



Dr Rock visits ITV This Morning Show to talk about tiny habits that can help extend your healthy lifespan

Julia chatted with Holly & Phil on This Morning, explaining the basics of epigenetics, and why simple adjustments to your daily habits can produce significant health benefits.

Hacking your habits is the easiest and most sustainable way of reducing the risk of illness and extending healthy lifespan.

Watch the full interview on our Home Page. Buy Julia's latest book, F-Bomb, or join her new Habit Hacking Club to start adopting this simple science today.