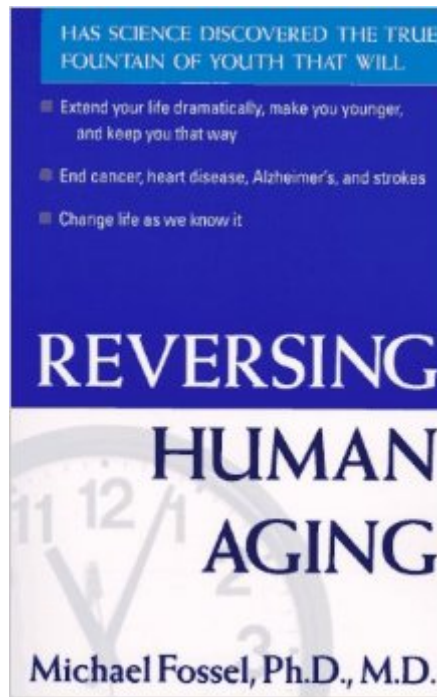


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Reversing Human Aging



Synopsis

The first in-depth exploration of the exciting field of anti-aging medicine, *Reversing Human Aging* examines how aging starts and progresses through the body, the methods that medical scientists are devising to stop it, and what may happen when they succeed. Charts, graphs & illustrations.

Book Information

Paperback: 320 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,823,420 in Books (See Top 100 in Books) #261 in [Books > Parenting & Relationships > Family Health](#) #165529 in [Books > Science & Math](#) #182935 in [Books > Health, Fitness & Dieting](#)

Customer Reviews

Dr Fossel is a wonderfully qualified scientist. He is able to explain complex material in a simple and clear style, replete with literary references and good humor. For this, he is to be commended. The book is a joy to read. He explains that as the body ages, it renews itself by cell division. However, each cell division shortens the length of the proteins at the end of each chromosome (telomeres). Eventually, as the telomeres become shorter, cell division slows, and the body ages. With age come the many diseases that kill, and at a time that the body no longer has the resilience to defend itself effectively. He also does an excellent job in explaining the body's need to maintain healthy cell division and still avoid uncontrolled cell division by cells that do not age (cancer). Based on his view of the work of others, he feels that within 10 - 20 years, we will be able to reverse the process of human aging. Instead of a maximum lifespan of 120 years, it will be possible to live to be 2,000. Pretty exciting. Some of us will not benefit from this wonderful possibility, as age has already caused damage to the body that cannot be reversed. However, for most people younger than 40, this delicious possibility will soon be available. Other human processes (such as menopause) will not be reversible, as they are not caused by the normal process of cell division and telomere expression. Dr. Fossel opens a discussion on the ethical and social issues that will emanate from

the possibility of reversing and retarding the process of aging. While this discussion is fairly superficial, it represents a good start to a very complex area.

I like this book because it is an interesting account of past perception of the future. Being published in 1996, and based on research prior to that, it is interesting to see how Fossel's predictions came (or did not come) to fruition. Reading this book 17 years later gives me an idea of where we're headed. The book does seem to get a bit repetitive at times. I think it is his strategy of tying his point into the main idea of his argument. It's effective, but a little tiring. This stops about half way through the book. I learned a lot from this book, but I keep questioning how much of this understanding is true today. How much more do we know? Has any of this been disproved? Are there any other strategies or explanations that work better? I would like to see a version 2. I also appreciate this writer's optimism, as that is a strategy for growth. However, where he is positive in some areas, he is unwaveringly pessimistic in others. For example, he claims that we will, for certain, be able to cure some problems with telomere therapy, and then makes valid arguments why. That is understandable, as telomere therapy can't cure everything, but he continues and says that we will NOT be able to fix certain other problems, like regrowing lost cells, repairing lost teeth, or reverting some parts of the body to a youthful state. Much of what he says we can't do was actually done a few years after the book was published, and with an understanding of stem cells, we could probably do much more. This should have been abundantly clear in 1996. Sure, I was probably watching Power Rangers instead of reading academic lectures, but the news was constantly reporting on medical advancements, especially in stem cell research.

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