



# THE LONGEVITY PRESCRIPTION

The **8** Proven Keys  
*to a*  
Long, Healthy Life

**ROBERT N. BUTLER, M. D.**

President and CEO of the International Longevity Center – USA



# Prescription For Longevity

**Michael Seilmaier**



## **Prescription For Longevity:**

**A Doctor'S Prescription for Longevity and Survival** Vincent N. Cefalu Sr. M.D.,2015-03-28 This book offers advice to people who would like to hopefully increase their longevity and have as much enjoyment and fulfillment out of life as possible I present an honest and commonsense approach on how to remain as healthy as theoretically possible while keeping some credibility and satisfaction in life I provide many recommendations that deal with real life situations instead of fantasies and present conclusions based on my having personally performed over 1 500 autopsies and my own deleterious consequences of having developed atherosclerotic disease from being over four hundred pounds for over thirty years In this book I detail a very strict diet plan the perfect diet which I created that resulted in my losing 272 pounds over a ten month period and whereby my continued adherence has allowed me to be able to maintain this weight However I relate the many problems that I developed in following such a rigorous diet program and offer prophylactic advice to people electing to lose weight extremely fast so that they won't encounter the same problems I also provide some very inexpensive and easy to prepare low calorie recipes that I concocted which are good appetizers and filler uppers In my usual witty satiric manner I discuss many dangerous drugs that should be avoided and mention several foods that should be eliminated from a person's diet along with furnishing some of my own little homemade poems along the way Through my experiences as having served as coroner I disclose many hazards that exist in our environment mention some simple things that people tend to forget that too often result in fatalities and present my views of many of the over the counter products By making overweight and diabetic individuals aware of certain physiological processes that are continuously occurring in our bodies hopefully they would be in a better position to understand and interpret my suggestions In brief I have something to offer all my readers from the most radical my diet plan to the most realistic and conservative In a nutshell I lived through what I now advocate against since I discovered too late what obesity could do to the human body [Prescription for Longevity](#) James Scala,1994 This important book is full of practical easy to understand information describing which protectors are in what food sources how much of what to eat what diseases they protect against and what combinations of nutrients can be especially beneficial

**The Longevity Prescription** Robert N. Butler,2010-05-27 The internationally revered Pulitzer Prize winning father of geriatric medicine offers a revitalizing plan for living a longer and better life The Longevity Prescription outlines eight essential facets of longevity exercise nutrition mental vitality sleep relaxation love and intimacy community connections and medical care Based on proven discoveries the strategies in each of these areas stretch the proceeds of the three decade dividend while delaying or eliminating chronic illness With step by step guidance for formulating an action plan and adopting new habits and strategies The Longevity Prescription also guides readers through special challenges such as diabetes and cancer A baby boomer turns sixty every 7 6 seconds but many of America's graying millions approach the later years of life with fear and trepidation Emphasizing clear cut research findings that balance physical health with emotional well being

Butler and his colleagues offer a definitive path to whole life happiness      **The Vitamin Prescription (For Life)** Dr. Richard N. Firshein, 2010-06-28 Today front page news about medical triumphs not only cover advanced medical breakthroughs but also puts emphasis on the power of nutrition Discover miracles and stories of natural healing that will surprise and inspire you in *The Vitamin Prescription for life* For over twenty years of his medical practice Dr Firshein often relied on a versatile hardy and relatively small army of researched nutrients to do much of the healing work Nutraceuticals are nutrients that have the capacity to act like medicines They are natural pharmaceuticals This miraculatures power to heal has always been available to us But it is only now that science has given us the tools to understand the mystery of healing foods and nutrients Soy for example can boost and balance hormones and help prevent cancer Fish oils and ginkgo are just some of these supernutrients that work wonders for your health An excellent resource that's easy to read and informative *The Vitamin Prescription for life* offers you a healthy way of eating and living along with the most powerful nutrients known to medicine These nutrients are not magic bullets that can work on their own They need to be accompanied by healthy lifestyle changes exercise and stress reducing activities like meditation and yoga If one eats well lives well and adds one or more of the necessary super supplements 80% of chronic illnesses can be reversed or prevented entirely Embrace the nutraceutical revolution and achieve maximum health      *Prescription for Total Health and Longevity* Jonas E. Miller, Jason Vinley, 1979      *Prescription for Life* Richard MD Furman, FACS, 2014-09-30 During his more than thirty years as a vascular surgeon Richard Furman literally held clogged arteries and diseased hearts in his hands and wondered why the person lying on the table hadn't been more careful Heart disease is the number one killer of men and women in America and in most cases it is completely preventable So why are we slowly destroying our bodies and killing ourselves And what can we do to turn it around The good news is simple sustainable lifestyle changes can mean the difference between health and infirmity between life and death Putting his three decades of experience and education to work Dr Furman gives readers the strategies they need to live not just longer but younger This essential resource to health helps readers achieve and maintain their ideal weight reduce their risk for life threatening diseases make exercise a natural part of their lives learn what foods to eat and what foods to avoid It even shows how following the plan can not only eliminate heart disease but also keep people safe from various cancers dementia diabetes stroke erectile dysfunction and other age and obesity related problems Dr Furman wants readers to realize that poor health during one's golden years is not inevitable It can and should be avoided at all cost And with his expert advice readers can live long healthy vibrant lives enjoying time with friends and family instead of wasting it in doctors offices and hospitals      *The Longevity Revolution* Robert N. Butler, 2009-09-08 Pulitzer prize winning author Dr Robert Butler coined the term ageism and made Alzheimer's a familiar word Now he brings his formidable knowledge and experience in aging issues to a recent and unprecedented achievement the extension of human life expectancy by thirty years As Butler shows our society had not yet adapted to this change The U S has not made a research

