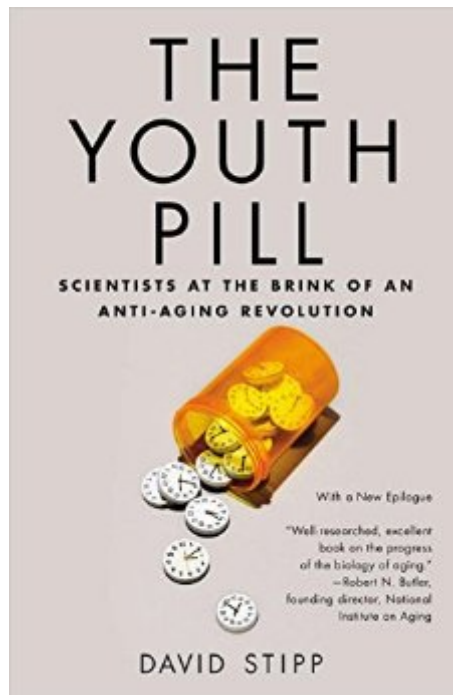


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# The Youth Pill: Scientists At The Brink Of An Anti-Aging Revolution



## Synopsis

Living longer is closer than we think. Even before the first person set off to find the Fountain of Youth, we were searching for a way to live longer. But promises of life extension have long reeked of snake oil, and despite our wishful thinking— not to mention the number of vitamins we pop— few of us believe we’ll live to see one hundred, much less set a longevity record. But now scientists are closing in on true breakthroughs in anti-aging. Compounds that dramatically extend the health spans of animals, including mammals, have recently been demonstrated in the lab, and gerontologists now generally agree that drugs that slow human aging and greatly boost health in later life are no longer a distant dream. David Stipp, a veteran science journalist, tells the story of these momentous developments and the scientists behind them, providing a definitive, engaging account of some of the most exciting (and sometimes controversial) advances that promise to change the way we live forever.

## Book Information

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## Customer Reviews

A very informative book on the subject of gerontology or the study of aging [senescence]. The book is inundated with facts, some important but many of a trivial nature. and, therein, lies its biggest problem. The book reads more like a college text or a review in NATURE or SCIENCE than a narrative for general consumption. But let there be no doubt that the author is knowledgeable about his subject matter and has researched the area of discussion well. For some background, the author begins with the premise that for all living species there is a trade-off between fertility and longevity,

meaning the longer a species is expected to live the lower will be its fertility. As with humans who have a relatively long lifespan, females are normally expected to have one child at a time and for a relatively short period of their overall lifespan. As opposed to say insects, dogs or cats, who may lay hundreds or thousands of eggs for insects and have litters of 8 to twelve commonly for dogs and cats. Also the larger the animals mass the fewer offspring they NORMALLY have. The author goes on to discuss mitochondria which are the key sites of free-radical formation [the types of things that anti-oxidant vitamins are supposed to help alleviate]. But the problem with mitochondria is that they developed as an invasive species of bacteria in cells several billion years ago. For their protection, they developed a protective barrier, so that the cell wouldn't kill them immediately. This is the reason that anti-oxidants don't work better than they do, as they can't pass through the mitochondrial layer.

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