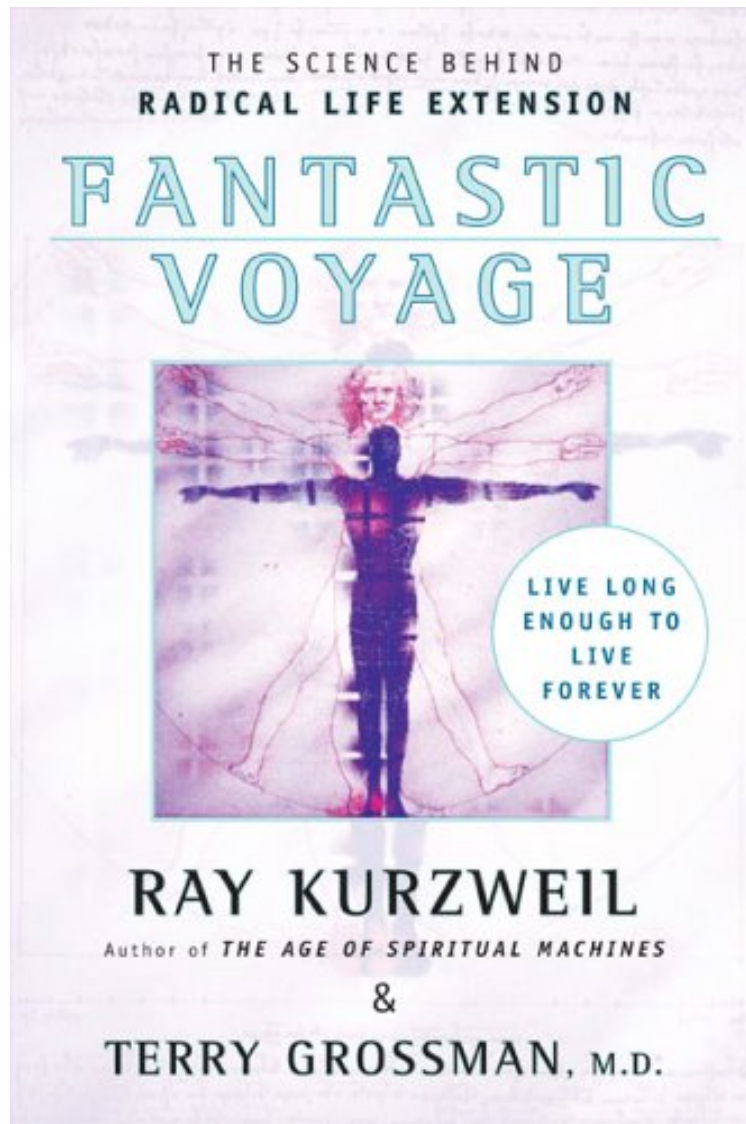


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Fantastic Voyage: Live Long Enough to Live Forever

Ray Kurzweil, Terry Grossman
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Ray Kurzweil, Terry Grossman : Fantastic Voyage: Live Long Enough to Live Forever before purchasing it in order to gauge whether or not it would be worth my time, and all praised Fantastic Voyage: Live Long Enough to Live Forever:

5 of 5 people found the following review helpful. Watershed book for radical life extension By Hiram Chance A review of Fantastic Voyage appeared in my Oakland (Oakland County, Michigan) Press early in 2005. As a longtime enthusiastic advocate--though not necessarily the most ardent practitioner--of life extension technology, I was ecstatic! Here was a book about radical life-extension appearing in a ho-hum review geared to (what some say is) the

cultural-literary wasteland of Detroit suburbia. The vitalist movement had just achieved a major breakthrough into common humanity... at least the branch of common humanity who reads. Note: Terminology is still a bit tenuous in this transhumanist era we're coming upon. But a vitalist is sort of a practical immortalist, someone who wants to extend life (with youthfulness and vigor) indefinitely, and generally thinks it can be accomplished in our natural lifetimes. I'll use the term vitalist to identify the movement Kurzweil, Grossman, and many others are pushing. The significance of their book is enormous: Just as Durk Pearson and Sandy Shaw (with *Life Extension: A practical, scientific approach* (1982)) were to health supplements, Kurzweil and Grossman are to the universal prospect of living well for a long time. The authors break down our pursuit of effective vigorous immortality into three phases: * Bridge 1: Ray and Terry's Longevity Program: present-day nutrition, exercise, and wellness strategies that can get you to the next bridge. * Bridge 2: The biotechnology bridge, where we learn how to turn off the bad genes and turn on the good ones, and figure out the biochemical clues for keeping body and mind the best. * Bridge 3: What they refer to as the nanotechnology-AI (Artificial Intelligence) revolution, where we can rebuild our bodies and brains at the molecular level. The prediction: generally effective Bridge 2 vitalist technologies begin 2010, with the beginnings of Bridge 3 technologies in 2020... with full flowering of those technologies a decade following those inception points.... For my complete review of this book and for other book and movie reviews, please visit my site [...] Brian Wright Copyright 2007 2 of 2 people found the following review helpful. Kurzweil does it again By Retired Guy Anything written by Ray Kurzweil immediately draws my attention. I think anyone who is familiar with his past work understands that what he writes usually contains a good dose of informed speculation and leaps of faith... but these are based on his (usually informed) views of the near future. I found Bridge One, the first third of the book to be rewarding and informative as it is based on the current state of preventative medicine as the author sees it. This is some highly practical suggestions about ways in which we could hopefully live to a ripe old age. The remaining two Bridges of the book seek to bring us to the point at which science will allow us to live virtually forever. These sections are fun, but so speculative that they are just fun reads based on Ray's views of the future of medicine. Don't expect to gain much more than some interesting advice on preventative steps one can take to enhance the quality of their later years. For those who are already Kurzweil's fans and understand where he is coming from. 7 of 7 people found the following review helpful. The Bible of Nutrition By Charles Guerin This is actually the 2nd copy of this book I've owned. The first left me to live with a friend. I look at this book as a fantastic time saver. Instead of reading hundreds of scientific reviews to find out the latest scientific information is available in nutrition, I leave that up to Ray, and 99% of the time he's right on the mark. I'm a bit suspicious about his "healthy alkaline water" thing, as I don't see the scientific research backing him up on this point. I know Tony Robbins is very enthusiastic about that... but Tony's research is suspect too... so I'd leave that to other readers to decide what they think about that. The rest is brilliant, "must know" knowledge for anyone who wants to live a long life. People who like this book, will likely also be interested in "NO More Heart Disease: How Nitric Oxide Can Prevent--Even Reverse-- Heart Disease and Stroke" - Louis Ignarro. One warning - if you play with L-Arginine, read the research and don't use it unless you know what you're doing and read enough to know where it can actually help you and where it's being sold as a panacea.

