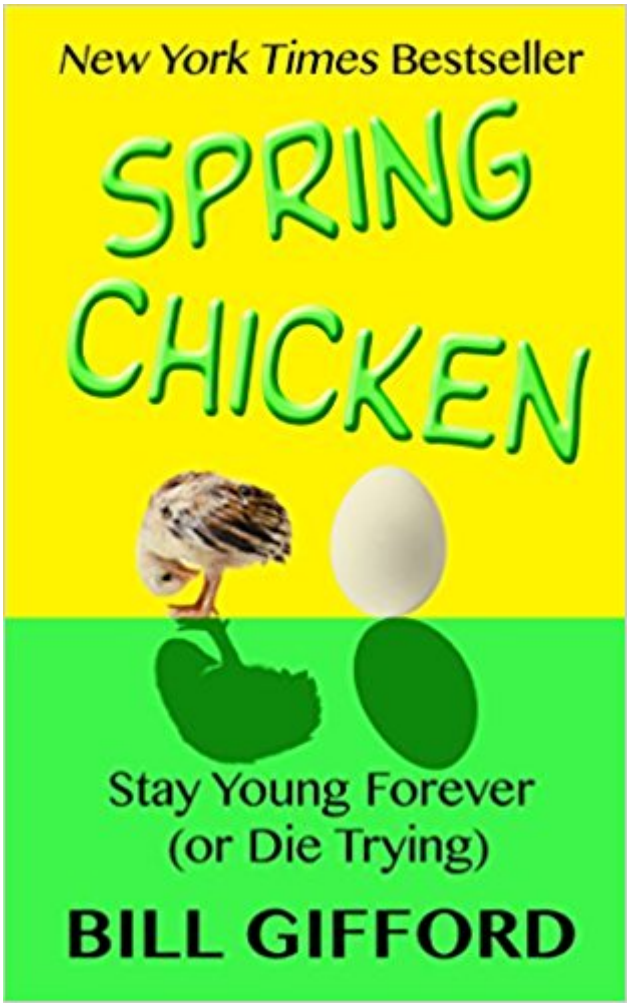
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Spring Chicken: Stay Young Forever (or Die Trying) (Thorndike Large Print Lifestyles)



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Synopsis

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.

Book Information

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Customer Reviews

"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"

Bill 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.

As 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.

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. ÃƒÂ¢Ã â ¬Ã Å“A young Elvis PresleyÃƒÂ¢Ã â ¬Ã Â• wasnÃƒÂ¢Ã â ¬Ã â„¢t being broadcast in the 1920ÃƒÂ¢Ã â ¬Ã â„¢s; he wasnÃƒÂ¢Ã â ¬Ã â„¢t even born. Coronary arteries do not ÃƒÂ¢Ã â ¬Ã Å“come offÃƒÂ¢Ã â ¬Ã Â• the heart; they supply it. Anti-inflammatories are not ÃƒÂ¢Ã â ¬Ã Å“saferÃƒÂ¢Ã â ¬Ã Â• than Tylenol; they cause many more deaths, mostly from gastric bleeding.IÃƒÂ¢Ã â ¬Ã â„¢ll 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!

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.

ÃƒÂ¢Ã â ¬Ã Å“Kale - Why not? Try it with bacon.ÃƒÂ¢Ã â ¬Ã Â• ÃƒÂ¢Ã â ¬Ã â ™ from the SPRING CHICKEN Appendix, ÃƒÂ¢Ã â ¬Ã Å“Things That Might Work.ÃƒÂ¢Ã â ¬Ã Â•In his early forties, while contemplating his own mortality and after observing a grandfather and a grand uncle die at widely differing ages, author Bill Gifford decided to write a book on those factors that might help acquire the Fountain of Youth. Thus, SPRING CHICKEN: STAY YOUNG FOREVER (OR DIE TRYING).After a preliminary discussion of aging and life expectancy in general, SPRING CHICKEN is basically BillÃƒÂ¢Ã â ¬Ã â„¢s survey of those factors and practices ÃƒÂ¢Ã â ¬Ã â œ demonstrating scientifically proven merit or not ÃƒÂ¢Ã â ¬Ã â œ that have been, faddishly are, or might be life prolonging when considered against a backdrop of underlying aging-controlling genetics, obvious risk factors, and obvious signs of aging. Such include hormone injections, ÃƒÂ¢Ã â ¬Ã Å“healthyÃƒÂ¢Ã â ¬Ã Â• diets, cholesterol lowering drugs, stem cell therapies, exercise regimens, old age athletic competition, ongoing severe caloric restriction, and cold water immersions.For the reader, the greatest single benefit to reading SPRING CHICKEN is to acquire an introductory understanding of the fascinating metabolic mechanisms of aging at the cellular and molecular levels. It is the bookÃƒÂ¢Ã â ¬Ã â„¢s inferred conclusion that the scientific understanding and manipulation of these processes will ultimately allow for a dramatic increase in human longevity (whether such is beneficial to the planet and its available resources or not).The volumeÃƒÂ¢Ã â ¬Ã â„¢s Appendix, ÃƒÂ¢Ã â ¬Ã Å“Things That Might WorkÃƒÂ¢Ã â ¬Ã Â•, lists what the reader could try to extend healthfulness while waiting for science to make the breakthrough: resveratrol, alcohol/red wine, coffee, curcumin, ÃƒÂ¢Ã â ¬Ã Å“Life Extension MixÃƒÂ¢Ã â ¬Ã Â•, metformin, vitamin D, aspirin and ibuprofen, and kale.And, of course, Gifford stresses following the adage ÃƒÂ¢Ã â ¬Ã Å“use it or lose it.ÃƒÂ¢Ã â ¬Ã Â• That is, keep active both mentally and physically as the years pile up.For me personally, the most interesting topic was that of the adverse effect of cytomegalovirus (CMV) on the aging body. Happily and luckily, IÃƒÂ¢Ã â ¬Ã â„¢m CMV negative.SPRING CHICKEN is a must read for anyone wishing to prolong a healthy and active life.

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