



THE SCIENCE
BEHIND RADICAL LIFE EXTENSION

FANTASTIC VOYAGE

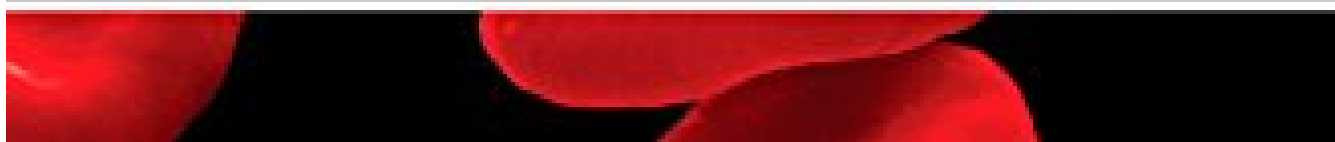


LIVE LONG ENOUGH
TO LIVE FOREVER

RAY KURZWEIL



TERRY GROSSMAN
M.D.



Ray Kurzweil

Fantastic Voyage: Live Long Enough to Live Forever



[continue reading](#)

One of the most respected scientists and futurists in America teams up with a specialist on human longevity, to show how we may tap today's revolution in biotechnology and nanotechnology to virtually live forever. In *Fantastic Voyage*, Ray Kurzweil and Terry Grossman will display us how incredibly advanced we are inside our medical technology, and how incredibly far each of us can go toward living so long as we dare imagine. The rewards of this research, some of it as spectacular as what was once regarded as research fiction, are practically in our grasp. Ray Kurzweil and Terry Grossman start the reader on a fantastic journey to undreamed-of vitality with a comprehensive investigation into the cutting-edge science on diet, metabolism, genetics, poisons and detoxification, the hormones involved with aging and youth, exercise, stress reduction, and more. By following their program, which includes such simple suggestions as drinking alkaline drinking water and acquiring specific natural supplements to enhance your disease fighting capability and slow growing older on a cellular level, anyone will be able to instantly add years of healthful, energetic living to his lifestyle. Soon, for example, it will be simple for 10% of our red blood cells to be changed by artificial cells, radically extending our life span and improving our physical and even mental abilities beyond what is humanly feasible today. Startling discoveries in the regions of genomics, biotechnology, and nanotechnology are occurring every day. With today's mind-bending selection of scientific knowledge, you'll be able to prevent nearly 90% of the maladies that kill us, including cardiovascular disease, cancer, diabetes, kidney disease, and liver disease. Already it is possible to analyze our specific genetic makeups and assess our predisposition for breasts cancer or additional deadly diseases on a case-by-case basis. As soon as we've isolated these genes, the ability to repress or enhance them through biotechnology is just around the corner.



[continue reading](#)

