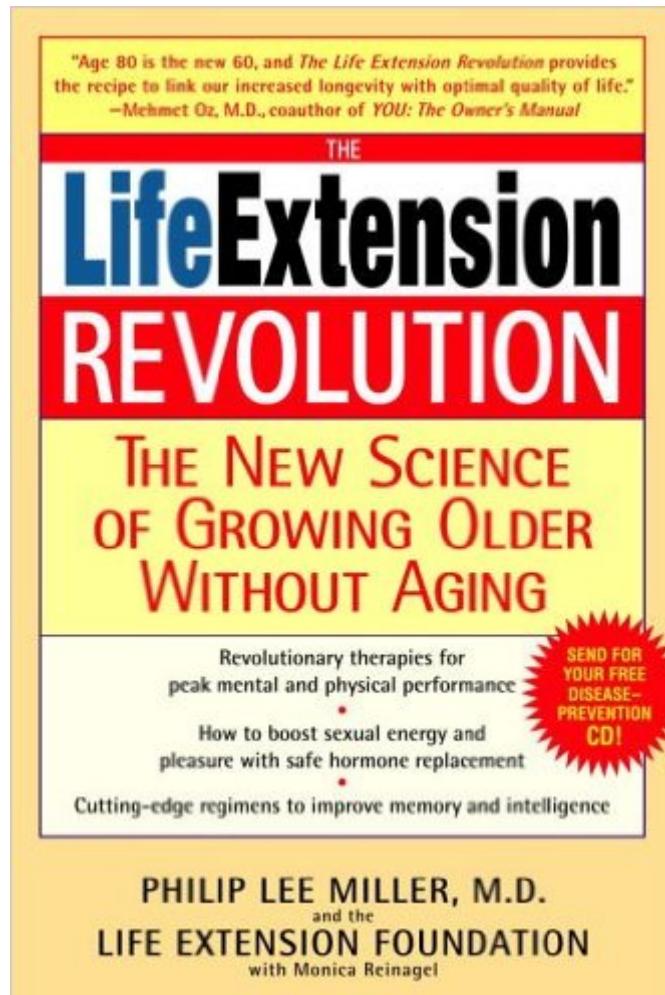


The book was found

The Life Extension Revolution: The New Science Of Growing Older Without Aging



Synopsis

For the first time the lay public can benefit from the anti-aging secrets discovered by the Life Extension Foundation, the world's largest, most respected organization dedicated to anti-aging research. Working with the Life Extension Foundation, renowned anti-aging physician Philip Lee Miller shows you how to retain your physical health and vigor, mental clarity, and youthful appearance "for life. This groundbreaking book translates cutting-edge anti-aging advances into a practical, easy-to-use program that will maximize your chances of living not only a long life "but a healthy, vibrant life. Drawing on his own clinical experience as well as the latest research from the Life Extension Foundation, Dr. Miller demystifies the aging process and provides you with:

- Detailed strategies integrating the most advanced mainstream therapies with nutrients, hormones, and holistic approaches from around the world
- A comprehensive plan to protect yourself from cancer, heart disease, arthritis, and Alzheimer's disease at the cellular level by controlling inflammation and oxidation "two degenerative processes that cause us to age prematurely
- A guide to individualizing this lifesaving program, including the Longevity Diet for maximum vitality and effortless weight loss and a unique supplement regimen "plus how to use medical tests to monitor your progress
- An inspiring vision of the future of life extension science and what your future will be like without disease, premature death and aging "with novel strategies to help you get there

 This far-reaching anti-aging program will change your life forever. Like many of Dr. Miller's patients, your physical and mental health will actually soar as you age chronologically. Your new longer, healthier life begins now as you embark on The Life Extension Revolution.

