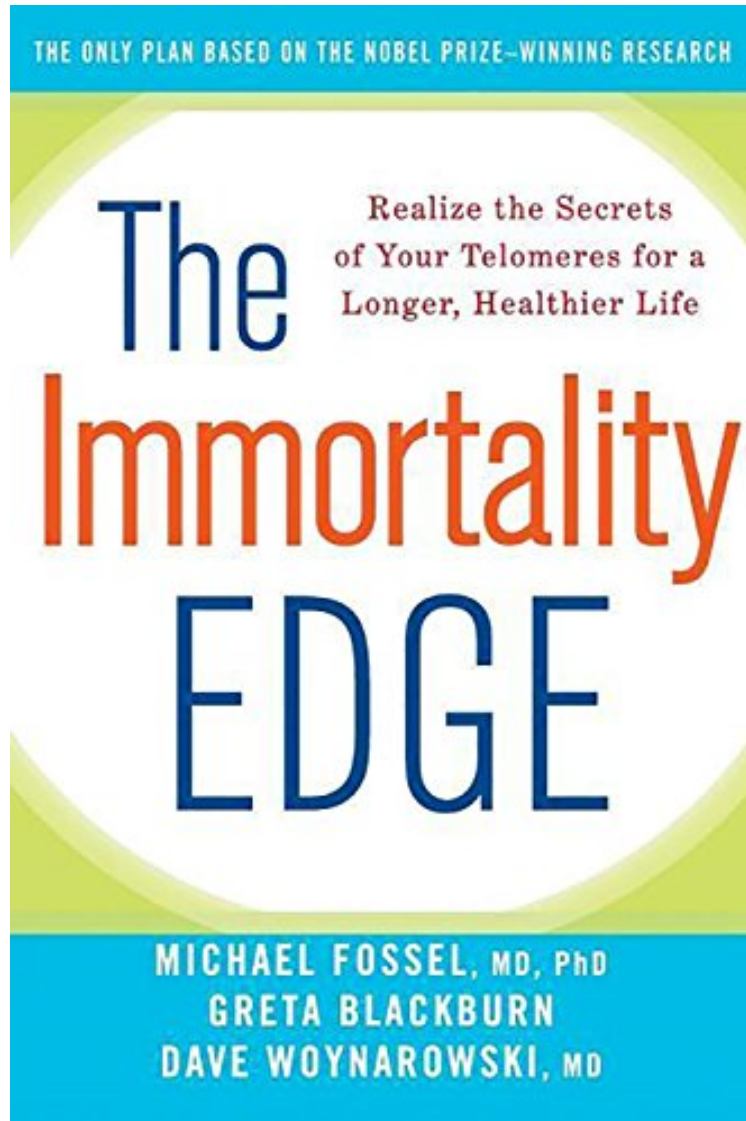


(Download) The Immortality Edge: Realize the Secrets of Your Telomeres for a Longer, Healthier Life

The Immortality Edge: Realize the Secrets of Your Telomeres for a Longer, Healthier Life

Michael Fossel M.D. Ph.D., Greta Blackburn, Dave Woynarowski M.D.

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Michael Fossel M.D. Ph.D., Greta Blackburn, Dave Woynarowski M.D. : The Immortality Edge: Realize the Secrets of Your Telomeres for a Longer, Healthier Life before purchasing it in order to gage whether or not it would be worth my time, and all praised The Immortality Edge: Realize the Secrets of Your Telomeres for a Longer, Healthier Life:

19 of 19 people found the following review helpful. A Practical Primer on Staying Young By Tim F. As a family physician in his mid-30s just starting to feel the effects of aging, I found this book at just the right time. In medical school, I remember learning about how the shortening of telomeres on the ends of DNA are associated with aging and how telomerase can actually reverse that process. I never learned, however, a practical way to apply these concepts toward improving my health and the health of my patients ...until now. The authors of The Immortality Edge have done an excellent job distilling the research that is currently available about telomeres into a practical life plan for slowing down aging. After an easily understood explanation of the science of telomeres and telomerase, the authors discuss the game-changing implications of this Nobel-Prize-winning discovery on the future of medicine and aging. The majority of the book is devoted to the Immortality Edge Longevity Program. By following this program, the authors believe that we can slow down the shortening of our telomeres and essentially slow down the aging process, perhaps even reaching the generally-accepted 120 year maximum life span of humans. The authors base their recommendations on scientific research that has been shown to reduce the major causes of cellular aging (Oxidation, Inflammation, Glycation, and Abnormal Methylation). These same four factors, not coincidentally, also contribute to many of the chronic diseases that plague our society: diabetes, hypertension, heart disease, and cancer. This program offers specific strategies on what to eat, how to exercise, how to reduce stress, and what supplements to take in order to maximize our life span and reduce our risk of developing chronic disease. The rationale for each recommendation is explained clearly (there's a glossary at the end of the book for the technical jargon), and the authors provide a list of scientific references to support their recommendations. The authors also lay out a day-by-day exercise plan based on your level of fitness, as well as a 14 day meal plan which takes into account various dietary preferences including vegetarianism and the Paleo diet. There's even an Immortality Edge tequila cocktail recipe! The Immortality Edge presents a comprehensive plan for staying young and healthy by applying the cutting-edge science of telomere biology to lifestyle. I already have started to feel the benefits of following the recommendations in this book, and I will recommend it to my patients to help them take better control of their health.

