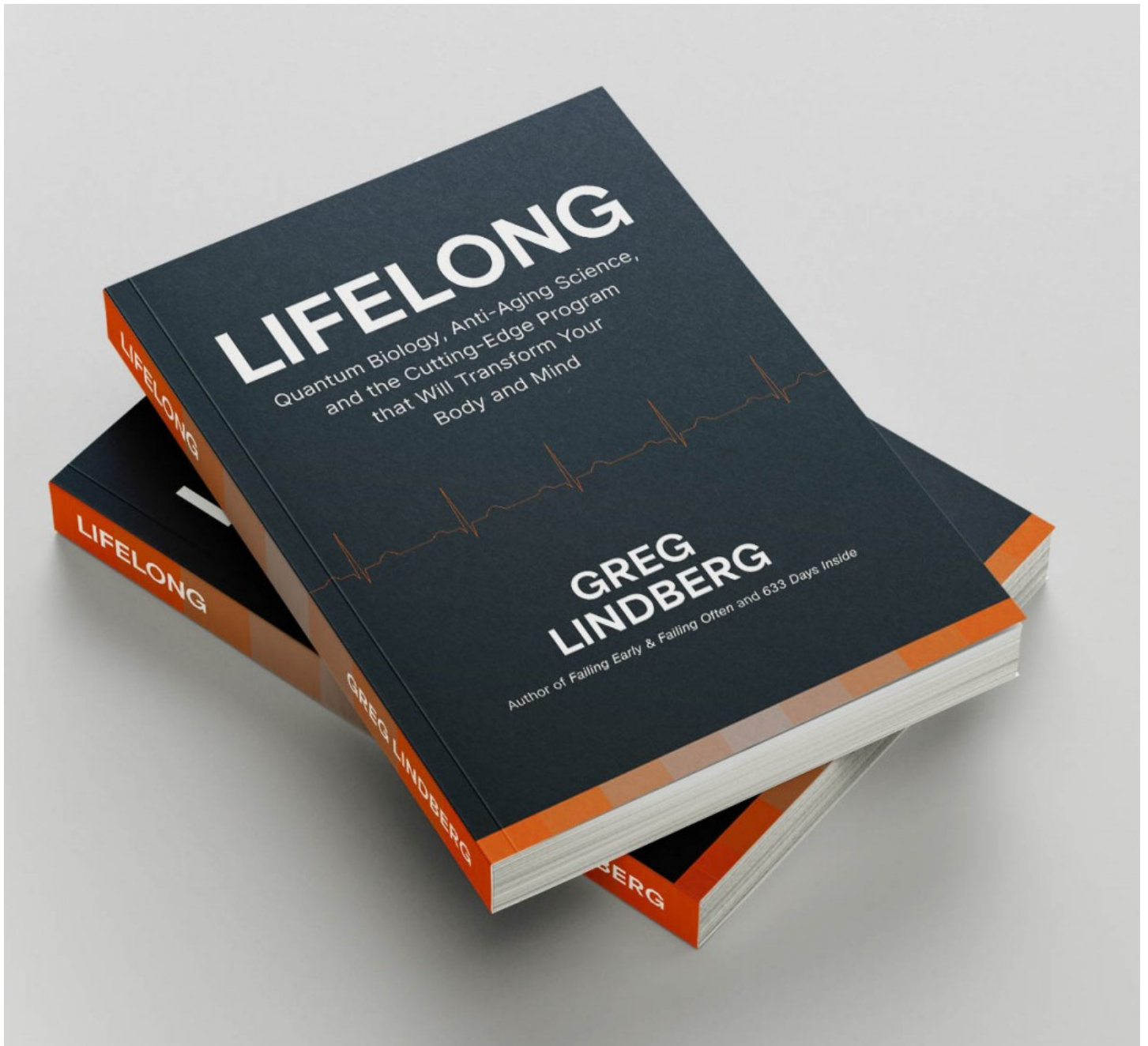


Greg Lindberg Unveils in His Latest Book How Hormesis Makes the Human Body Stronger



Orlando, Florida Jan 8, 2024 ([Issuewire.com](https://www.issuewire.com)) - In a groundbreaking revelation that promises to reshape our understanding of human strength, Wellness Advocate Greg Lindberg unveils in his book *Lifelong* the profound effects of hormesis on longevity and physical and mental strength. [WATCH VIDEO HERE](#).

Hormesis is a biological phenomenon where a beneficial effect results from the exposure of low dose stressors and challenges such as exercise, mental stimulation, fasting, and cold or heat shock. These stressors can transform health and wellness, increase physical performance, enhance cognitive

functioning, slow aging and improve mental well-being, shares Lindberg in his book.

“Hormesis is the natural tendency of all living things to respond to stress and deprivation by growing stronger and more resilient,” says Lindberg. “As long as the stressor remains below the level of toxicity, the individual grows stronger. In pop culture, you could call this the “what doesn’t kill me makes me stronger” idea. But it has been evident since the emergence of life on earth.”

According to Lindberg, hormesis can be created through diet, physical exercise, mental challenges and simple lifestyle changes. Hormesis not only improves life today, but it improves life for decades to come. It even improves the life of offspring. This is all thanks to Deoxyribonucleic acid (DNA) repair, Lindberg says.

“You can think of DNA as the books in your body’s library,” says Lindberg. “DNA holds all the knowledge about your body and how its various cells are supposed to operate. As your cells replicate, it’s critical that this information is also accurately replicated. Each strand of DNA inside each cell of your body is subject to an average of about 75,000 breaks and disruptions of various types every single day. And broken DNA strands are what lead to mutations, mitochondrial dysfunction, and much of what we think of as “aging.”

Scientific research also shows that controlled exposure to mild stressors have positive short-term and long-term effects, including longevity, performance, and physical and mental strength. As hormesis continues to be explored, Lindberg encourages people to consider its principles in their pursuit of a healthier, stronger and more resilient life.

LIFELONG is now available on [Amazon](https://www.amazon.com). To join Lindberg in this wellness journey, visit LifelongLabs.com.

About Lifelong Labs

Lifelong Labs is a wellness, longevity and leadership brand which provides science-based information and programs on fasting, cold exposure, exercise, nutrition, hormesis, sleep, mental wellness, leadership, career, and more. The company, launched in 2023 by Entrepreneur Greg Lindberg, works with trusted health and wellness experts to provide guidance that is science-based, safe, effective and attainable. The brand connects with audiences through its website, newsletters, subscription-based programs and social media platforms. To learn more, visit LifelongLabs.com.

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