Book Information

Paperback: 416 pages

Publisher: Bantam; Reprint edition (April 25, 2006)

Language: English

ISBN-10: 0553384015

ISBN-13: 978-0553384017

Product Dimensions: 6.1 x 0.9 x 9.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (37 customer reviews)

Best Sellers Rank: #140,528 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #1818 in Books > Health, Fitness & Dieting > Diets & Weight

Customer Reviews

Phillip Miller has been my physician for the last 3 years. I taught medical school and have had a lot of physicians as friends and acquaintances, and so am very aware of the differences in quality among physicians. Dr. Miller is among best I have dealt with over the years. He is one of the rare physicians who deal with your body as an entire system evolving in time, does so with a solid basis in cutting edge science, and also likes his patients. Dr. Miller's training has been very wide: biochemistry, neurology, emergency medicine, endocrinology. (My cardiologist, by contrast, sees me as a heart with a human peripheral that he ignores as much as possible. He is personable, treats me as an individual, cares about my opinions in science/business, has a good "bedside manner", but none of that affects his top-of-the-line AMA-brand medicine.) Reading Dr. Miller's book after being his patient was interesting, as I realized how much I had not entirely understood from his instructions and our discussions. I have become a lot more rigorous about diet and some supplements. The book is very readable for anyone with high school biology courses and an interest in physiology/medicine/life extension. Everyone who worries about diseases of aging should read this book. There are a lot of inexpensive means to greatly reduce your risks of heart disease and cancer, and "Life Extension Revolution" makes it easy to understand and adopt them. You will also learn what you need to do to guide your own physician in providing a higher quality of care for you. I also have been reading Kurzweil and Grossman's "Fantastic Voyage".

This is a practical book on what you and your doctor can do to avoid or treat many of the problems that traditional medicine regards as normal aging. Dr. Miller gives examples from his practice of people who were helped by treatment of degradations that, while "normal", are not "necessary". He uses blood tests to identify sub-optimal situations, and then improves those conditions with the use of supplements and pharmaceuticals. While his recurring message is that you need a doctor like him to achieve the best results, the basic supplement program that he advocates can be followed without medical permission. Such things as hormone balancing require the active participation of a skilled physician. He explains the safety of bioidentical human hormone modulation, as opposed to the discredited use of horse derived hormones. Many of his male patients have been prescribed supplemental testosterone, as well as pharmaceutical drugs to control excess estrogen and DHT. Modulation involves both increasing hormones that are too low, and counteracting hormones that are too high. Dr. Miller identifies the best anti-aging substances to use, including supplements,

pharmaceuticals, and herbals. His coverage of homocystene and inflammation sound like they should replace cholesterol as the first line approach to avoiding heart problems. The problem with treating these conditions is that the drug companies aren't going to get anywhere near the action that they get selling cholesterol control. As a health consumer, I'm much more concerned with addressing real problems than in just feeding the drug industry's established profit centers. Dr. Miller is not anti-drug, but he's certainly anti-bad-drug.

[Download to continue reading...](#)

The Life Extension Revolution: The New Science of Growing Older Without Aging Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging:Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets,Anti Aging Drugs) (Fitness Book 1) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Aging Without Growing Old Cracking the Aging Code: The New Science of Growing Old-And What It Means for Staying Young Growing Marijuana: Beginner's Guide for Big Buds - step by step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Marijuana: Growing Marijuana, Beginner's Guide for Big Buds - Step by Step (How to Grow Weed, Growing Marijuana Outdoors, Growing Marijuana Indoors, Marijuana Bible) Cannabis:The Beginners Guide on How to Start Growing Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Marijuana Horticulture) Cannabis Success: The Easiest Guide on Growing Large Marijuana Plants at Home (Cannabis, Cannabis Growing, Marijuana, Marijuana Growing, Medical Marijuana, Medical Cannabis, Hydroponics) Global Aging: Comparative Perspectives on Aging and the Life Course Gerontological Nursing: Promoting Successful Aging with Older Adults Life Extension Life Extension: A Practical Scientific Approach The Michigan Divorce Book: A Guide to Doing an Uncontested Divorce Without an Attorney Without Minor Children (Michigan Divorce Book Without Minor Children) Anti-Aging Skin Care: Anti-Aging Skin Care Techniques for Beautiful, Flawless and Younger Looking Skin Stop Aging Now!: Ultimate Plan for Staying Young and Reversing the Aging Process, The Look Younger: A Proven Anti-Aging Guide For Looking 10 Years Younger: Fast And Effortless Anti-aging Tactics Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD HEALTHY AGING (EBERSOLE))

[Dmca](#)