11 of 12 people found the following review helpful. It's Just Around the Corner, Folks! Hang on do the best you can... By Susan Schenck This is a very inspiring book: If we can just do our best to be as healthy as possible, immortality (or at least living as long as we want) may be around the corner. Unfortunately, you currently have to be somewhat rich to afford most of the promised longevity, since current technology (supplements) averages over \$8,000 a year. But as we know, things which at first are affordable for the rich are often be mainstream a decade or two later. Part 1 is about the promising research. It's just around the corner folks, and many of us will live to be 1,000! What an exciting time to live! Part 2 is the longevity program and includes supplements, fitness, nutrition, and stress reduction. Part 3 is a very detailed diet and exercise program which includes a 14-day diet for those who like everything planned for them. I enjoyed learning about the importance of interval training and anaerobic exercise. Though I exercise 2 to 3 hours a day, this was a critical piece I've been missing! The book includes a resource section, glossary, and reference. A bibliography would have been nice--I am wondering why that was overlooked. I like how the author includes info on the Paleo diet of our ancestors and explains in several parts how you are cheating yourself out of many nutrients if you are on a vegan or even vegetarian diet. (I delve into this very deeply in my book Beyond Broccoli.) The book says something to the effect of, don't worry, we aren't going to ask you to eat raw meat like in other paleo diets. Perhaps the authors are unaware of the toxic effects of cooking meat (byproducts like heterocyclic amines form). I recommend lightly steaming it if you can't handle raw meat--though every culture has some raw meat tradition. (Think sushi, ceviche, steak tar tar.) I like how the authors qualify chocolate as a Paleo food! (p. 155) The book includes an address where you can get your telomere length tested, though it costs several hundred bucks (up to \$900 for a more accurate reading). But the book's written aging test to see how you're doing based on your lifestyle makes the price worth the book! (I was glad to see that at age 55, I am well under 35, biologically!) The author would have done well to include eating raw, or at least 80% of your calories raw, in this test. Overall I enjoyed this book immensely and read it cover to cover, highlighting many many many places! Susan Schenck, author of Beyond Broccoli, Creating a Biologically Balanced Diet When a Vegetarian Diet Doesn't Work and The Live Food Factor: The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit Planet 1 of 1 people found the following review helpful. Keep yourself alive and healthy now, and for millenia to come (we hope) By Richard Stoker Nobody wants to die, but we've had to consider it inevitable. Even the healthiest and holiest eventually pass away. There's a growing popular movement to find a cure for old age and dying from it. (Nobody expects to find a cure for dying from a bullet in your brain.) What's more, there's a large and growing larger body of scientific studies which support this movement. Nobody can claim to be immortal yet, but it's likely many people now alive will live for thousands or more years. This book explains a lot of the recent scientific findings, particularly regarding telomeres and telomerase. Telomeres are little chains of protein at the ends of your DNA strands. There's a large correlation between short telomeres and old age diseases and death. Telomerase is an enzyme which actually lengthens telomeres. This book goes into many ways to slow down the shortening of your telomeres and encourage telomerase to lengthen them. But nobody pretends to have a magic, miracle "Fountain of Youth" (yet). Instead, a lot of evidence backs up what we already know. People who eat well, exercise and take the right supplements live healthier lives, and for more years. Use this information to keep yourself alive for the next 10 to 20 years so you

can enjoy the "miracle" cures when they become available.

NOW AVAILABLE IN PAPERBACK Based on Nobel Prizewinning genetic research—a simple plan to keep your telomeres healthy for better health and longevity Telomeres play an important role in protecting our chromosomes from critical damage. The shortening of the telomere disrupts vital cellular function and promotes the previously seemingly inevitable onset of aging and various diseases, including cancer and Alzheimer's. Drawing from the groundbreaking discoveries about telomeres that won the 2009 Nobel Prize in Medicine, this book includes a highly prescriptive program that shows you how to live longer by slowing telomere shortening and rejuvenating your cells through relatively simple alterations in nutrition habits and other lifestyle changes. Written by authors with extensive knowledge of genetics, telomeres, and longevity Offers a simple action plan you can start using immediately Includes a revolutionary new eating plan Recommends individualized supplement programs Shares a diet and exercise approach grounded in solid scientific research The exciting recent discoveries about telomeres promise to revolutionize our approach to anti-aging much as antioxidants did ten years ago. Unlike trendy diet and fitness books with no basis in science, *The Immortality Edge* targets health at its innermost level by laying out a realistic, lifelong plan using easy steps that can fit into any busy schedule—steps that can improve the length and quality of your life.

