

Longivity

William John Thoms

Human Longevity, Its Facts and Its Fictions William John Thoms,1873

The Longevity Book: The Biology of Resilience Privilege of Time and the New Cameron Diaz,2016

The Longevity Prescription Robert N. Butler,2010-05-27 The internationally revered, Pulitzer Prize-winning father of geriatric medicine offers a revitalizing plan for living a longer and better life. The Longevity Prescription outlines eight essential facets of longevity: exercise, nutrition, mental vitality, sleep, relaxation, love and intimacy, community connections, and medical care. Based on proven discoveries, the strategies in each of these areas stretch the proceeds of the three-decade dividend, while delaying or eliminating chronic illness. With step-by-step guidance for formulating an action plan and adopting new habits and strategies, The Longevity Prescription also guides readers through special challenges, such as diabetes and cancer. A baby boomer turns sixty every 7.6 seconds, but many of America's graying millions approach the later years of life with fear and trepidation. Emphasizing clear-cut research findings that balance physical health with emotional well-being, Butler and his colleagues offer a definitive path to whole-life happiness.

The Longevity Code Kris Verburgh,2018-01-23 A leading proponent of a bold new approach to slowing aging details the fast-developing science of longevity—and the steps we can take—at any age—to live well for longer We all know that we age—but do you know exactly how, and why? And do you wonder what you can do—whatever your age—to slow the process so you can live well, for longer? This book comprehensively answers these questions. Medical doctor and polymath scientist Kris Verburgh illuminates the biological mechanisms that make our bodies susceptible to heart attacks, strokes, dementia, diabetes, and other aging-related diseases. We learn about the crucial role of poorly functioning mitochondria, shortened telomeres, proteins and carbohydrates, and more. Having explained the aging process at work, Dr. Verburgh then provides the tools we need to slow it down: his scientifically backed Longevity Staircase. This simple yet innovative step-by-step method offers better health and a longer life span through nutrition—currently our best defense in the fight against aging and disease. And with each passing day, advances in biotechnology—once the stuff of science fiction—are emerging as part of the “longevity code.” Dr. Verburgh discusses how new types of vaccines, mitochondrial DNA, CRISPR proteins, and stem cells may help us slow and even reverse aging—now and in the future.

The Art of Longevity ... Benjamin James Henley,1911

Health, Happiness, and Longevity Luis Phillippe McCarty,2020-08-05 Reproduction of the original: Health, Happiness, and Longevity by Luis Phillippe McCarty

The Longevity Revolution Robert N. Butler,2009-09-08 Pulitzer-prize winning author Dr. Robert Butler coined the term ageism and made Alzheimer's a familiar word. Now he brings his formidable knowledge and experience in aging issues to a recent and unprecedented achievement: the extension of human life expectancy by thirty years. As Butler shows, our society had not yet adapted to this change. The U.S. has not made a research investment in aging. Only eleven medical schools out of 145 have geriatrics departments compared to England where geriatrics is the number two specialty. We have not solidified private pension plans or strengthened Social Security to ensure that people do not outlive their resources. In this urgent and ultimately optimistic book, Dr. Butler shows why and how we must re-examine our personal and societal approach to aging right now, so that the boomers and the generations that follow may have a financially secure, vigorous, and healthy final chapter life.

Longevity James R. Carey,2021-01-12 Despite our deep interest in mortality, little is known about why some individuals live to middle age and others to extreme old age. Life span, mortality, and aging present some of the most profound mysteries in biology. In *Longevity*, James Carey draws on unprecedented data to develop a biological and demographic framework for identifying the key factors that govern aging, life span, and mortality in humans and other animals. Carey presents the results of a monumental, twelve-year, National Institute on Aging-funded research project on the determinants of longevity using data from the life tables of five million Mediterranean fruit flies, the most comprehensive set of life table studies ever on the mortality dynamics of a single species. He interprets the fruit fly data within the context of human aging and the aging process in general to identify the determinants of mortality. Three key themes emerge: the absence of species-specific life span limits, the context-specific nature of the mortality rate, and biodemographic linkages between longevity and reproduction. A powerful foundation for the emerging field of biodemography and a rich framework for considering the future of human life span, *Longevity* will be an indispensable resource for readers from a range of fields including population biology, demography, gerontology, ecology, evolutionary biology, and medical research.

