



Humans have long been intrigued by the mysteries of our origins and the mechanics of our bodies and minds, continually examining our biological makeup in the hope of achieving our ultimate potential. This compelling six-part science documentary series profiles the breathtaking scientific discoveries made over the past decades – discoveries which have revolutionised our understanding of what it means to be human, and informed the way we strive to live longer, better, smarter and stronger.

Exploring the most ambitious biological research project in history, the race to decode the human genome, the series examines the genetic revolution that came from sequencing three billion letters of our DNA, and how this changed our outlook on health and disease. Technologies from the Human Genome Project opened up new fields of science, including the recent explosion of research into our gut microbiome with profound implications for our western diet and chronic new ailments.

At the same time, **neuroscience** developed new ways to **explore the living brain**, eavesdropping on electrical messaging, spying on growth and development, overturning concepts of the static adult brain.

With a powerful new understanding of brain plasticity, scientists gained critical new insights into improving memory and learning, the importance of sleep and childhood enrichment. For the disabled, scientific progress has been astonishing. Advances in prosthetics, 'growing' organs and synthetic muscles promise a stronger, brighter future for those struck down by disease.



From science around the creation and extension of life, to the process of managing human ageing, this hugely fascinating series features expert commentary by the world's leading researchers in genetics, microbiology, stem cell science, surgery, exercise medicine, nutrition, bionics, fertility, mental health, longevity and neuroscience, and takes audiences on a journey from the recent past to an extraordinary future.





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