From the Inside FlapBased on the science behind the health breakthrough that won the 2009 Nobel Prize in Medicine, *The Immortality Edge* is the book that shares the priceless secrets to your long and healthy life. When Carol Greider, Elizabeth Blackburn, and Jack Szostak won the Nobel Prize for their pioneering research on telomeres and telomerase, few people at the time outside the scientific world understood the truly life-changing implications of their work and how their amazing discoveries could be used to slow aging and the onset of diseases like Alzheimer's and cancer. The first popular book on this huge breakthrough, *The Immortality Edge* translates the latest research into a highly prescriptive program that will show you how to live a longer and more vital life by protecting your telomeres. Telomeres keep our chromosomes intact, in the manner of the plastic caps that hold the ends of shoelaces together. As cells divide and replicate, telomeres eventually shorten; when they become too short, cells die. The great news is that you can slow telomere shortening and rejuvenate your cells by making relatively simple health and lifestyle changes. This extraordinary book shows you how, step by step. Written by authors with extensive knowledge of genetics, telomeres, and longevity, *The Immortality Edge* gives you a complete program that incorporates specific recommendations regarding supplements, diet, stress-reduction techniques, and exercise. For each component of the program, you'll find clear explanations of the science behind the recommendations along with guidance and advice on how to implement them. *The Immortality Edge* is fully backed by the most up-to-date research findings and includes: A two-phase supplement plan with detailed explanations and dosage information Techniques that will reduce stress at the cellular level, improve your concentration, and help you sleep better Eating guidelines to safeguard your telomeres, including the top twenty telomere-friendly foods Fourteen days of meal plans Fitness plans tailored to your own fitness level that combine interval, endurance, and resistance training advice Long, healthy telomeres hold the key to a longer, healthier life. Start taking advantage of the Nobel Prizewinning breakthrough and give yourself the immortality edge here and now. **From the Back Cover**Unlock the secrets of telomere research to live a longer, healthier life "The Immortality Edge is destined to become the classic fountain-of-youth action plan. I can't wait to integrate its very practical protocols for cutting-edge supplements, meditation, and fitness today." Ann Louise Gittleman, New York Times bestselling author of *The Fat Flush Plan* and *Zapped* "If you want to not only live longer but also have an improved quality of life as you age, you simply must read this book it is the best in the field. *The Immortality Edge* is loaded with gems that will help you not only slow down the aging process, but also age gracefully." Dr. Joseph Mercola, founder of Mercola.com, the world's most visited natural health site "For the first time ever, this book reveals the science behind the secrets in our cells with solid documentation and practical applications that everyone can follow. A realistic way for anyone to begin to feel young today and every day." Jeffrey S. Life, MD, PhD, Chief Medical Officer of Cenegenics and author of *The Life Plan* "Scientific yet simple, this book is probably as close to chicken soup for the cells as we are likely to get." Mark Victor Hansen, New York Times bestselling coauthor of the *Chicken Soup for the Soul* series "The Immortality Edge is the first book to provide a rational blueprint for humans to achieve indefinitely extended life spans." William Faloon, cofounder of the Life Extension Foundation "Science is finally closing in on the day when you can enjoy endless youth. Following the simple steps in *The Immortality Edge* will help get you there." David A. Kekich, CEO of the Maximum Life Foundation "This remarkable book reveals the Nobel Prizewinning discoveries that allow everyday people to turn back the clock and reclaim the radiant health they thought they had lost forever. If that isn't a miracle, I don't know what is." Dr. Joe Vitale, author of *The Attractor Factor* "Unlike so much of what is out there, *The Immortality Edge* offers a totally breakthrough approach that is cutting-edge and at the same time easy to understand and implement. I look forward to my 150th birthday party and skiing down a double-black-diamond hill in Aspen!" George Hamilton "The holy grail of anti-aging and life extension." Dave Lakhani, author of *Persuasion* **About the Author** Michael Fossel, MD, PhD, is a clinical professor of medicine at Michigan State University. Founding editor of the *Journal of Anti-Aging Medicine* and the author of

dozens of scientific articles, he has lectured at the National Institutes of Health and the Smithsonian Institution. Dr. Fossel has appeared on Good Morning America, 20/20, CNN, the BBC, and NPR. He is the author of the only medical textbook on telomeres and aging. Greta Blackburn is the founding editor of Ms. Fitness magazine. Blackburn founded FITCAMPS, which started the fitness boot camp movement, in 1990 and has been a featured presenter and speaker at many health-related events. In 2009, she co-chaired the Manhattan Beach Project, a group of leading global scientists working to slow down the aging process. Dave Woynarowski, MD, is one of the world's foremost authorities on supplemental nutrition physiology and telomere biology. He has been a featured speaker at conferences held by the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. He owns and operates a supplement company, found at www.drdaivesbest.com.