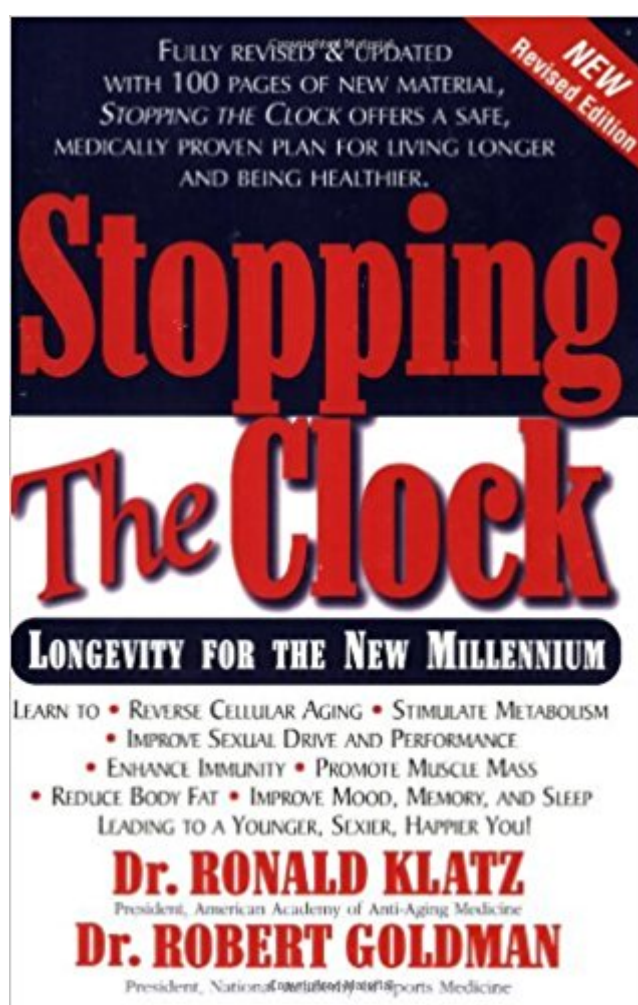


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# New Anti-Aging Revolution, Second Ed.: Stop The Clock: Time Is On Your Side For A Younger, Stronger, Happier You



## Synopsis

Why many of us will live past 100--and enjoy our extra years. In *Stopping the Clock*, two pioneers of anti-aging medicine show how we can start now to regain energy and vitality, halt or reverse damage to our bodies, and avoid the diseases--heart attack, arthritis, cancer, diabetes--that do most to reduce current life expectancy. In sixteen fully-documented, information-packed chapters, Klatz and Goldman detail an up-to-the-minute longevity program, including:

- The key anti-aging hormones: Melatonin, DHEA, and human growth hormone, how to take them and precautions to use.
- The sex hormones: the role of estrogen and progesterone supplementation, including natural alternatives to prescription hormones--plus new research on testosterone supplementation for men and women.
- The role of the "miracle minerals"--chromium, selenium and magnesium--and the latest information on the key anti-oxidant vitamins and how to take them.
- A thyroid support program to avoid the many dangerous effects of thyroid deficiency.
- A sensible approach to anti-aging exercise--plus 25 ways to defeat the aging effects of stress.
- The life-long diet--including the top 25 healing foods.
- A longevity test to determine your current estimated lifespan.
- Personal longevity programs--including daily supplement regimens--from 28 leaders of anti-aging medicine.
- Glossary of 75 anti-aging substances available at health-food stores.

## Book Information

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## Customer Reviews

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damage to our bodies, and avoid the diseases--heart attack, arthritis, cancer, diabetes--that do most to reduce current life expectancy. In sixteen fully-documented, information-packed chapters, Klatz and Goldman detail an up-to-the-minute longevity program, including: The key anti-aging hormones: Melatonin, DHEA, and human growth hormone, how to take them and precautions to use. The sex hormones: the role of estrogen and progesterone supplementation, including natural alternatives to prescription hormones--plus new research on testosterone supplementation for men and women. The role of the "miracle minerals"--chromium, selenium and magnesium--and the latest information on the key anti-oxidant vitamins and how to take them. A thyroid support program to avoid the many dangerous effects of thyroid deficiency. A sensible approach to anti-aging exercise--plus 25 ways to defeat the aging effects of stress. The life-long diet--including the top 25 healing foods. A longevity test to determine your current estimated lifespan. Personal longevity programs--including daily supplement regimens--from 28 leaders of anti-aging medicine. Glossary of 75 anti-aging substances available at health-food stores. --This text refers to the Mass Market Paperback edition.

