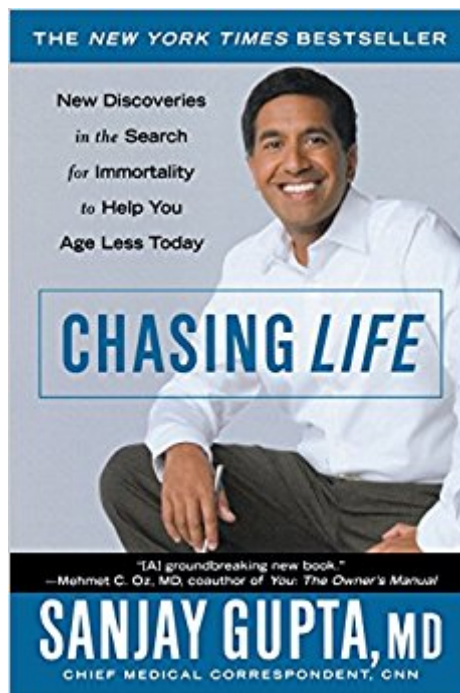




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# Chasing Life: New Discoveries In The Search For Immortality To Help You Age Less Today



## Synopsis

For centuries, adventurers and scientists have pursued the dream of immortality. Today it appears it might actually be a reality. This is not an anti-aging book. It's a groundbreaking guide to functional aging--living longer than we may have ever thought possible. Practical immortality may now be within our grasps thanks to cutting-edge scientific research and amazing medical breakthroughs that are coming at such astonishing speed we can hardly keep up. In CHASING LIFE, Dr. Gupta blends dramatic accounts of amazing discoveries from around the world with essential advice on how you can apply them for optimal health and longevity. What Dr. Gupta has found is provocative and often counterintuitive. This life-changing book revolutionizes the way you think about aging--and reveals the secrets to helping you live a longer, healthier life for many years to come."Sanjay Gupta is at his best in CHASING LIFE, covering everything from illegal stem cells to the scientific edges of memory. To achieve your own version of immortality, you can simply 'page' Dr. Gupta by turning the first page of this groundbreaking new book." --Mehmet C. Oz, MD, coauthor of the New York Times bestsellers *You: The Owner's Manual* and *You: On a Diet*"Is it possible to have the exquisite combination, the wisdom of experience along with biology of youth? In his book, CHASING LIFE, Dr. Sanjay Gupta shows you how." --Deepak Chopra, MD, FACP, author of *Ageless Body, Timeless Mind*"Dr. Sanjay Gupta prescribes sensible, evidence-based advice for living a long and healthy life. He evaluates the latest scientific research on life extension, looks at anti-aging claims, and concludes that informed lifestyle choices are your best hope of maintaining good health as you age. Chasing Life is good medicine." --Andrew Weil, author of *Healthy Aging*"My friend Dr. Sanjay Gupta has written a book that makes sense when it comes to staying healthy, making important medical decisions and preserving quality of life. This book is probably the closest we'll get to a map to the fountain of youth." --Lance Armstrong, Cancer survivor, Seven-time Tour de France Champion and founder of the Lance Armstrong Foundation

## Book Information

Paperback: 272 pages

Publisher: Wellness Central; Reprint edition (April 1, 2008)

Language: English

ISBN-10: 0446698180

ISBN-13: 978-0446698184

Product Dimensions: 5.5 x 0.8 x 8.2 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 71 customer reviews

Best Sellers Rank: #375,412 in Books (See Top 100 in Books) #89 in Books > Health, Fitness & Dieting > Aging > Longevity #30150 in Books > Self-Help

## Customer Reviews

Readers seeking the key to everlasting life will find some clues in neurosurgeon Gupta's survey of the latest research on longevity. Gupta, CNN's chief medical correspondent, touches on recent breakthroughs as he offers some basic guidelines for adding years to what he and other aging experts call "health span." The goal, Gupta says, is not merely to live longer. To help readers live longer and better, he boils down conflicting health advice and makes some surprising prescriptions. For example, it is not what you eat, but how much you eat that affects longevity; vitamin supplements may be a waste of time and money; and a little upper-body strengthening is far more effective than an hour on a StairMaster. To support this advice, Gupta relates the experiences of a 103-year-old woman from Okinawa; a former executive who began training at age 86 and is a record-breaking sprinter at age 92; and others who are aging well by staying active, eating wisely, being positive and maintaining strong social networks. While stem cell injections, nanotechnology, cryonics and other possible therapies are on the horizon, Gupta tells readers that extending life today is as easy as eating less, moving more and exercising the brain. While Gupta's mix of futuristic science and do-it-yourself advice is far from seamless, many readers will find the lessons in his tales of the long lived worthwhile. (Apr.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Dr. Sanjay Gupta prescribes sensible, evidence-based advice for living a long and healthy life. He evaluates the latest scientific research on life extension, looks at anti-aging claims, and concludes that informed lifestyle choices are your best hope of maintaining good health as you age. Chasing Life is good medicine. -- Andrew Weil, author of Healthy Aging Is it possible to have the exquisite combination, the wisdom of experience along with biology of youth? In his book, CHASING LIFE, Dr. Sanjay Gupta shows you how. -- Deepak Chopra, MD, FACP, author of Ageless Body, Timeless Mind My friend Dr. Sanjay Gupta has written a book that makes sense when it comes to staying healthy, making important medical decisions and preserving quality of life. This book is probably the closest we'll get to a map to the fountain of youth. -- Lance Armstrong, Cancer survivor, Seven-time Tour de France Champion and founder of the Lance Armstrong Foundation Sanjay Gupta is at his

