

Science Focus

Understand
HOW HORMONES WORK

The treasure
BENEATH THE MELTING GLACIERS

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A GENETIC HEALTH TEST?

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How recommended daily allowances stand up to modern science



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60 >

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IN THIS ISSUE — **Michael Mosley**

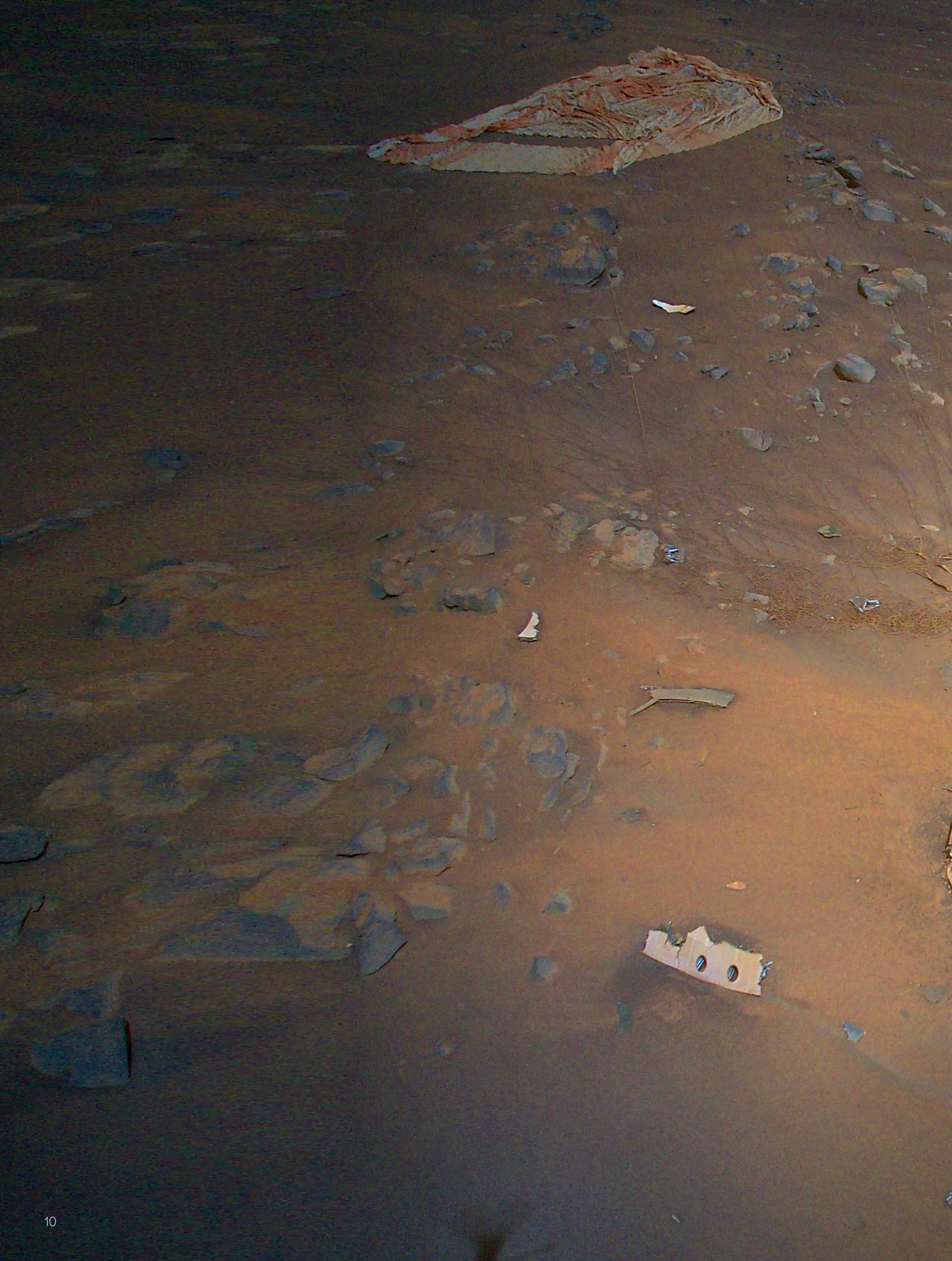
Eccentric exercise: how to make your workout more efficient

Physics

The mysteries of matter's most basic building block

Carnivore diet

The pros and cons of 'eating like our ancestors'



The ruins of success

JEZERO CRATER, MARS
19 APRIL

These shattered remains may look like a failed space mission, but they're very much a sign of success – for two reasons. First, these are the backshell and parachute of NASA's Perseverance rover – landing gear the robot no longer needed after surviving a 126km/h descent to the surface of Mars in 2021. Second, the picture was taken by Ingenuity, a miniature helicopter with a metre-wide rotor span that caught a ride to the Red Planet with the rover. Ingenuity has a flight range of only 300m but, as of November 2022, had clocked up 34 flights and covered a total of 7km. Images like these help NASA to understand whether a landing occurred as expected and what could be improved for future missions.

