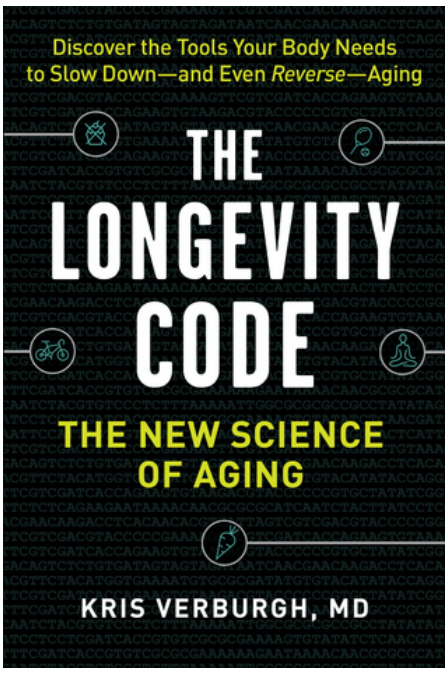

The Longevity Code: The New Science of Aging

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Medical doctor and researcher Kris Verburgh is fast emerging as one of the world's leading research authorities on the science of aging. *The Longevity Code* is Dr. Verburgh's authoritative guide *on why* and *how* we age—and on the four most crucial areas we have control over, to slow down, and even reverse, the aging process. We learn why some animal species age hardly at all while others age and die very quickly, and about the mechanisms at work that slowly but definitely cause our bodies to age, making us susceptible to heart attack, stroke, cancer, pneumonia and/or dementia. Dr. Verburgh devotes the last third of *The Longevity Code* to what we can do to slow down the process of aging. He concludes by introducing and assessing the wide range of cutting-edge developments in anti-aging technology, the stuff once only of science fiction: new types of vaccines, and the use of mitochondrial DNA, CRISPR proteins, stem cells, and more.

The Longevity Code: The New Science of Aging Details

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From Reader Review The Longevity Code: The New Science of Aging for online ebook

Donna Sako says

Excellent

Good explanation of aging and so the factors that need to be explored and explained. Includes health information and newest studies as well as recipes of what to eat to lengthen your life.

Samsara says

It began very strong. Explain so well why we have to die. We are looking gone by accident, infection, or eaten as dinner before our expiry date due. Nature this has no reason to make us genetically able to live ten thousand years. But once a species manage to escape danger (by learning to fly) move to place with no predator, etc, it's lifespan dramatically increase.

The calculation is roughly the lifespan of a species is six times the age reaching sexualized maturity.

Causes of aging:
1. Protein agglomeration, both inside and outside the cell
2. Cross linking of proteins by sugar
3. Any hormone that promote growth: insulin, insulin like growth factor, growth hormone... Growth means everything pile up faster, this aging faster.

Others interesting facts:
1. Insulin stimulate ILGF. Protein also stimulate IGF.
2. Strains reduce inflammation . It is a drug used to lower cholesterol.
3. Mitochondria is a bad place to store DNA, since it is the power house and bombarded with free radicals.
5. Harmful things in small dose can be healthy. That principal is called hormesis. All vegetable contain mild toxins. It stimulate the body to produce or own antioxidant and detoxification protein, they are much stronger that whatever antioxidant we eat.
6. Milk was designed to make caves grow fat so contain a lot of growth inducing substances, this inflammatory for human adult.

But then I don't like it. No matter how sensible and scientific he sounds, he is still yet another guy so cling to life, but who eventually have to die.

Greg says

This book is all about the science of aging and what we can do to slow down and reverse it.

There are lots of science involve as well as practicalities when it comes to the recipes. The author also made

courageous effort to explain how food industry influence what we eat.

There are also many claims in this book that sound contrary to popular opinion and the author tried to do his best to provide explanations for each of them. Nevertheless, readers should take the time to evaluate these ideas before making any conclusions.

Vibhor Jain says

Many ideas in the book are out of the box. It is a thought provoking book and should not be seen as a guide book for longevity.
Many interventions suggested are in developmental stages yet. Still you can adapt to some dietary and other lifestyle changes recommended.

Christy Kirk says

I had high hopes but this book just regurgitates the same advice/science you've seen before—eat a Mediterranean diet, limit red meat and sugar, exercise, deal with stress. Good advice just nothing new.

Jill says

A discussion on aging and ways to try to slow down aging. Not very much new information, but a good read. However there was lots of repetition (each chapter had a summary, but by the time you got to the summary most things had been said at least twice).

Mark Bruk says

It was good but some theories were spun into realities that sucked

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Noreen says

This well researched book provides the most recent medical findings to help you change your lifestyle in order to have a long fulfilling life. Though technical, it's easily understood.