best in CHASING LIFE, covering everything from illegal stem cells to the scientific edges of memory. To achieve your own version of immortality, you can simply 'page' Dr. Gupta by turning the first page of this groundbreaking new book. -- Mehmet C. Oz, MD, coauthor of the New York Times bestsellers *You: The Owner's Manual* and *You: On a Diet* --This text refers to an out of print or unavailable edition of this title.

WOW! Lance Armstrong calls this book the closest thing we have to a map to the fountain of youth. I couldn't agree more. Dr. Sanjay Gupta has done his homework! The details were spot on but never too clinical to fully appreciate. It is rare to find someone with such a high medical IQ who doesn't write so far above the average reader to be understood. Sanjay lays out practical steps we can all take to reduce the chance of disease and increase the chance of longer life. You won't find his suggestions too hard to swallow nor out of reach for you to apply on a daily basis. I especially enjoyed the section on Antioxidants and Supplements. It seems the public as a whole doesn't realize the losing battle we are all fighting against free radicals. I used to think "free radicals" were rebellious soldiers in a third world country. Lol. Now I realize they are what is killing us and aging us. Thank God for Dr. Joe McCord and his research on SOD and other natural super-antioxidants. I never realized that normal antioxidants were basically useless and just another way to market products to an unsuspecting nation. If you think drinking an occasional green tea or tossing some broccoli into your salad will increase your life you are extremely uninformed. Everyone should read *Chasing Life*, because that's what most of us are trying to do anyway. I'm a Baby Boomer. I don't want to get older any faster than I absolutely have to! If you apply the practical suggestions found in this book, I have no doubt your lifespan will thank you one day. I'm Chasing Life...and Finding It.

I just finished *Chasing Life* and found it to be a factual review of current scientific knowledge on the best and most sure-fire ways to improve one's health and potential longevity. Dr Gupta doesn't try to sell you any supplements or convince you to buy a dvd or special exercise equipment. He simply presents straight facts about what you can do to improve your health and reduce your odds of suffering from the most common diseases plaguing our society. I've read other books along these lines that attempt to convince readers to take specific actions based on less proven techniques. Dr Gupta's suggestions stick to the more traditional and proven methods for enhancing your health. *Chasing Life* does present interviews with a variety of leaders in various medical specialties offering glimpses into where science and medicine is heading. This is a well written, easy read. In my opinion Sanjay Gupta's reporting on CNN has always seemed credible and unbiased. This book

does nothing to harm that reputation.

I am a regular person who doesn't know all the ins and outs of medical health. This book "Chasing Life" opened up many topics that i was unaware of but wanted to know. I am 48 and still think of myself as being young. But reality is that our physical body is not. Therefore, i believe a book like this is most timely. Most important for me is Mr. Gupta mentioning the different studies behind the supplements or sciences, thus providing proof about them. Now i have more confidence in the reputation of each and can research further on my own. Which i did and now developed my own health regimen each day, be it doing exercise or taking multivitamins. I also recommend the 7 Pillars of Health by Colbert, that too is an excellent book. I wrote this review to save others time, our most precious commodity, and help in extending life as Mr. Gupta aims to do for all of us who read his book.

I use the book for reference and showing people how important antioxidants are for our bodies, not just ageing. Nrf2 technology is the best thing for our bodies & we have it.

I liked this book, it confirmed what I had read in similar books (The Blue Zones, The Okinawa Program). Dr. Gupta spends a lot more time detailing the research, who lead the research, where it was done etc. I'm basically a what do I do, what do I avoid type of guy so a little too detailed for my liking but I'm sure some people would appreciate that. The section of placebos and the work currently being done by scientists to make us immortal was new to me and fascinating. My favorite book on this subject remains The Blue Zones.

Arrived in great condition.

Great book--highlights Protandim by Life Vantage for reducing oxidative stress which CAUSES aging.

Great information.. not a written menu of what to eat, what to drink and thankfully no recipes .. calorie counters attached. Simply put this book has some information you may know and alot you may not have considered. A reminder that we do not live forever but we are living longer than our ancestors. For those of us who wish to address bad habits or at least attempt to learn more about their impact this is a good book. A simple but rewarding gift at the holidays for secret santa or grab

bags as it is non gender specific and in time to set those new years resolutions.

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