

9 STEPS TO
LIVING WELL
FOREVER



TRANSCEND

RAY KURZWEIL &
TERRY GROSSMAN, MD

Ray Kurzweil

Transcend: Nine Steps to Living Well Forever



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This easy-to-follow program will help you transcend the boundaries of your genetic legacy and live long enough to live forever. Transcend, famed futurist Ray Kurzweil and his coauthor Terry Grossman, MD, present a leading edge, accessible program in line with the vanguard in diet and science. offers you the practical tools you need to live long a sufficient amount of (and stay healthy long plenty of) to make best use of the biotech and nanotech improvements which have already begun and will continue to occur at an accelerating pace during the years ahead. Transcend They've distilled a large number of scientific studies to make the case that new advancements in medicine and technology will allow us to radically expand our life expectancies and slow growing older. To help you remember the nine key components of the program, Ray and Terry possess arranged them into a mnemonic: Chat with your physician, Relaxation, Assessment, Nutrition, Health supplements, Calorie reduction, Workout, New technology, Detoxification. In



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That is independent of technology. Max lifespan for people has always been 110 years.. if not forever. We stressed over what grade to give Transcend and ultimately gave it an Amazon **** quality (state, B+). Why that high? Why only that high? First, I'm an MD, PhD with 30 years of clinical practice and a decade of medical research. (Google bobblum. My advice was to please label or rate the scientific proof that forms a basis for each of their drug suggestions. I just met Terry at the Foresight Convergence Conference in 2008. I got examine Fantastic Voyage, their 1st joint effort, many times and often had a hard time determining whether to recommend it to close friends and colleagues. 80% of Fantastic Voyage was first rate details. 20% was extremely controversial, fringe medicine (alkaline drinking water and obscure supplements). I complained to Ray in a letter expressing concern about his personal health - 250 pills a time is simply too many, portending too many interactions - and also to Terry.com or simply "Bob Blum") Ray Kurzweil was a classmate of mine at MIT in the sixties. Terry told me that their forthcoming book TRANSCEND would solve the problem. It DOES. but max lifespan can be unchanged. Gone is much of the pseudoscience. I could forgive false suggestions proposed with caution and no secondary gain- but these suggestions are given with a confidence which makes the whole work feel inauthentic and poorly validated. Dean Ornish, Andrew Weil, and several other admirable health authors. Their assistance to the reader is additionally tainted by their potential profit by the sale of supplements. If you're not a health professional and have not read many books such as this I would strongly suggest it. Thoughtful but poorly validated. Five Stars Awesome seller! You'll find nothing like viewing the calcium plaque in your arteries to put the fear of the Lord into you. buy the reserve (and live by it). Now, I'll be more particular. Addendum (February, 2012): My personal diet and nutrition recommendations have departed from what Ray and Terry recommend. That's a worthy list. In re: Speak to your doctor and Assessments. A lot of this is a listing of tests to demand, and as they rightly state, a number of these tests will never be covered by insurance. Seems to disregard the possibility of supplement toxicity from overdosing. During my ending up in Terry at Convergence he emphasized the significance of carotid ultrasound and coronary calcium scoring pertaining to men more than 45 or women over 55. And if it does the power is likely small, and there actually may be some dangers to taking it which offset the huge benefits.. Should have bold warnings someplace that it's not appropriate for Google android. With the country's economy in tatters and healthcare already climbing toward 20% of GDP a few of these tests will always be for the well-to-do, worried well. In re: Nutrition. Never expected the most famous OS wouldn't normally be on the list and have never had this knowledge buying hundreds of books through the years. However, I've changed my mind on this. In this era when so many foods which are easily available are condemned (most fat, much of animal protein, fast carbs) readers want to know "ok, so what DO I eat?" I actually made their soy yogurt Waldorf Salad, the quinoa, and the zucchini and have shed 3 pounds from my usually cerebrotonic, ectomorphic frame.. As Tag Bittman (NY Times Meals Critic) says, "it is the carrot, not really the beta carotene." I select for especial compliment their Transcend Food Pyramid - they nailed it - veggies and water are the foundation. In re: Supplements. This is actually the arena where Ray and Terry were particularly on thin ice in Fantastic Voyage. Ray's mammoth daily intake of products to "reprogram his biochemistry" is notorious. Please find my essay "Optimal Diet: Are Body fat Killers or Saviors? Whether this reflects a switch in their own personal intake isn't stated. Since I'm a great lover of Ray's proselytizing on behalf of the Singularity, I hope it can. When I asked Aubrey (Built Negligible Senescence) de Grey (he of the Methusaleh beard) just how many pills per day he takes (in contrast to Ray K's 250), he said "none. My wife is a good cook. a good book best were the exercises, diagrammed, and the stretches

