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Fantastic Voyage: Live Long Enough To Live Forever



THE SCIENCE
BEHIND RADICAL LIFE EXTENSION

FANTASTIC VOYAGE



LIVE LONG ENOUGH
TO LIVE FOREVER

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Par Ray Kurzweil, Terry Grossman : **Fantastic Voyage: Live Long Enough To Live Forever** before purchasing it in order to gage whether or not it would be worth my time, and all praised Fantastic Voyage: Live Long Enough To Live Forever:

Description :

Prsentation de l'diteurTap today's technological breakthroughs to live longer and better. Startling discoveries in the areas of genomics, biotechnology, and nanotechnology occur practically every day. The rewards of this research, some of it as spectacular as science fiction, are practically in our grasp. Fantastic Voyage shows us how we can use these new technologies to live longer than previously imaginable. The authors take the reader on a journey to undreamed-of vitality with a comprehensive investigation into the cutting-edge science regarding diet, supplementation, genetics, detoxification, and the hormones involved with aging and

youth. By following their program, which includes such simple recommendations as eating a balanced, low-glycemic-index diet, and taking powerful anti-aging nutritional supplements, anyone will be able to add years of healthy, active life. Revue de presse "This visionary book provides a state-of-the-art synthesis of the latest evidence on aging." Dean Ornish, M.D., bestselling author of *The Spectrum* and developer of the Opening Your Heart program "Boldly challenges conventional wisdom about aging and illness and offers groundbreaking solutions to remain young and healthy indefinitely." John Gray, Ph.D., bestselling author of *Men Are from Mars, Women Are from Venus* "Anyone can find it easy to implement action that will enhance their health." George King, M.D., professor of medicine, Harvard Medical School "A concise yet comprehensive journey that accurately recounts the past and present state of our collective knowledge." Dean Kamen, physicist and inventor of the IBOT Mobility System and Segway Human Transporter, and recipient of the National Medal of Technology Presentation de l'éditeur "Tap today's technological breakthroughs to live longer and better. Startling discoveries in the areas of genomics, biotechnology, and nanotechnology occur practically every day. The rewards of this research, some of it as spectacular as science fiction, are practically in our grasp. *Fantastic Voyage* shows us how we can use these new technologies to live longer than previously imaginable. The authors take the reader on a journey to undreamed-of vitality with a comprehensive investigation into the cutting-edge science regarding diet, supplementation, genetics, detoxification, and the hormones involved with aging and youth. By following their program, which includes such simple recommendations as eating a balanced, low-glycemic-index diet, and taking powerful anti-aging nutritional supplements, anyone will be able to add years of healthy, active life."