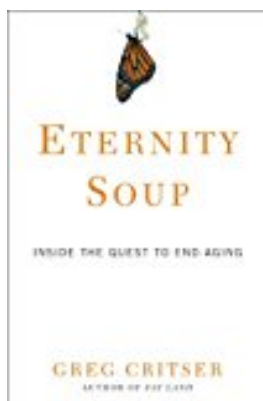


[PDF] Eternity Soup: Inside The Quest To End Aging

Greg Critser - pdf download free book



Books Details:

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Author: Greg Critser
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Description:

From Publishers Weekly Starred Review. Bringing his signature wit and insight to the field of biogerontology, Critser (Fat Land, Generation Rx) produces a vigorous report of frontier science, charlatanry, and hope for a new, much longer, way of life. Beginning with a discussion with his septuagenarian parents, who receive "compounded hormone" treatment from a "longevity doctor," Critser travels the U.S. to investigate the enterprises "forging onward into a brave new pro-longevist world." (Cristser's own horse in the race-besides finding the natural aging process "cruel, capricious

and unrelenting"-is a "form of accelerated brain aging" he suffers as a result of a concussion.) Critser's first stop is a gathering of the Caloric Restriction Society, which advocates minimal caloric intake as a way of slowing cell damage; a conference breakfast consists of five blueberries and three potato chips. More trendy, and pricey, is hormone treatment, which claims to "add thirty years to maximum life span," backed up by promising trials on mice (though more recent studies have called the science into question). Critser's own course of treatment turns out ambiguously, but sends him to an intriguing third line of research, bio-engineering replacement body parts and other tissues from a patient's own cells. A light and critical eye makes this excursion into front-end science an entertaining, enlightening trek.

Review "A lively look at the world of gerontology from the veteran medical reporter who lives in Pasadena."

—*Los Angeles Magazine*

"Critser shoots straight from the hip about the antiaging industry with a grounded knowledge of the current science, informed insight and a soupcon of sharp-edged humor."

—*Bookpage*

"Yes, the subject is of personal interest. Yes, the information is presented by someone with a lot of common sense and a healthy sense of humor. Yes, there are unforgettable characters in the book and yes, the author has made it a delight to read. Long live Greg Critser -- provided he keeps writing. Otherwise, an average lifespan should suffice."

—Mark Salzman, author of *Iron and Silk*, *The Soloist*, and *True Notebooks*

"Whenever Greg Critser tackles a topic, he writes the definitive book on the subject. He's done it again with aging. This is his most profound and entertaining book yet."

—Michael Balter, senior writer, *Science Magazine*

"Greg Critser has a unique understanding of biogerontology in the social, political, and business climate of today's science. Besides insightfully covering the frontiers of longevity with due diligence to scientific details, the *Soup* is spiced by anecdotes with the leading researchers. I also admired the clear discussion of the complexities of human aging in the real world outside of the ivory tower of laboratory animal models."

—Caleb E. Finch, Ph.D., ARCO-Kieschnick Professor of Gerontology, Adj. Professor of Anthropology, Molecular Biology, Neurobiology, and Psychology, Percy Andrus Gerontology Center

"Greg Critser's *Eternity Soup* takes the reader on a fantastic journey through the world of anti-aging medicine and science. The scientists and physicians he vividly portrays are trying to enable us to live longer, in good shape, and stave off cancer and other diseases associated with aging. His explanations of what they are doing and thinking are lively and as good as you can get."

—Robert H. Binstock, Professor of Aging, Health, and Society, School of Medicine, Case Western Reserve University, and former President of the Gerontological Society of America

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