Inspiring! It's called evidence-based medication -Wiki it - and it requires to become a core piece of every book like this. Inquiring readers want to know, "should I take Resveratrol or alpha-lipoic-acid? Think about CoQ10 or calorie restriction? MUST I take supplement E even though large clinical trials reveal that it might contribute to my death?The hundreds of references which were in Fantastic Voyage were a good thing - they must be there. Furthermore, it needs to be absolutely clear that many of the supplements that are still on their recommended list have only fragile, inconclusive, or contradictory evidence. Out of maybe hundreds of books on Kindle, this is actually the first I've heard of this. They owe it to their readers to present all the evidence not merely that which supports the consumption of particular supplements. Again, I recommend this book, specifically for the lay reader, since I endorse the TRANSCEND strategy. My key reservation is normally that the display of evidence (con along with pro) must be expanded and better referenced. TRANSCEND can be a mnemonic for his or her health recommendations: Speak to your doctor, Rest, Assessment, Nutrition, Products, Calorie Reduction, Exercise, New Tech, Detoxification. I was delighted to discover that their public tips for supplements have been significantly toned down. I'm looking forward to seeing the 22nd century.com.I offer nothing. Did have a long list of devices which it is compatible with, "more devices" hyperlink showing a far more devices that it is compatible with. That article includes ratings of links to videos and pdfs on the internet. Can't cancel digital order since it's already "shipped" and does not have any option Waste of \$10.There are a variety of excellent ideas in this book along with bad/false ideas." that presents just how the Natural Standard(TH authority on health supplements) rates the supplements that Ray and Terry recommend in Transcend. So, for some of you that's my tips. This is an excellent introduction to longevity medicine, and the view of future technology is insightful. Truly a bold and unique vision of what's to come in medicine. Seems to have a lot of product placement for supplements on his website. The publication summarizes the best of current medical assistance on how to stay healthy. I came across this disappointing.For example, they recommend vitamin E, saying with confidence that it will reduce the risk of heart attack by 3/4. Nothing like his other books Nothing like his other books. There have been dozens of studies on cardiac risk and supplement E, and it still isn't apparent if it helps at all.. Basically, people, that's where to get your minerals and vitamins. I totally concur.The emphasis on supplements seems problematic generally. A healthy diet is the greatest medicine and should come 1st- and we know now that low glucose and high nutrition may be the way to go. A pile of supplements without getting diet ideal is pointless. The assistance the reserve gives regarding diet plan is partially correct, but they push zero fat hard and this isn't clearly supported by contemporary research either. A great number of studies support healthy high excess fat diets-fats are essential to keep people healthy and help to stabilize bloodstream sugars and excess weight."Also see my short piece entitled "Transcend Medications! What's left follows carefully (and expands) the globe according to Drs. Sifting the nice from the poor is hard work, and I desire they did more of that for all of us before publishing. Mostly just basic health stuff that most people know.. ALWAYS.TRANSCEND IS a good plan for living well. Better technology allows more folks to reach their max lifespan. But technology has never transformed the max lifespan. Max lifespan was 110 years 1000's of years back, and will probably be so in 1000 years time Just expected lifespan is suffering from technology. Better technology allows more people to reach their max lifespan. The majority of that controversial 20% has been surgically removed. Sorry Ray, but you are giving people false hope Everybody should go through this book Everyone should browse this publication atleast once. I need twenty words to understand this review published so hopefully this can do.." And now, here's the key problem - no debate of

methodology for arriving at medical truth. A great step-by-step roadmap that will enable us to improve our healthspams, if not forever, substantially a lot more than we do today!

****WARNING****Not compatible with Android Products - Can't cancel purchase, lost money. ****Can't** download or read on Android Gadgets. That Ray and Terry (and Andrew Weil) offer supplements is an apparent conflict of interest. Nevertheless, for most of the other checks (neurotransmitter amounts, mineral analysis, digestion of food, eg) it really is unclear how often, if, the tests should be done. Which in itself is crazy, because the whole point of shopping for Kindle books is usually to be able to read in multiple devices. Everything is free; I bristled when I noticed that 66 pages were devoted to low fat quality recipes, since (IMHO) normally, this is a worthless page-filler. In another content on my internet site I also addressed the key problem of clinical evidence: how do medical researchers/ statisticians determine "Does Medication X Really Work? A decent plan for life extension I've ordered my supplements and have started removing sugars from my diet." on bobblum. This advice is based on an individual study that was released in 1996. Ray confuses max lifespan with expected lifespan Ray confuses maximum lifespan with the expected lifespan. This means you will have a huge selection of dollars in unreimbursed expenditures for testing of unproven efficacy. Having said that, the authors didn't do their homework making use of their medical guidance, but pretend that they have- this is troubling at best and dangerous at worst (this is coming from a practicing physician). I'm an enormous Kurzweil fan but this just seems like a sales page for selling snake essential oil to over the hill people.



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