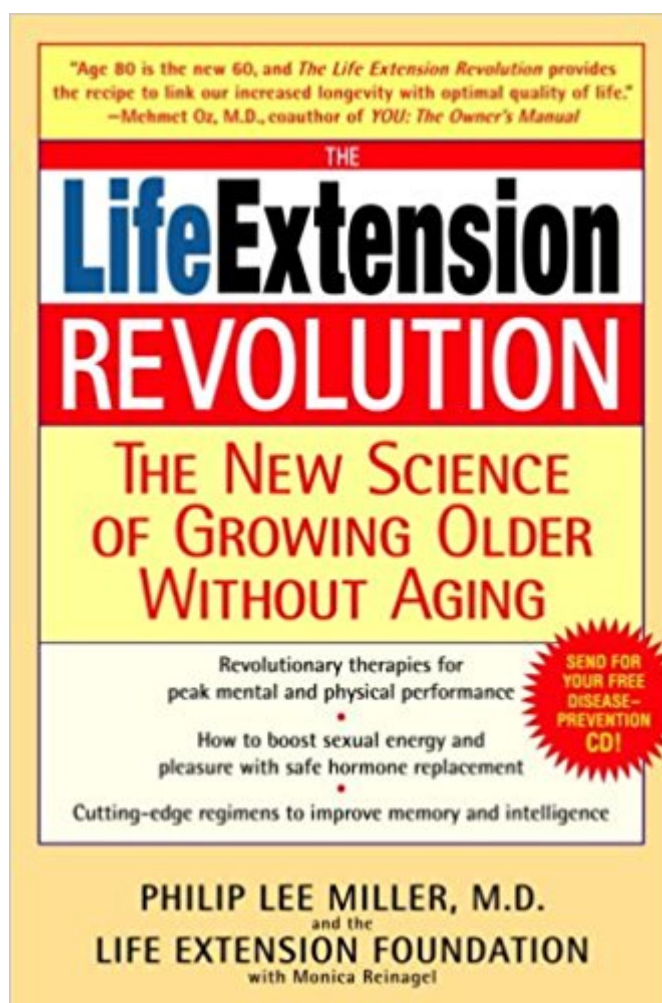


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# The Life Extension Revolution: The New Science Of Growing Older Without Aging



## 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

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## Customer Reviews

Ãâ“This book provides the recipe to link our increased longevity with optimal quality of life.Ãâ Mehmet Oz, M.D., professor and vice chairman of surgery, Columbia University Medical School

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 actuallysoar as you age chronologically. Your new longer, healthier life begins now as you embark on The Life Extension Revolution.

This book is actually the best anti-aging book which I until now have read, and I have during years read many, with the first one being the excellent book written by James F. Fries & Lawrence M. Crapo: ÃfÃÃ âÃ Ã“Vitality and AgingÃfÃÃ âÃ Ã”, which I bought and read way back in 1981 just when it was put in print.This book by Lee covers all what have any connections to how long we are going on to live, how old we will be. And here especially the hormones are playing a role, also caused by as when we grow older, then the bodyÃfÃÃ âÃ âs own amount in the

producing the hormones are declining. But this we can repair, solving this problem, by getting hormones from outside the body. And the book is exceptional good with the many sheets which shows for man and women what the actual measures should be for the hormones in being optimal, which in all of the cases is quite different from what we are told from by government. And concerning this information, then this is absolutely the best overview which I until now have met in any book. And among other we for example read that research 1975 - 1993 showed that women who had low levels of Progesterone, and opposite to Estrogen, in their bodies ended up having 540% higher incidence of cancer. And concerning the Estrogen which was made/taken from horses, how bad this is, and how it instead could be made from nature plants. Of course, we in the book also read about other things than hormones, as how to daily try to live without stress, what to eat, exercise (but not too much hard), and so on. And about vitamins and minerals, of course, and then realize that many vegetarians are missing B vitamins, calcium, and selenium. And we read speculation connected to results showing that all animals are living longer when not allowed to get all of the food which they would like to get. And we read why people on some place on Earth are living longer, read about the stem cell, and speculating about what the future may bring. All together an excellent book, containing much good information. And again, the best anti-aging book which I owe between my 450 doctor/health books which I owe, and this even though it is from way back 2005, and most of the other books are much newer.

It was great when new in 2007. Please produce a new edition incorporating what has been learned in the last 10 years.

A middle aged friend of mine at work suggested reading this book. I only read about 1 to 2 books a year (busy playing an instrument). After reading the book (easy, interesting reading I might add) I was hooked. Being a health conscious 54 year old male already (riding bike to work, vegetable based diet, yoga practitioner) this book provided the finishing touch to carry me through the rest of my middle age life. Taking it a step further- Dr. Miller's office was less than 1 hour from where I live. Sign Me Up!!! He is now my general practitioner Doctor- who specializes in Optimizing Your Life!!

Dr Miller developed in this book an excellent master plan on how to stay healthy. Very readable and easy to follow. This book is a must for preventing disease, extending your life and staying away from prescription drugs. I read and studied it now a third time in five years. It is stimulation and encouraging. I wish I had such a fine book 40 years ago when I was 35. At 35 that is the time to

start worrying about your health when you become 60 and older. When you have come down with a major illness at 60+ years your efforts to heal yourself will have to increase by a factor of 10. Not so good a prospect for a carefree retirement! I have experienced it! The book is worth every penny!

Book was in better condition than anticipated. Read the book earlier from the library and wanted my own copy. Full of great information for better health that anyone can do. Have implemented most of the recommendations and feel they are working.

I've read a number of books about the new medicine and the anti-aging approach to health. Our current medical paradigm is about trying to fix what is broken by trying to cure disease. It makes amazingly good sense to me that we should instead be doing the things that will keep us vital and healthy, thus avoiding the major diseases of old age. I have not seen this information presented in a clearer fashion anywhere else. I imagine I now understand more than most doctors on the subject. That is good because ultimately we are responsible for our own health and Dr. Miller has given here the tools to live a vibrant life into old age. As I said, I've read many books on this subject - this one is by far the best.

This book is well written and argued. It provides detailed information on particular vitamins or other items recommended with sufficient links to the literature that you can do your own due diligence. There is also more than sufficient information to allow you to develop your own supplement regime. What the book purports to do is to review the extant scientifically established research results for both vitamin supplements and herbal supplements. The purpose is specifically to look at valid [think double-blind standard] research that has shown positive effects on health but which has not yet passed FDA or other regulatory body approval. Given that the FDA process can easily take ten years or more, there is a lot of time during which the potential benefits of a supplement could be working for you but are not, because of no FDA approval. This book fits that window of opportunity. There are two primary reasons I rate this book so highly, other than those given above. The first is the point made in the book that if I/you wait for FDA approval before starting to use a supplement there are that many more years during which your body is ageing un-necessarily quickly. Why not have good health now, as long as it's based on scientific scrutiny of claims? The second is the undeniable physical effect. I tried the regime that I developed using the books' tables and guidelines and noted significant improvement in many areas, including libido. In short, it works, makes sense and is an insurance policy for my health.

Very good collection of body metabolic, chemical no hormonal balance within the human body

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