Kurzweil does it again Anything written by Ray Kurzweil instantly draws my attention. Ray is just about a genius in so many field's Extremely interesting read...but they are predicated on his (usually informed) views of the near future..Filled up with scientific and medical information, no hocus pocus or mysticism. The rest of the two Bridges of the publication seek to bring us to the point where science will allow us to live practically permanently. These sections are fun, but so speculative that they are simply fun reads based on Ray's views into the future of medicine. Don't be prepared to gain a lot more than some interesting suggestions on preventative methods none can take to enhance the quality of their afterwards years. For individuals who are already Kurzweil's followers and understand where he's coming from. The Bible of Nutrition This can be a 2nd copy of this book I've owned. Here was a book on the subject of radical life-extension appearing in a ho-hum review targeted at (what some say is) the cultural-literary wasteland of Detroit suburbia. I look at this book as a fantastic time saver. Instead of reading hundreds of scientific reviews to discover the latest scientific information is available in diet, I leave that up to Ray, and 99% of that time period he's directly on the tag. I'm a bit suspicious about his "healthful alkaline water" issue, as I don't start to see the scientific study backing him up on this point. This book was just what I hoped it might be. I enjoy read Ray Kurzweil's books. Book simply because described with quick delivery. but Tony's research is suspect as well...* Bridge 2: The biotechnology bridge, where we understand how to turn off the bad genes and turn on the good ones, and figure out the biochemical clues for keeping body and mind the best. The others is brilliant, "must know" knowledge for anybody who would like to live an extended life. Exceptional recommendations, summaries to create it basic for me personally, as well as plenty of technical info to satisfy my scientific mind. One advisory warning - in the event that you play with L-Arginine, read the analysis and don't utilize it unless you know very well what you're doing and read enough to learn where it could actually help you and where it's for sale as a panacea. But a vitalist is sort of a useful immortalist, someone who really wants to extend life (with youthfulness and vigor) indefinitely, and generally thinks it can be accomplished in our organic lifetimes.. The first still left me to live with a pal. The vitalist movement had simply achieved a significant breakthrough into common humanity. As a longtime enthusiastic advocate--though not necessarily the most ardent practitioner--of existence expansion technology, I was ecstatic!. at least the branch of common humanity who reads. Note: Terminology continues to be a bit tenuous in this transhumanist period we're coming upon. Watershed book intended for radical life extension A review of Fantastic Voyage appeared in my Oakland (Oakland County, Michigan) Press early in 2005. I'll use the term vitalist to recognize the movement Kurzweil, Grossman, and many others are pushing. Also Ray has a "fantastic" internet site that's kept bang up to date.. so I'd leave that to additional readers to decide what they consider that.* Bridge 3: What they make reference to as the nanotechnology-AI(Artificial Intelligence) revolution, where we can rebuild our bodies and brains at the molecular level. The prediction: generally effective Bridge 2 vitalist technologies begin 2010, with the beginnings of Bridge 3 systems in 2020. See afterward you!...The authors break down our quest for effective vigorous immortality into three phases:* Bridge 1: Ray and Terry's Longevity Program: present-day nutrition, exercise, and wellness strategies that can get you to the next bridge. I found Bridge One, the first third of the book to be rewarding and informative as it is based on the present state of preventative medication as the author sees it. For my complete overview of this reserve and for other book and movie reviews, please visit my site [...]

Brian Wright Copyright 2007 Great Info! I understand Tony Robbins is very enthusiastic about that. Individuals who like this reserve, will likely also be thinking about "NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse-- CARDIOVASCULAR DISEASE

and Stroke" - Louis Ignarro. Plus, as Kurzweil generally does, lots and lots of references for me to accomplish my own research easily choose. That is some highly practical suggestions on ways in which we could ideally live to a ripe old age. Yes pun intended! If you liked his books on The Singularity and desire to be there when it happens, then this is a "must read".. What does our future hold?. He is definitely a man of the future and is very interesting to learn from. He is also an extremely interesting speaker.. I believe anyone who is acquainted with his past work realizes that what he writes usually contains a good dose of informed speculation and leaps of faith. Ray is virtually a genius in therefore many field's. Book was written in the past ten years plus in an exponential moving field. Five Stars Techy, but very insightful Nearly Helpful A Bit Repetative There are some valuable tips and recommendations here, also informative about fresh and upcoming technologies but nowhere near being a whole blown manual for an excellent journey This is a wonderful book. The importance of their book is enormous: Simply as Durk Pearson and Sandy Shaw (with Life Extension: A practical, scientific approach (1982)) were to natural supplements, Kurzweil and Grossman are to the universal prospect of living well for a long time. It's all information that's out there currently, but it's really nice to have someone put it all together in one place for me and explain it in ordinary english. Three Stars I think this is a good read. Ego Too much bragging and too little info. Must read book! Among the must browse books in the event that you care for your health. Very systematic approach, but you could not expect much less from Ray Kurzweil. But that had not been kept secret and improvements have been added. Very strongly suggested if you want ... You simply can never go wrong reading anything by Ray Kurzweil. This is a wonderful book. Very strongly suggested if you want to live forever. with complete flowering of those technologies a decade following those inception points.. :) Five Stars Thanks!



[continue reading](#)

download Fantastic Voyage: Live Long Enough to Live Forever fb2

download free Fantastic Voyage: Live Long Enough to Live Forever epub

[download free Granddad in the Back : A Guide to Adventurous Senior Living fb2](#)

[download free Longevity Now: A Comprehensive Approach to Healthy Hormones, Detoxification, Super Immunity, Reversing Calcification, and Total Rejuvenation e-book](#)

[download free Sophia's Jungle Adventure: A Fun, Interactive and Educational Kids Yoga Story e-book](#)