Karel Baloun says

The end of chapter summaries can make this a quick read, but the overall lack of endnotes can distract into the web searches. A medical doctor tried to write a popular book and succeeded in entertaining and — of

course given the topic —reassuring, but lost a little too much medical rigor for me. Even though only 300 conversational pages, the text repeats itself and needs re-editing. 4 stars since profoundly accurate on advice, and in the end, eminently useful despite its flaws and lack of polish. I deeply regret that when I was younger, I completely fell for and even spoke favorably of, the calorie is a calorie dogma.

The initial “why” section of aging, feels highly original and creative to me.

The small collection of recipes at the end clearly reveal to me the author’s overall wisdom, and make me want to think twice about the areas of the book on which I initially disagree with him, such as the clinical effectiveness of metformin or rapamycin. (p256-7)

“What do you want to be 120 and still look like you were 30, with the same level of fitness, health, and vigorous a 30-year-old? […] As we have seen, the latter scenario may not be as far-fetched as it seems, when cross-link breakers, anti-aging vaccines, telomere therapies, stem cell therapy, lysosomal enzymes, and other therapies become available.” (p218)

“every day, thousands of billions of mitochondria in our body produce about 55 pounds of ATP!” (p99)

The references/endnotes are inadequate, since many assertions in the text are both novel and non-intuitive, so could use further support or data or reading. Author also has a tendency to create longish lists of one word examples, which may all be truly nuanced, but don’t help me see how each element in the list is a valid/useful example. Eg “these are nutrients like flavonoids, stilbenes, coumarins, isothiocyanates, indoles, omega-3 fatty acids, carotenes, lutein, and prebiotic fiber“ (p134)

“Research shows that want to study is paid for or sponsored by the food industry, there is an eight times greater chance that the results are positive for the food industry.” (P170). Corporate food and big food, especially for America but also in Europe increasingly, are truly evil players in this.

“Dr. Richard Kahn, scientific and medical director for the American diabetes Association, commented: ‘there is not an iota of proof that sugar has anything to do with developing diabetes.’” (P172)

A frustrating falls platitude: “as a result, for many years now we often receive outdated, week, and efficient, and conflicting health and nutrition recommendations.[…] We cannot continue to underestimate the power and great importance of healthy nutrition and healthy lifestyle in general. As a society, we need to realize that it is ultimately the consumer who has the power. As consumers we need to be critical“ (p174)

More speculative sections on cryotherapy, lysosome enzymes, and mitochondrial health are completely useless. Were sources cited you could follow them, but much better exists than what the author has read. Also true of the entire fourth section, which fortunately is short. The recipes in section 5 make up for it!

Kalee says

I enjoyed the read. It was interesting and informative and made me want to be smarter about my nutrition. I lost interest at the end of the book though.

Bmw800 says

I geeked out over the science-y bits.

Karen Ng says

Why do we age, why we need to die? What determines our estimated lifespan? what causes aging, how to slow the process down? The answers are all in this book... And they do not include free radicals? nor making room /saving resources for little humans

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Scott Wozniak says

This book overpromised (and therefore underdelivered). The author, it turns out, can't resist going on a rant about nutrition and how poorly the west eats--several times throughout the book. Diet is a crucial aspect of health and I would have been concerned if he didn't talk about it. But that ended up being the whole book. It's not a book on aging. It's a book on the diet that helps us live longer--with a few, non-specific comments about the other faster. The lifestyle factors of aging got a few pages--and they are really important. He spends a lot of time telling us why exercise isn't more important than diet, but then throws in a comment at the end that it's still good for aging--but doesn't say what it's good for or what kind of exercise is most useful for longevity.

So, if you're interested in another book explaining why red meat is bad and vegetables are good, then you might enjoy this book. Otherwise, there are better books on aging.

Tarik Muftic says

“The Longevity Code,” covers the biological roots of ageing and gives an overview of new research that advocates discoveries that will “reverse the ageing process.” Actually, for me, it is a diet book, with lots of valuable information to understand the role of our food choices in healthy ageing.
Most of the book describes the science of the impact of nutrition on the ageing process and ageing-related diseases. The author is doing it in a very methodical way of explaining how poor food choices age us faster and cause age-related diseases. The begging of the book covers proteins, carbohydrates, and fats. The second part deals with more complex topics like how diet affects the structure of our cells and of our DNA as we age. The third part presents breakthroughs that are apparently coming that may reverse the ageing process (not fully convinced). The most useful part of the book explains the role of proteins, carbohydrates, and fats in the ageing enabling the reader to make better dietary choices in each area.
The book made me think about what are the best foods to eat if you want to live longer and healthier. Interesting and useful book.

Neha Bharti says

I picked up the book, looking for a synopsis of where the most recent scientific findings and conclusions of longevity research lie. This book did not disappoint in summarizing the various causes of aging, and introductory concepts like the workings of mitochondria, DNA etc. to a layperson.
At times, I felt like a little more rigor in dealing with technical concepts would have been more useful.