investment in aging Only eleven medical schools out of 145 have geriatrics departments compared to England where geriatrics is the number two specialty We have not solidified private pension plans or strengthened Social Security to ensure that people do not outlive their resources In this urgent and ultimately optimistic book Dr Butler shows why and how we must re examine our personal and societal approach to aging right now so that the boomers and the generations that follow may have a financially secure vigorous and healthy final chapter life      Human Longevity: the Major Determining Factors Joseph A. Knight M.D.,2010-12-09 Two thousand years ago the average life expectancy from birth to death of a Roman citizen an individual better off than most people at that time was about 22 years wars infectious diseases trauma etc This progressively increased to about 47 years in the U S and most European countries by 1900 Today the average life expectancy in the U S is 78 years women about five years more than men However unless the obesity pandemic is reversed and lifestyles improved the average life expectancy will likely decrease significantly conversely if our lifestyles improve the average life expectancy could reach 85 or more years Growing older does not necessarily mean growing sicker Thus don t just add years to your life add life to your years Hans Selve Indeed of the 15 major causes of death in the U S 65 70% are lifestyle related In this book the following documented topics that are associated with diseases and mortality are discussed in detail theories of aging diseases and mortality associated with obesity physical inactivity and poor nutrition psychological stress anxiety depression addiction alcohol tobacco drugs violence suicide homicide food borne and infectious diseases viral bacterial parasitic and various other conditions air pollution asbestosis trace metals      **Prescription for Longevity** James Scala,1992 Offers the most recent scientific findings that show exactly how nutrients and a variety of foods work to protect against such diseases as cancer cataracts arthritis and inflammatory bowel disease      The Longevity Handbook Edmond Saab Jr. M.D.,2021-06-22 This book was created to be a user manual because it s not just technology that needs a guide the human machine also requires its instruction manual By addressing a few conditions one is able to prevent cure or at least improve most diseases The question is how to raise awareness among those who do not think about targeting the cause but only the symptom Creating guidelines for maintaining health and not just follow industry protocols for treating illnesses is the main goal of The Longevity Handbook This book summarizes decades of research and offers new studies and findings to be applied for integral health a new awareness about the functioning of the human machine and how to get the most out of it supply it with the best achieve high performance eliminate what hinders its operation adjust all gears and strengthen its system With adjustments and prevention this wonderful and perfect machine will have more longevity and above all quality of life while it is in operation Unique formulas developed by the author based on vitamins minerals fibers and probiotics available in foods and supplements are also presented in this book along with their associated benefits implications for immunity and overall health The purpose of this work is to serve as a source of information and research showing another view on the origin of diseases which are often omitted or neglected in orthodox prevention and treatment Examples are given

on the benefits that can be achieved by stopping to use a single common tool drugs and starting to treat the causes using various sciences such as clinical nutrition medical biochemistry orthomolecular practice phytotherapy biophysics homeopathy homotoxicology and traditional Chinese medicine     **Medical Times** ,1910     Dental Items of Interest ,1896  
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*American Journal of Public Health* ,1922     **Journal of the American Public Health Association** ,1922     **The**  
**Memory Prescription** Gary Small,2004-06-09 In his bestselling book The Memory Bible Dr Gary Small showed us how to improve our memory by changing our diet and lifestyle and by incorporating physical and mental exercise Now in response to readers requests Dr Small offers The Memory Prescription a simple effective two week program to improve memory quickly Based on years of medical research at one of the country s leading memory loss institutions Dr Small focuses on the Big 4 mental activity healthy brain and body diet stress reduction and physical fitness and he offers a step by step regimen that can be customized to each reader s specific needs     Everything You Need to Know about Buying Prescription Drugs in the U.S., Canada and Mexico Debra E. Welborn,2005-08 Everything You Need To Know About Buying Prescription Drugs in the U S Canada Europe and Mexico is a unique book on the subject of comparison shopping for prescription drug products in the U S as well as other countries Currently over 2 million people purchase drugs from foreign Internet sites and or from other countries such as Canada Ireland Israel and Mexico However there is a great deal of misinformation on this increasingly common practice This book seeks to clarify this complicated subject Providing pricing information for a variety of purchasing methods It is a how to for comparisonshopping of prescription drugs online and in foreign countries Providing information on prescription drugs including prices safety tips and other related topics Applies to a very large audience as most people buy a prescription drug at least once a year     **Life's Bulldozer Moments** Donato Tramuto,2016-07-29 Donato Tramuto felt bulldozed by life as a child when he lost most of his hearing to an ear infection that left him isolated and treated as a failure A succession of tragedies rocked his world including a last minute decision to change his plans to fly out of Logan Airport on 9 11 on the same LA bound flight that claimed the lives of his close friends In this poignant and penetrating book Tramuto a successful health care entrepreneur and global philanthropist recounts the business and life lessons he learned and shows that adversity can lead to success He shows anyone bulldozed by life how to pull themselves out of the rubble dust themselves off and find meaning and purpose     New York Journal of Homœopathy ,1910

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