Health, Happiness, and Longevity : Health Without Medicine : Happiness Without Money : the Result, Longevity Louis Philippe McCarty,1890

The Longevity Economy Joseph F. Coughlin,2017-11-07 Oldness: a social construct at odds with reality that constrains how we live after middle age and stifles business thinking on how to best serve a group of consumers, workers, and innovators that is growing larger and wealthier with every passing day. Over the past two decades, Joseph F. Coughlin has been busting myths about aging with groundbreaking multidisciplinary research into what older people actually want -- not what conventional wisdom suggests they need. In *The Longevity Economy*, Coughlin provides the framing and insight business leaders need to serve the growing older market: a vast, diverse group of consumers representing every possible level of health and wealth, worth about \$8 trillion in the United States alone and climbing. Coughlin provides deep insight into a population that consistently defies expectations: people who, through their continued personal and professional ambition, desire for experience, and quest for self-actualization, are building a striking, unheralded vision of longer life that very few in business fully understand. His focus on women -- they outnumber men, control household spending and finances, and are leading the charge toward tomorrow's creative new narrative of later life -- is especially illuminating. Coughlin pinpoints the gap between myth and reality and then shows businesses how to bridge it. As the demographics of global aging transform and accelerate, it is now critical to build a new understanding of the shifting physiological, cognitive, social, family, and psychological realities of the longevity economy.

The Longevity Paradox Dr. Steven R. Gundry, MD,2019-03-19 From the author of the New York Times bestseller *The Plant Paradox* comes a groundbreaking plan for living a long, healthy, happy life. From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry

has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age—but enjoy the benefits of youth? This groundbreaking book holds the answer. Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies. Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging, *The Longevity Paradox* offers an action plan to prevent and reverse disease as well as simple hacks to help anyone look and feel younger and more vital.

The Path to Longevity Luigi Fontana, 2020-04-01 This easy-to-follow, comprehensive book outlines a lifestyle plan that integrates the principles of nutrition, diet, exercise, brain health and relationships that can help you not only live a long life but also a healthier more fulfilling life. *The Path to Longevity* is a summary of more than 20 years of research, clinical practice and Luigi Fontana’s accumulated knowledge on healthy longevity, using an evidence-based approach. Rather than trying to treat sick people with medicine, Professor Luigi Fontana set out to discover how we can avoid the chronic illnesses in our society, and live long, healthy and happier lives.

How to Live Long and Like It Jim Heckathorn, 2015-01-05 Rising Above It All Written in a time when the future of medical care is uncertain--and for many people, increasingly unaffordable or unavailable--this book is a complete guide to help individuals take charge of their own health care. The goal is to enable people to live long and like it. With the knowledge in this guide, individuals will understand how they can avoid the ailments and diseases that plague ageing adults. Jim Heckathorn, BA, MA, has diligently applied himself to the study and personal practice of alternative medicine for over 30 years. In this book, you will find fascinating revelations that will help people overcome various challenges and enjoy living. I highly recommend *How to Live Long and Like It*. It is an excellent resource packed with powerful tools and information to transform your health. The truths in the book are desperately needed by all of us to combat the escalating health issues we face. --Dr. Keith McKim, DC, McKim Chiropractic This book offers some wonderful ideas to encourage individuals to choose healthy options that will enhance longevity, not only physically, but also, spiritually, emotionally, and mentally. Jim Heckathorn writes in a way that inspires the reader to take action in caring for the body that God created. --Rebekah Murphy, BA, MS, Professor of Anatomy, Wichita State University. *How to Live Long and Like It: The Longevity Diet*, is not just a diet; it's a guide for a whole lifestyle that has contributed to long lives for many people. --Dr. Thomas Moore, Th.D, MA, MBA, LCPC, PE Pastor, Counselor *Longevity* John Gardner, 1875

The Longevity Diet Valter Longo, 2018-01-02 The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life. Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and *The Longevity Diet* is easier to follow than you'd think. The culmination of 25 years of research on aging, nutrition, and disease across the globe, this unique program lays out a simple solution to living to a healthy old age through nutrition. The key is combining the healthy everyday eating plan the book outlines, with the scientifically engineered fasting-mimicking diet, or FMD; the FMD, done just 3-4 times a year, does away with the misery and starvation most of us experience while fasting, allowing you to reap all the beneficial health effects of a restrictive diet, while avoiding negative stressors, like low energy and sleeplessness. Valter Longo, director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, designed the FMD after making a series of remarkable discoveries in mice, then in humans, indicating that specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to significantly reduce risk for diabetes, cancer, Alzheimer’s, and heart disease. Longo’s simple pescatarian daily eating plan and the periodic fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-based foods, *The Longevity Diet* is proven to help you: • Lose weight and reduce abdominal fat • Extend your healthy lifespan with simple everyday changes • Prevent age-related muscle and bone loss • Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer Longo’s healthy, life span-extending program is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet no more than 4 times a year, just 5 days at a time. Including 30 easy recipes for an everyday diet based on Longo's five pillars of longevity, *The Longevity Diet* is the key to living a longer, healthier, more fulfilled life.

