

A significant number of new studies in biomedical science confirms that our bodies are radically resilient and that all we need to do to reclaim our health and vitality is to eliminate sources of interference with our bodies' innate, robust self-regenerating capacity. Our physical form represents eons of adaptation to and mastery over constantly changing conditions, including powerful forces of environmental and biological adversity. Our bodies have emerged from this crucible with veritable superpowers, not the least of which is our seemingly magical and irrepressible capacity for radical resilience.

The New Biology offers a revolutionary and breathtaking vision of the body as resilient, intelligent, and seamlessly interwoven with to the larger universal patchwork. On a molecular level, every cell in your body is undergoing a constant process of coming into and out of being, much like the flicker of a flame, and doing it so perfectly that we only experience ourselves on a macroscopic level as immutable, relatively unchanging organisms. Yet there are trillions of changes and microadjustments occurring every moment in each cell, completely regenerating damaged and diseased tissue. On the most basic level, regeneration follows from removing what the body does not need and adding back what it does.

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Ji, Sayer. Regenerate (p. xix). Hay House. Kindle Edition.