Ronald M. Klatz, M.D., D.O., is a leading authority on maximum human performance, advanced biotechnologies, anti-aging medicine, and aging-related diseases. He is president and cofounder of the American Academy of Anti-Aging Medicine (A4M) and is board certified in family practice and sports medicine, and by the American Board of Anti-Aging Medicine. Dr. Klatz holds academic, clinical, or research affiliations with Oklahoma State University, Tufts University, and the Central America Health Sciences University. He is the author of numerous books, including *Grow Young with HGH*; has served as the senior medical editor of *Longevity* magazine and as a contributing editor to the *Archives of Gerontology and Geriatrics*; has been a respected consultant to the U.S. Congress and the General Accounting Office; and is a popular lecturer and television guest.

Good information.

The science of longevity & anti-ageing medicine are making such rapid strides that this book, published in 1996, might not be on the cutting edge as far as the latest nutrient research is concerned. However it still deserves 5 stars for its in-depth treatment of all the major issues and nutrient discoveries up to 1996 and for its readable style. Klatz and Goldman deal with theories of aging, the natural hormones (melatonin, DHEA, hGH etc.), the miracle minerals and vital anti-oxidants, exercise, nutrition and how to handle stress. It's important to note that an anti-aging lifestyle is not only designed to extend one's life, but also to ensure a healthy, happy and quality

existence at any age. The chapter on the pioneers of anti-aging medicine and their personal secrets of longevity are particularly interesting and informative. The exercise section is very well illustrated and there are a couple of other graphs and figures to illumine the text. The book contains a glossary, appendices on anti-aging specialists, institutes, research and educational organizations, an extensive bibliography and a thorough index. I would also like to recommend "The Superhormone Promise" by William Regelson and "Renewal" by Timothy J. Smith. These three books together will make you an anti-aging expert. Just remember to apply this good advice!

While simplistic and less than scientific at times, this book gives a good coverage to the new rising anti aging supplements. The book is a good start up point for the reader to extend their personal research from. The text as said is less than scientific but then again what percentage of the readership would be able to follow it if it was. As common ground text goes this is quite a good one, giving you food for thought and some general understanding.

I read "Grow Young with HGH" along with "Stopping the Clock". Stopping the Clock gives you the information about HGH and its other ant-aging associates which can make it synergistic. I reviewed the different HGH products out there and came up with what I thought was the best HGH product on the line and I was NOT dissapointed! I lost fat and gained muscle along with better concentration and energy. Thank you Dr. Klatz for the information!

After hearing friends and associates getting more energy and also sexual resurrection from HGH / DHEA, I read this book and found out you do not have to age at a pre-determined rate. This book gives you the knowledge to make a choice. OK! I'll give it a try.

This book focuses on anti-aging more from a scientific and external viewpoint as opposed to a more spiritual and internal outlook. To achieve immortality, one needs a holistic approach, with focus primarily on the spiritual thereby having the opportunity to study, experience and learn from all possible areas since all of life is interconnected. The authors discuss 4 main theories of aging - the wear and tear theory, the neuroendocrine theory, the genetic control theory and the free radical theory, while making mention of various other theories as well. The middle part of the book focuses on various drugs & supplements like melatonin, DHEA, hGH, thyroid, estrogen and progesterone, testosterone, minerals like chromium, selenium and magnesium, and anti-oxidants like vitamin C, E & A, beta-carotene and CoQ-10. They discuss their effects on the body, various studies performed,

and how it effects aging. They also discuss exercises, a long-life diet and how the mind is the most important factor in aging - including information on meditation, relaxation, breath control, massage and control of thinking. They finish the book with a longevity test, and focus on various individuals over the age of 60, their lifestyles and the extra-ordinary feats they performed. This book with regards to nutrition and mind-over-matter is slowly but surely proving that science is only validating the ancients. Finally this book is missing one of the most important ingredients in longevity - fasting! Books I would recommend to actually achieve immortality are Linda Goodman's Star Signs and the list of books in the appendix, (she actually instructs on immortality) Game of Life and How to Play It, Secrets of the Soil, The Aquarian Gospel of Jesus the Christ, books by Dr Paul Brunton, books by Vera Stanley Alder, Your Body's Many Cries for Water, Alkalize or Die, the Secret Teachings of all Ages (numerous immortals listed), Bikram's Beginning Yoga Class, and finally books by Steve Meyerowitz.

I haven't read the whole book - but it is very informative so far and offers the reader great ideas on staying healthy. This book is for all age groups.

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