

"Age 80 is the new 60, and *The Life Extension Revolution* provides the recipe to link our increased longevity with optimal quality of life."  
—Mehmet Oz, M.D., coauthor of *YOU: The Owner's Manual*

THE

# LifeExtension

# REVOLUTION

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PHILIP LEE MILLER, M.D.  
and the  
LIFE EXTENSION FOUNDATION  
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Philip Lee Miller

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



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For the first time the lay public can benefit from the anti-aging secrets discovered by the Life Extension Foundation, the globe's largest, most respected organization dedicated to anti-aging research. Dealing with the Life Extension Basis, renowned anti-aging physician Philip Lee Miller demonstrates how to keep your physical health and vigor, mental clearness, and youthful appearance—s individuals, your physical and mental wellness will in actuality soar as you age group chronologically. This groundbreaking book translates cutting-edge anti-aging advances right into a practical, easy-to-use program that will maximize your chances of living not just a long life—but a healthy, vibrant life. Drawing by himself clinical experience and also the latest research from the life span Extension Basis, Dr. with novel strategies to help you to get there This far-reaching anti-aging program will change your life forever. An inspiring vision of the future of life extension research and what your future will be like without disease, premature loss of life and aging—plus how exactly to use lab tests to monitor your progress•s disease in the cellular level by controlling inflammation and oxidation—two degenerative processes that trigger us to age prematurely•A guide to individualizing this lifesaving program, including the Longevity Diet plan for optimum vitality and effortless weight loss and a unique supplement regimen—A comprehensive intend to protect yourself from cancers, heart disease, arthritis, and Alzheimer'Detailed strategies integrating the most advanced mainstream therapies with nutrients, hormones, and holistic approaches from around the world• Miller demystifies growing older and provides you with:• Your new longer, healthier life begins now as you attempt THE LIFE SPAN Extension Revolution. Miller'forever. Like many of Dr.



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Especially teaching us approximately the roles which the hormones are playing in keeping us young. This book is in fact the very best anti-aging book that I as yet have read, and I have during years read many, with the first one being the excellent book written by James F. Fries & Lawrence M. And again, the very best anti-aging book that I owe between my 450 doctor/health books which I owe, and this despite the fact that it's from way back 2005, & most of the additional books are much newer. This book by Lee covers all what have any connections to how long we're going to live, how old we are. And here especially the hormones are playing a job, also caused by as when we grow older, then the body's own quantity in the creating the hormones are declining. But this we are able to repair, solving this problem, by getting hormones from beyond your body. I also valued better understanding the research and research evidence behind many of the suggestions, which as I stated, is presented in a comprehensible way. And concerning these details, then that is absolutely the best overview which I as yet have met in any book. And among various other we for instance read that research 1975 – 1993 showed that women who had low levels of Progesterone, and contrary to Estrogen, in their bodies ended up having 540% higher incidence of cancer. It was great when new in 2007. It was great when new in 2007. Of program, we in the book also read about other activities than hormones, as how to daily try to live without stress, what to eat, exercise (but not too much hard), and so forth. I'm an educated person, but I still appreciated the writer keeping hardcore scientific and chemical explanations to a minimum -- although the author presents plenty of proof in a comprehensible manner. And we examine speculation connected to results showing that all animals are living longer when not allowed to get all of the food which they need to get. And we read why people on some part of Earth are living longer, read about the stem cell, and speculating about what the future may bring. That's good because eventually we are in charge of our own health and Dr. Crapo: "Vitality and Aging", which I bought and read way back in 1981 simply when it was put in print.) which book is the best of breed, covering all techniques toward enhancing and safeguarding your wellbeing. I didn't get 'dropped in the weeds' looking for the core details and understanding.org". The values shown therein are just a comparable what you might get from LabCorp screening. None of us are receiving out of here alive, it doesn't bother me. The manner where I go matters a whole lot -- maybe I'll suffer on my way to avoid it -- but it will not be due to common ignorance. And that's the reason I recommend this book. If you are looking to educate yourself in applying a broad arsenal of tools, from simple to more complex medicinal techniques (e. Have implemented the majority of the suggestions and feel they are working. Please make a new edition incorporating what has been learned within the last 10 years. I did. The web pages of my publication are growing ragged due to the number of times I get back to review particular topics. And about vitamins and minerals, of course, and realize that many vegetarians are missing B vitamin supplements, calcium, and selenium..I've read more than 20 top-rated same-subject books from a variety of authors (physicians, nutritionists, research scientists, etc. Best of Breed My interest in information regarding enhancing and preserving my health and quality of life stems from watching family and loved ones depart this lifestyle in the most heart-breaking ways. And it's really well written and structured. And the book is exceptional good with the many sheets which shows for guy and women what the actual steps ought to be for the hormones in being optimal, which in all the cases is quite not the same as what we are told from by government. Need to update with latest info Four Stars Very good assortment of body metabolic, chemical simply no hormonal balance within the body This book does just that -- better than the other same-topic books I've read. Very informative! Read the book earlier from the library and needed my own copy. Filled with great information for better

health that anyone can perform.g. Best Anti-Aging Book I've Read I've read numerous books about the brand new medicine and the anti-aging method of health. Our current medical paradigm is about trying to fix what is broken by attempting to cure disease. It makes amazingly good sense to me that we should instead be doing things that will keep us vital and healthy, thus preventing the major illnesses of old age. I have not seen these details presented in a clearer style anywhere else. I imagine I now understand more than most doctors about them.All together a fantastic book, containing much great information. Miller has given here the various tools to live a captivating life into later years. It is written in an readable format, except - I HATE THE Systems IT USES.We am writing this hoping that the writer is focusing on an updated edition of the book, and would consider providing illustrations that use LabCorp regular devices, or at least add a more than one column of units that would be easily cross referenced. This is an excellent reference manual, with easily understood graphics - start to see the example photo I added of "GROWING OLDER", from page 36 of the book.! But, they are completely different than what is certainly used in this reserve! Would greatly want to see it updated for 2015! As I said, I've examine many books upon this subject - that one is by far the best. For instance, the systems of measure for hormones are not what one would discover from LABCORP or a great many other popular bloodstream testing facilities. Actually, the units are not even the same as what you might get from the performing a blood test through Life Extension Base itself! They offer an extremely comprehensive male hormone check for \$299, and an example can be viewed on the website "lef.. long, degrading, and wasting decline.! LOVE THE BOOK, BUT HATE THE Products IT USES. Great Info for Better Health Publication was in better condition than anticipated. Five Stars I enjoyed the publication. And regarding the Estrogen that was made/used from horses, how lousy that is, and hos it instead could be created from nature vegetation. BHRT is discussed completely and clearly), to enhance your health you then will likely find this book an excellent investment. Helps me be educated and proficient in the norms to consider and to evaluate my data with. a little dated A little old. I don't trust anybody informing me what to do -- I want the evidence presented, pros and cons, and I will make up my own mind.



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