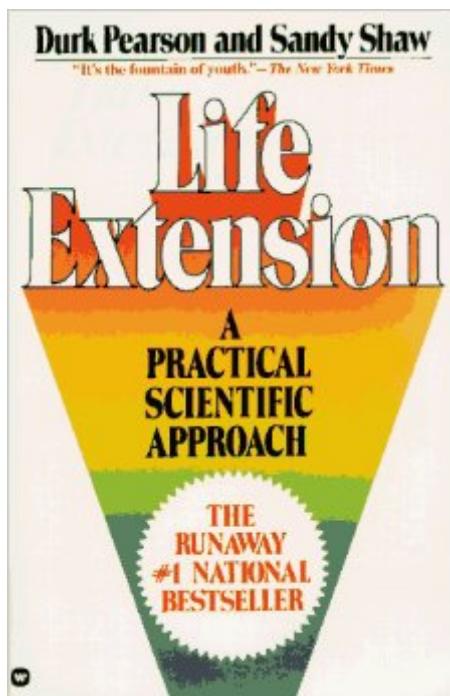


The book was found

Life Extension: A Practical Scientific Approach



Synopsis

The book contains data from extensive research geared towards life extension and living life more fully through high doses of vitamin supplements.

Book Information

Paperback: 858 pages

Publisher: Warner Books (June 1983)

Language: English

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Average Customer Review: 4.1 out of 5 starsÂ [See all reviewsÂ \(42 customer reviews\)](#)

Best Sellers Rank: #1,053,218 in Books (See Top 100 in Books) #106 inÂ Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #5775 inÂ Books > Health, Fitness & Dieting > Nutrition #76804 inÂ Books > Self-Help

Customer Reviews

I got thoroughly involved in this book in the 1980s, so much so that I completely bought into Durk and Sandy's megadose vitamin regimen, purchased pure vitamin powders by the kilogram and blended and encapsulated them myself. I eventually had bad reactions to taking such high doses (headaches, terrible itching, dizziness) and had to stop. While their research is intriguing, they set their doses so ridiculously high that they come off as kooks. Twenty grams of vitamin C per day?? That's absurd and probably dangerous. I saw Durk and Sandy on a talk show years ago and Sandy had developed a serious speech impediment. I was never able to find out if it was due to the megadoses of supplements they were taking, and they have been curiously absent from the scene in recent years. Although they still have product formulations on the market, they have no website or any way to contact them, and have done absolutely no follow-up writing to confirm their research in 20 years. Durk and Sandy, where are you? It's time you come out of hiding and show us the results of this experiment you have performed on yourselves.

This book was touted on the national television show, The Merve Griffin (sp?) Show about 1983. I have purchased it several times since my first reading. It has been given it to every doctor I have seen since then and to several friends and relatives. Luckily several million copies have been

printed so used ones at .com are readily available. About once a month The Dr. Oz Show with have a guest doctor on with "cutting edge" or "latest greatest" medical science that is a meer reflection or totally plagerized rewrite of what Durk Pearson and Sandy Shaw compiled more than thirty years ago. At 585 pages the book might seem too long and weighty to begin but the two "hippie" scientists who wrote it have enough humour and reflection throughout so as to make it enjoyable. Today I just go to the index to brush up on what they wrote whenever I hear something familiar on Dr Oz's show or the Doctor's or some other television medical program. How correct and far sighted they are is note worthy.

Yikes! How can this INFORMATIVE, WONDERFUL book be out of print? My father cured himself of non-Hodgkins lymphoma using this book and I now need to have a copy to send to my son who is ill. Why doesn't every household have a copy of this book? This book is decades ahead of the rest of the world. My brother and I initially laughed at my Dad(about 12 years ago) when he started to talk about "free radicals" but he made a believer out of us! A couple of years ago he told us to stop eating TRANS FATS and now the government has picked up on the dangers of trans fats and is starting to make food producers label the foods with "Contains Trans fat" rather than "partially hydrogenated vegetable oil". If anyone knows where to obtain a copy of this book, please e-mail me! Thanks

When I first read "Life Extension, APSA" in 1987, I knew that Pearson and Shaw were brilliant researchers who had spent the last 13 years of their lives studying the vitamins, minerals and amino acids that would greatly improve and extend life. Literally everything they had advised years ago has been proven to be true with later scientific research from "free radical" damage to developing the anti-oxidant formula. I gave their first book, after I had read it, to a friend with a terminal disease. I am now heartsick to find out that the book is out of print. It's a bible of prevention and cure. I have been following their "radical" plan for nearly 13 yrs. I am 53, beautiful, totally fit, feeling great and look a decade younger than I am. I am in excellent health, run races, and my doctors are always amazed at my lab work. But I do want my book back 'cause I want to live to be 100!

I recomend this book to anyone who wants to improve their health. It is so thorough in its coverage on the subjects of nutrition, vitamins, supplements, lifestyles, accident prevention, the FDA, and supplement sources. Don't let the 1982 publishing date fool you, these guys did their homework and the information is still current. Thats why the book continues to fly of the shelves all these years

later. Its funny, well written and researched, and a must read for anyone who eats! Believe me. I read it front to back, back to front, and middle out a dozen times over the last 2 years. It is so good! Does this sound like a rave review to you? Buy the book. Buy 2 books and give one to your best bud. I did. Thank you Durk and Sandy for your efforts! Now I need to find the companion.

If you can get by some of the scientific jargon, this is a fantastic reference book. It was written in the 70's and is still miles ahead of mainstream health and medical science. When I entered university in the late 90's, some of the theories in the book were just being accepted. I have to admit, though, I use about one fifth of the recommended vitamin dosages. I do not recommend anyone taking the massive amounts that are mentioned in the book and quite frankly, I am more prone to seek out food and other types of therapies before taking the mega, mega dosages. This book is a great reference manual and has easy to understand language. I have am worn out previous copies and am on my third one. Now that I am pushing 50, I am glad that I followed most of the advice in Life Extension for the last 30 years. It helped me run full marathons, climb Mt. Rainier and even win a welter weight kick-boxing competition (at age 40). Awesome book.Doug SetterBachelor of Human EcologyAuthor of Stomach Flattening and One Less Victim

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