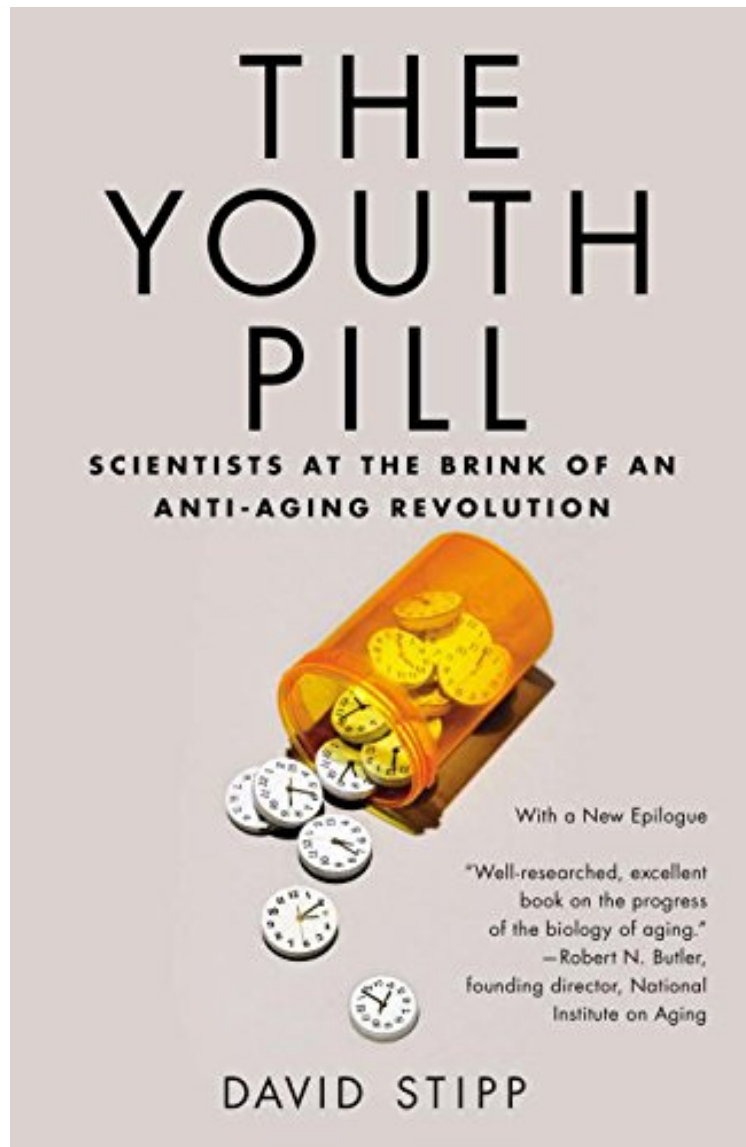


The Youth Pill: Scientists at the Brink of an Anti-Aging Revolution

David Stipp

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David Stipp : The Youth Pill: Scientists at the Brink of an Anti-Aging Revolution before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Youth Pill: Scientists at the Brink of an Anti-Aging Revolution:

33 of 35 people found the following review helpful. Good news about aging By billinboston 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.

0 of 0 people found the following review helpful.
Excellent scientific work in easy to read style. By Ed Schumacher Well written by a knowledgeable writer. Interesting history of research on aging. 1 of 1 people found the following review helpful. Excellent book for people who like behind the scenes facts in this hot field. By Nelson Vergel Author of Testosterone a Man's Guide 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 Vergel Author

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.

From Publishers Weekly 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 Weiners 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.

From Booklist 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 David Stipp is the ideal ambassador to the sometimes surreal landscape of life extension. How is it possible to understand so much, to explain so clearly, to tell a story so engagingly and so well? I hope he keeps writing books until he's 300 years old. (And guess what? It's not entirely out of the question!) MARY ROACH, bestselling author of *Stiff*, *Spook*, and *Bonk* Well-researched, excellent book on the progress of the biology of aging. Robert N. Butler, founding director, National Institute on Aging