Explaining Long-Term Trends in Health and Longevity Robert W. Fogel, Robert William Fogel, 2012-08-20 A collection of essays by Nobel laureate Robert W. Fogel on the theory and measurement of ageing and health-related variables.

Longevity and Quality of Life Robert N. Butler, Claude Jasmin, 2012-12-06 Nations around the world are experiencing a spectacular increase in longevity. Society as a whole is being challenged by issues arising from this revolution in longevity. Although the specter of the loneliness and existential suffering of older citizens is such that some people under the age of 65 find it difficult to conceive of a long-term future, persons over 85 have proven that aging does not necessarily preclude a healthy and productive life. Extraordinary progress in both curative and preventive medicine justifies optimism about the quality of life and state of well-being that can be enjoyed even in great old age. We should look to professionals in diverse fields to develop creative solutions to the inevitable issues that will arise with aging. Governments must prepare for the future health of their citizens by making long-term investments to educate all sectors of society in the value of good nutrition, exercise, and lifestyles that enhance well-being throughout life. Also, governments should realize that the main cause of health care expenditure is serious illness which occurs in persons of all ages, and not predominantly in older people. Early detection can help save lives, as well. Health and longevity of life will ultimately end as a political issue. What is needed is long-term government investments necessary for a viable health policy. The question arises: will world

leaders be able to commit to such a policy? Two major socioeconomic phenomena may have a regulating effect on this issue. The first is the emergence of pressure groups that have come into being in response to a particular health issue, such as AIDS. The second is the emergence of ethics committees in developed nations that deal solely with health issues.

The Path to Longevity Luigi Fontana,2020-02-04 This easy-to-follow, comprehensive book outlines a lifestyle plan that integrates the principles of nutrition, diet, exercise, brain health and relationships that can help you not only live a long life but also a healthier more fulfilling life. The Path to Longevity is a summary of more than 20 years of research, clinical practice and Professor Luigi Fontana's accumulated knowledge on healthy longevity, using an evidence-based approach. Rather than trying to treat sick people with medicine, Professor Luigi Fontana set out to discover how we can avoid the chronic illnesses in our society, and live long, healthy lives.

The Body Book Cameron Diaz,Sandra Bark,2015-12-29 Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In The Body Book, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, The Body Book offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. The Body Book does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

Secrets to Longevity Jean Pierre Marques,2019-05-02 Secrets to Longevity: An Amazing Kind of Beauty was inspired by one of my clients and friends who lived a long life with gracefulness, peace, and love. Together we found the recipe to longevity. Her name was Louise Currie Good, my private client for over fifteen years. She lived to be more than a hundred years young with a sharp mind, a love for creativity, and a sense of humor. Even through the ups and downs of life, she lived a full, active, happy life surrounded by family and friends till her departure from this world. I wanted to use her story and others as well to inspire people to learn the real secrets of living a long, healthy, purposeful life. In my fifty plus years of working with thousands of people on their physical, mental, and spiritual health, many of them seniors even into their nineties, I've pondered what separates the ones I met in bad health and ready to give up on life versus the ones who were inspired to take time to improve their good health through their attitude, exercise, and eating, making change for a healthier lifestyle and excited to wake up each day to live life to the fullest. No matter your limitation, situation, or age, you can take control of your life and how your later years will be. In this book, you will learn ◻ simple ways to keep you healthy and happy; ◻ recipes for a healthy mind, body, and spirit; ◻ how to turn the negative into positive; ◻ the benefits of movement, stretching and breath; ◻ basic tips on nutrition. Louise Currie Good's prescription for life has been captured by her life & wellness teacher Jean Pierre Marques and shared with all of us in Secrets to Longevity: An Amazing Kind of Beauty. Jean Pierre was clearly instrumental in prolonging her inspiring life and their wisdom is more powerful than any pill at a pharmacy. This book is a beautiful lesson on how to truly live your authentic life in a balanced way and a gift to all of us. Michael Rocha, MD Cardiologist Director, New Bedford Wellness Initiative This book is a conversation between a master teacher and his student, Louise Currie Good, who was able to live a long and vibrant life for more than a hundred years. Jean Pierre Marques shares the keys to a long, healthy, and fulfilling life through his deep understanding and practice of the Eastern and Western philosophies of wellness and longevity. His wisdom and insights can help all of us to live our golden years with optimal health and happiness. Jacques MoraMarco, DAOM (Doctor of Acupuncture & Oriental Medicine), OMD, Lac Academic Dean, Emperors College of Traditional Oriental Medicine, Los Angeles, California

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