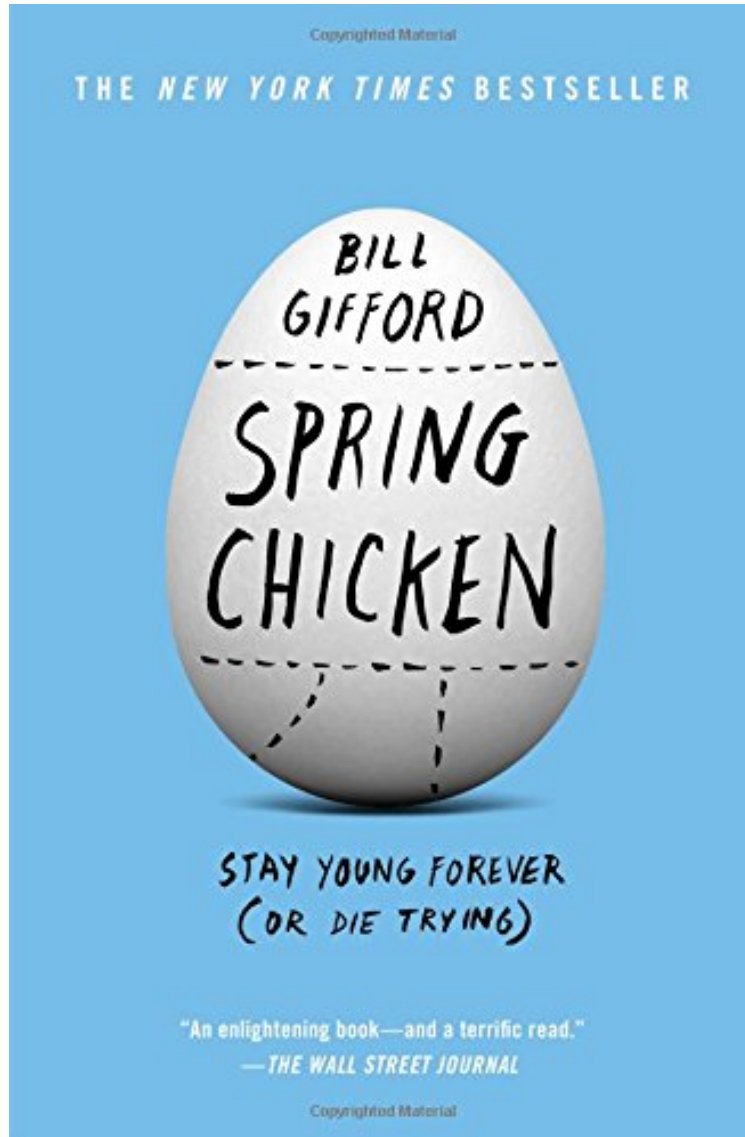


(Free pdf) Spring Chicken: Stay Young Forever (or Die Trying)

Spring Chicken: Stay Young Forever (or Die Trying)

Bill Gifford

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Bill Gifford : Spring Chicken: Stay Young Forever (or Die Trying) before purchasing it in order to gage whether or not it would be worth my time, and all praised Spring Chicken: Stay Young Forever (or Die Trying):

119 of 126 people found the following review helpful. Comprehensive and entertaining: A guide to anti-aging medicine and strategiesBy coastalAs a person who is aging and a physician who is inundated with requests to treat my patients "low T": I found this book both timely and extremely helpful. It does include so much information, that it really should be read to learn and enjoy--as the author writes comprehensively but with moments of humor--and then

to serve as a reference text. While "Being Mortal" explored the ethics and sociology of aging, Spring Chicken explores the science behind the anti-aging movement as well as the general science and changing beliefs behind the mechanisms of aging and how they might be counteracted or mitigated. There are a lot of details, but the author's engaging tone makes this book an enjoyable read, despite the plethora of information. The changing attitudes and information add a historical perspective. As the author quotes, science evolves "one funeral at a time." Ultimately, as I heard the author comment in an NPR interview, he himself found that the only aspects of anti-aging medicine he could implement was to exercise more, eat slightly differently and skip a meal or two. And yet, by presenting excellent information to rebut the anti-aging supplement use, this minimalist approach appears to be more realistic and far safer than buying the supplements hawked by the anti-aging celebrities he profiles. Some of my patients have fallen into the clutches of "anti-aging" physicians, with off label drug use, and now I have the information they and I need to carefully evaluate the risks and questionable benefits. An engaging, entertaining and informative book.

