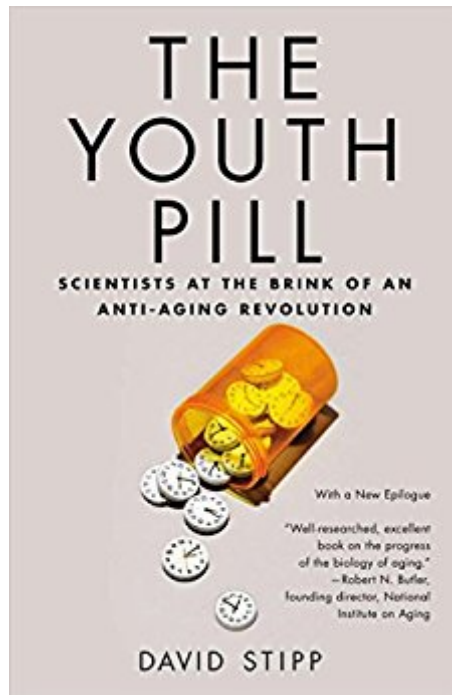




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The Youth Pill: Scientists At The Brink Of An Anti-Aging Revolution



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.

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Customer Reviews

The possibility of even a decade more of healthy longevity still makes for an engaging study of recent breakthroughs in gerontology. Former Wall Street Journal science reporter Stipp surveys contending theories of aging--such as antioxidants--and their pitfalls before focusing on promising research into the so-called CR mimetics, drugs that mimic the possibly life-extending benefits of calorie restriction without the unpleasant semistarvation. (Lab mice, rejoice: the CR mimetic resveratrol may even prevent cancer and keep your coat glossy.) The book morphs into a business

potboiler, with researchers forming biotech startups and selling IPOs--adding hype but little light to the story. But if this is a more conventional and prosaic account than Jonathan Weiner's in *Long for This World*, Stipp's lucid and spry exposition of the science is tantalizing enough on its own. 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.

Medical journalist Stipp explores humankind's obsession with postponing death, a pursuit as old as humankind. Whether it be by vasectomy, magical rejuvenating waters, or downing potions comprising ground-up monkey testicles, humans have been willing to resort to extreme measures in pursuit of extending life. It is not just life we desire; it is a long, vigorous life that exerts an irresistible siren call. For much of history, those efforts have suffered the bad reputations of charlatans. However, and more so recently, standing apart from the cranks (vasectomy) and hustlers (monkey gonads) is an ever-expanding number of earnest, credentialed scientists and gerontologists who are making daily strides toward the elixir so many seek. Stipp's experience as a popular *Wall Street Journal* and *Fortune* magazine writer have blessed him with a singular style, crafting complex explanations of scientific discoveries (and failures) into eminently enjoyable reading. Whether or not the notion of living energetically to the age of 150 appeals, Stipp makes the research compelling. --Donna Chavez --This text refers to an out of print or unavailable edition of this title.

It's ok, but already somewhat dated in this fast moving field. For example, Nicotinamide came out after his book, and is not included. More oddly, he entirely skips some areas of longevity research. For example, in his emphasis on pills to mimick calorie restriction, he totally ignores the valuable research of Valter Longo on doing actual calorie restriction relatively painlessly. Maybe someday a pill can provide all the benefits of fasting without actually fasting, but we know that fasting will certainly provide the benefits of fasting. LOL

I just finished reading "The Youth Pill" by my former colleague David Stipp. It's a terrific piece of science writing, and it's good news to boot. It shows that scientists are well on their way to developing pills that we can take daily in order to prolong the active, healthy part of our lives by ten years or so. Full disclosure: David is a good friend and if I didn't like the book, I wouldn't write about it. But I did and I will. Stipp makes a believable case that researchers can create pills that create the same effects inside our cells that calorie restriction does. As has been repeatedly proved, animals that exist on low calorie diets -- at least one-third less than normal -- live 20% or more longer than

their normally fed peers. This isn't unalloyed good news. Very few humans want to live on such restricted diets all their lives. But calorie restriction doesn't make us live longer through some Calvinist trade-off of happiness for age. It makes us live longer because it changes certain processes in our cells. Stipp explains that the search for the youth pill involves understanding those mechanisms and then finding chemicals that will promote or block those processes. Stipp is a terrific reporter and writer who makes the science feel accessible, even for those of us who last took biology before the chemical structure of RNA was decoded. He is particularly endearing when describing research subjects like naked mole rats, -- long lived, long-toothed African rodents that live in colonies underground -- and a worm called a nematode that is transparent and reveals "a rich inner life." The book acknowledges that we're still some years away from having a youth pill. But it makes a strong case that one or more will be developed and they will do a lot more to prolong and improve our lives than curing cancer or heart disease ever will.

I have now read three books on anti-aging research [(1) "Ending Aging" by DeGrey, (2) "Eternity Soup" by Critser, and now (3) "The Youth Pill" by Stipp]. Hands down, "The Youth Pill" is the best book out there today. This book succeeds where both DeGrey and Critser failed. Critser's book, in my opinion was an outright dud, providing little substantive information and an immature writing style to boot. DeGrey's book was very informative, but it mainly focused on DeGrey's own work and opinions, some of which are controversial, and in a few cases, scientifically outlandish. Stipp has written the most objective overview of the field, and has done a masterful job. For a business writer, Stipp is surprisingly accurate at describing the scientific history of this field. He gives credit to almost everyone who deserves it, without any overly positive or negative biases. The book is not too long, and each chapter is fulfilling (unlike DeGrey's and Critser's books). I congratulate this author on a fine addition to this field which should be THE FIRST book that anyone truly serious about getting a broad perspective on anti-aging research should read. Well done!

Well written by a knowledgeable writer. Interesting history of research on aging.

I usually get bored easily with most of the non fiction science related books I read due to the amount of claims with no references and too many generalities. But this book had none of that. I was so amazed about how well the writer knew the drama and history behind aging research and most top researchers. The book read more like a medical novel to me and it kept me interested until the end. I am looking forward to any future books he writes! Great work and highly recommended! Nelson

I enjoyed the book. The book gives different insights on possible breakthroughs on extending life. I took from the book is there are a variety of different variables that impact longevity. I.E. there is no quick answer. It's very nuanced. Interesting read. Highly recommended.

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