From the author of *How to Create a Mind* comes startling discoveries in the areas of genomics, biotechnology, and nanotechnology occur practically every day. The rewards of this research, some of it as spectacular as science fiction, are practically in our grasp. *Fantastic Voyage* shows us how we can use these new technologies to live longer than previously imaginable. The authors take the reader on a journey to undreamed-of vitality with a comprehensive investigation into the cutting-edge science regarding diet, supplementation, genetics, detoxification, and the hormones involved with aging and youth. By following their program, which includes such simple recommendations as eating a balanced, low-glycemic-index diet, and taking powerful anti-aging nutritional supplements, anyone will be able to add years of healthy, active life. "This visionary book provides a state-of-the-art synthesis of the latest evidence on aging." (Dean Ornish, M.D., developer of the Opening Your Heart program) "A concise yet comprehensive journey that accurately recounts the past and present state of our collective knowledge." (Dean Kamen, physicist and inventor of the IBOT Mobility System and Segway Human Transporter, and recipient of the National Medal of Technology) "Fantastic Voyage boldly challenges conventional wisdom about aging and illness and offers groundbreaking solutions to remain young and healthy indefinitely. (John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus*)" "Anyone can find it easy to implement action that will enhance their health. (George King, M.D., professor of medicine, Harvard Medical School)

.com The idea behind Kurzweil and Grossman's *Fantastic Voyage* is that if you can make it through the next 50 years, you might become immortal. How will that be possible? Through some rather science fictional steps, it turns out, including taking advantage of the latest in biotechnological breakthroughs and not-yet-invented nanotechnology. Is all this longing for immortality driven by an obsession with youth or a fear of death? Readers can judge for themselves, as both Kurzweil and Grossman reveal the personal histories that led them to develop this plan. *Fantastic Voyage* is written in an easy-to-understand tone, with lots of sidebars giving examples of what the future holds for medicine and

health. Whether or not you think that science will find a way to keep our bodies or our disembodied minds alive forever, this book is full of diet and lifestyle tips. For instance, the authors suggest carefully controlling the body's overall pH at an alkaline level, meditating, eating a diet composed mostly of vegetables and protein, and taking loads of supplements (Kurzweil downs about 250 pills each day). The dietary options presented here will mostly only be practical for people whose income levels can support buying organic produce, fresh fish and meat, and top-shelf supplements. The authors cavalierly state that we are living in a "time of abundance," but it seems likely that most who are able to follow this regimen will be Americans of a fairly high socioeconomic class. --Therese Littleton "This visionary book provides a state-of-the-art synthesis of the latest evidence on aging." Dean Ornish, M.D., bestselling author of *The Spectrum* and developer of the *Opening Your Heart* program "Boldly challenges conventional wisdom about aging and illness and offers groundbreaking solutions to remain young and healthy indefinitely." John Gray, Ph.D., bestselling author of *Men Are from Mars, Women Are from Venus* "Anyone can find it easy to implement action that will enhance their health. George King, M.D., professor of medicine, Harvard Medical School "A concise yet comprehensive journey that accurately recounts the past and present state of our collective knowledge." Dean Kamen, physicist and inventor of the IBOT Mobility System and Segway Human Transporter, and recipient of the National Medal of Technology About the Author Ray Kurzweil is a prize-winning author and scientist. Recipient of the MIT-Lemelson Prize (the world's largest for innovation), and inducted into the Inventors Hall of Fame, he received the 1999 National Medal of Technology. His books include *The Age of Spiritual Machines*, *The Age of Intelligent Machines*, and *How to Create a Mind*. www.kurzweiltech.com www.kurzweilai.net Terry Grossman, M.D., is a certified anti-aging specialist and expert in longevity medicine. He is the author of *The Baby Boomers Guide to Living Forever*.