3 of 3 people found the following review helpful. spring chicken journalism

By Ken Kardash This is an engagingly written overview of the fascinating history of the science of ageing. The author deserves credit for maintaining a broad, comprehensive perspective and clearly shows the evolution of thinking in this realm. Unfortunately, as he points out, he is an English major trying to explain physiology and medicine. This explains the clear, readable prose. But there is a tendency to oversimplify and interject sophomoric asides (yikes!) that make the reporting seem less professional. Even the opening scene, which makes the eminent physician Brown-Sequard look like a buffoon in a story that has nothing to do with ageing research, made me wonder if the priority was to entertain or to explain. Then there are the factual errors that are obvious even to a casual reader, raising doubt about the overall accuracy of the content. A young Elvis Presley wasn't being broadcast in the 1920s; he wasn't even born. Coronary arteries do not come off the heart; they supply it. Anti-inflammatories are not safer than Tylenol; they cause many more deaths, mostly from gastric bleeding. Ill still give it four stars as a stimulating update on a topic that fascinates and affects us all. At least there are source notes to follow up on some of the more interesting strategies, like intermittent fasting and metformin. The references will come in especially handy when you read about someone suggesting transplant immunosuppressants for age extension!

6 of 6 people found the following review helpful. That's generally not an issue (I suppose a smart writer could make sure he rounds up enough interviews ...

By David Lyness The material is interesting, but the author is not as knowledgeable about the underlying science as you might expect. If you know a lot about his topic, you quickly realize that the author is relatively new to many of the ideas that he writes about. That's generally not an issue (I suppose a smart writer could make sure he rounds up enough interviews with people who are up to speed on the topics that are covered). So you'll read a lot of interesting material, but occasionally you'll read about some outdated ideas (like eating fat is bad for you). Strangely, the author also injects his political views now and then, likely to be humorous, but it falls flat (e.g., why he adds a comment about woman's "reproductive rights" and equal pay into a book on aging is bizarre). But if you like the subject matter, it's interesting reading.

From acclaimed journalist Bill Gifford comes a roaring journey into the world of anti-aging science in search of answers to a universal obsession: what can be done about getting old?

SPRING CHICKEN: Stay Young Forever (or Die Trying)

SPRING CHICKEN is a full-throttle, high-energy ride through the latest research, popular mythology, and ancient wisdom on mankind's oldest obsession: How can we live longer? And better? In his funny, self-deprecating voice, veteran reporter Bill Gifford takes readers on a fascinating journey through the science of aging, from the obvious signs like wrinkles and baldness right down into the innermost workings of cells. We visit cutting-edge labs where scientists are working to "hack" the aging process, like purging "senescent" cells from mice to reverse the effects of aging. He'll reveal why some people live past 100 without even trying, what has happened with resveratrol, the "red wine pill" that made headlines a few years ago, how your fat tissue is trying to kill you, and how it's possible to unlock longevity-promoting pathways that are programmed into our very genes. Gifford separates the wheat from the chaff as he exposes hoaxes and scams foisted upon an aging society, and arms readers with the best possible advice on what to do, what not to do, and what life-changing treatments may be right around the corner. An intoxicating mixture of deep reporting, fascinating science, and prescriptive takeaway, SPRING CHICKEN will reveal the extraordinary breakthroughs that may yet bring us eternal youth, while exposing dangerous deceptions that prey on the innocent and ignorant.

"You need this book. I grabbed it like a life preserver, and that's exactly what it is. Spring Chicken demolishes the worst hoaxes in anti-aging treatments-like crushed dog testicles, human growth hormone, and Suzanne Somers-and leaves you with the good news: by adopting a few easy-to-understand, easy-to-follow discoveries, you might just deactivate the time bombs in your fat cells and learn to follow in the springy, "successfully aging" footsteps of a 92-year-old pole vaulter."-Christopher McDougall, New York Times bestselling author of Born to Run and Natural Born Heroes

"Spring Chicken is a masterful exploration of the fantasy and fact surrounding one of the most fundamental questions of humankind: why do we age?"-David Perlmutter, MD, #1 New York Times bestselling author of Grain Brain: The Surprising Truth About Wheat, Carbs and Sugar-Your Brain's Silent Killers

"Spring Chicken is an utterly

marvelous book - a guided tour of a fantastic, counterintuitive landscape (that happens to be your body), and also a whip-smart guide to living a longer and healthier life. With this book, Bill Gifford joins the ranks of Mary Roach and Bill Bryson as a science writer supreme, illuminating our world in a page-turning style that is as entertaining as it is enlightening."-Daniel Coyle, New York Times bestselling author of The Talent Code "Bill Gifford's terrific Spring Chicken gives us a riveting account of the most important change of the last century-the doubling of our lifespans-and an intimate vision of what it will take to not only keep that trend going, but keep ourselves healthy and vibrant as we age." -Steven Johnson, New York Times bestseller of How We Got to Now"Gifford skillfully navigates the many strands of aging research to create an entertaining narrative of the perils of getting old." -Kirkus"An enlightening book-and a terrific read."-The Wall Street Journal

About the AuthorBill Gifford is a contributing editor for Outside magazine and has written on science, sports, and fitness for numerous publications, including Wired, Businessweek, Men's Health, Men's Journal, Slate, and The New Republic, among other publications. He has been features editor of Men's Journal and executive editor of Philadelphia magazine. He is also the author of Ledyard: In Search of the First American Explorer. He lives in New York City and central Pennsylvania.