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The Life Extension Revolution: The New Science of Growing Older Without Aging

Philip Lee Miller, Monica Reinagel

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For the first time the lay public can benefit from the anti-aging secrets discovered by the Life Extension Foundation, the world's largest, most respected organization dedicated to anti-aging research. Working with the Life Extension Foundation, renowned anti-aging physician Philip Lee Miller shows you how to retain your physical health and vigor, mental clarity, and youthful appearance–for life.

This groundbreaking book translates cutting-edge anti-aging advances into a practical, easy-to-use program that will maximize your chances of living not only a long life–but a healthy, vibrant life. Drawing on his own clinical experience as well as the latest research from the Life Extension Foundation, Dr. Miller demystifies the aging process and provides you with:

•Detailed strategies integrating the most advanced mainstream therapies with nutrients, hormones, and holistic approaches from around the world
•A comprehensive plan to protect yourself from cancer, heart disease, arthritis, and Alzheimer's disease at the cellular level by controlling inflammation and oxidation–two degenerative processes that cause us to age prematurely
•A guide to individualizing this lifesaving program, including the Longevity Diet for maximum vitality and effortless weight loss and a unique supplement regimen–plus how to use medical tests to monitor your progress
•An inspiring vision of the future of life extension science and what your future will be like without disease, premature death and aging–with novel strategies to help you get there

This far-reaching anti-aging program will change your life forever. Like many of Dr. Miller's patients, your physical and mental health will actually soar as you age chronologically. Your new longer, healthier life begins now as you embark on *The Life Extension Revolution*.

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