



The Methuselah Project - How the science of anti-aging can help you live happier, longer and stronger

James Lee

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Special Price for a Limited Time - Normally \$6.99!

Special bonus - Part 1 of James Lee's brand new book *Your Brain Electric!*

Do you want to harness the latest advances in science to build a blueprint for a long life?

In what is by far his most comprehensive work to date, James Lee (author of "Brain 3.0" and "Brain Hacks") has trawled through the latest research journals (and some older, lesser known studies) to identify the sources of premature aging and what you can do to increase your chances of living to 100 and beyond. Anti-aging should go beyond just the "best anti-aging cream" and encompass every aspect of life-extension and healthy aging.

Lee takes you through the work that scientists are currently undertaking to pin down exactly why it is we age and what can we do about it. Many scientists believe that there is no theoretical upper limit to lifespan that cannot be overcome. Think about it - *Why does a dog (which has a similar genetic makeup to humans) only live to around 15 years of age whereas we can reach an average of around 80? Why are certain animals like crustaceans theoretically immortal?*

As part of his research, Lee looks at some of the hot topics in anti-aging research such as -

- Senescence
- Sirtuins
- Oxidative stress
- Evolutionary theories of aging
- Telomere shortening

Plus information on how to utilise recent advancements in our understanding of mitochondrial dysfunction, inflammation and advanced glycation end-products (AGEs) and why you *absolutely* need to prevent the damage they can cause if you want to live a long and healthy life.

Then, in the second part of the book, Lee looks at specific ways you can fight the various causes of aging, including -

- Anti-aging foods
- Antioxidant therapy

- Reducing inflammation
- Supporting mitochondrial function
- Boosting levels of glutathione
- The importance of rich social connections
- Reducing consumption of sugar (particularly fructose) and AGEs
- Reducing and eliminating stress
- Sleep strategies
- Caloric restriction
- Optimizing liver function
- Nootropics to fight cognitive decline and memory problems
- The importance of physical exercise for keeping young
- Anti-aging strategies for your skin

...plus a whole heap of additional general tips for slowing and reversing cellular aging.

However, as well as adding positive changes, you must also address negative lifestyle habits or behaviors that reduce your chances of living a long life. In particular, Lee looks at how risky behavior must also be addressed and understood if you want to reach 100 and beyond.

No one single strategy will ensure you reach old age. Just like each risky behavior is cumulative, each positive act increases your likelihood of reaching whatever your age goal might be.

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