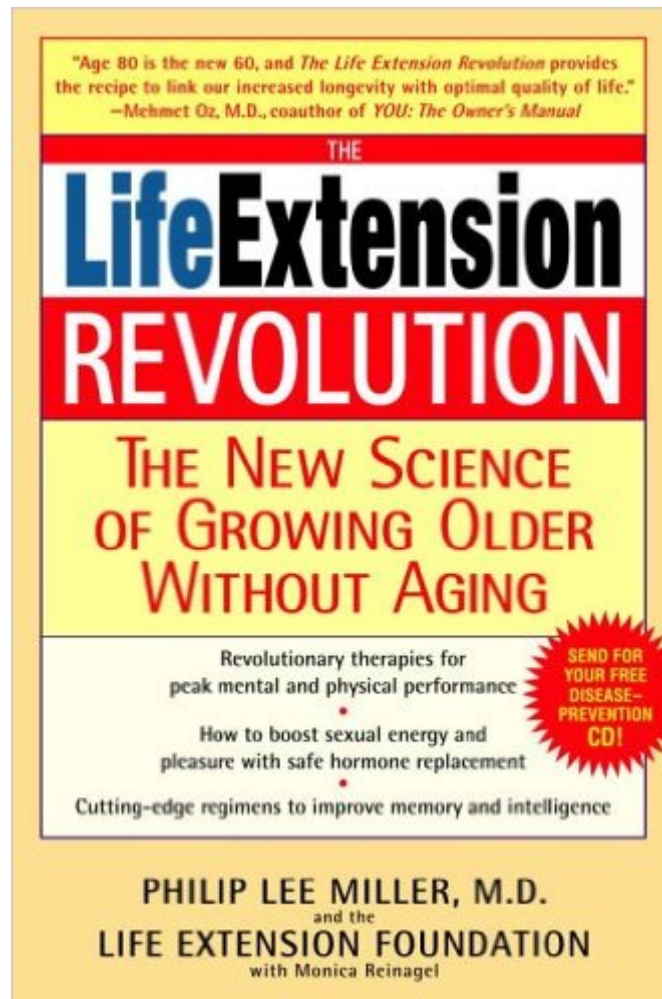


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The Life Extension Revolution: The New Science Of Growing Older Without Aging



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

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 the 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.

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