



THE AGEBEATERS and Their Universal Currency for IMMORTALITY

By Dr. Joel D. Wallach BS DVM ND, Dr. Ma Lan MD MS Lac

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In the great scheme of things, the quest for a long and healthful life is a relatively new goal for humans. We know without any doubt, that humans can and do live well beyond 100 years of age. While in fact, we have all the genetic potential to live healthfully well beyond 100- consciously getting there today for the majority, however, requires a profound commitment to a time proven system and a daily call to focused action-becoming a centenarian is a matter of proven universal, proactive, yet simple choices and actions. This book will show the longest live cultures and what they do, the aging process and the universal currency of life. It will also show the religious dietary practices and the common threads of anti-aging. This book also has recipes and supplements for a healthful diet.

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- Sales Rank: #338461 in Books
- Published on: 2008-12-29
- Number of items: 1
- Binding: Paperback
- 484 pages

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Editorial Review

Review

"The Agebeaters" book review by Dr. James A. Kholos The strength of this book lies in its scholarship on the subjects of man's relationship to minerals and evolution. In a comparable treatment of animal studies with clinical outcome from human trials, the authors paint a broad spectrum of pathological illness increasingly bedeviling modern civilizations around the world. One culprit is the failure of man's mismanagement of soil conservation. Many other nations around the world are equally unable to maintain adequate wood-ash mineral content; therefore, as a consequence wood energy replacement with electricity and nuclear power reduces human uptake of vital minerals causing deficiency, disease and death. To rebalance what ancient man wrought by hand tools, meagerly surviving against climatic changes, we have sunken into an age of diminishing resources, from the ignorance of mineral deficiency now threatening survival itself. The authors advocate changing our lifestyles, by examples from pioneers in history who like Luigi Cornaro, born in Venice, Italy in 1464, refocused his intentions from living glutinously near death at 37 to fulfilling his quest for a healthy long life, adding 66 robust years remaining industrious to the very end, dying peacefully in 1567 at 103. Other detailed information on plants, minerals, history-philosophy and nutrition is for the serious student, as its readability may be a bit high for the unfamiliar. The gift of the authors is in the wisdom that what we don't know defines what we are certain about. The same themes repeat throughout the text so the message is driven home regarding calorie restriction increasing immortality through nutrition and supplementation. Worth reading and inspirational! Dr. Wallach's remarkable contribution highlights naturopathic research from herbal holistic medicine from the past to the present. --Book Review by Dr. James A. Kholos

About the Author

Dr. Wallach has been involved in biomedical research and clinical medicine for more than 50 years. He received his BS degree (agriculture) from the University of Missouri with a major in Animal Husbandry (nutrition) and a minor in field crops and soil; D.V.M. (doctorate in veterinary medicine) from the University of Missouri; three year post doctoral fellowship (comparative pathology/medicine) from Washington University, St Louis Missouri. He is a Naturopathic Physician licence in California and Oregon. Dr. Ma Lan was educated in The Peoples Republic of China received her MD from Beijing Medical University and was staff surgeon at the Canton Air Force Hospital. She received her MS (Master of Science) in transplantation immunology from Zhongshan Medical University. He was an exchange scholar in microsurgery at Harvard School of Medicine, Boston, MA; a research fellow in laser microsurgery at St. Joseph's Hospital, Houston, TX; the Department of Orthopedic Surgery, the Medical College of Wisconsin and the Department of Pharmacology, University of California San Diego CA.

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