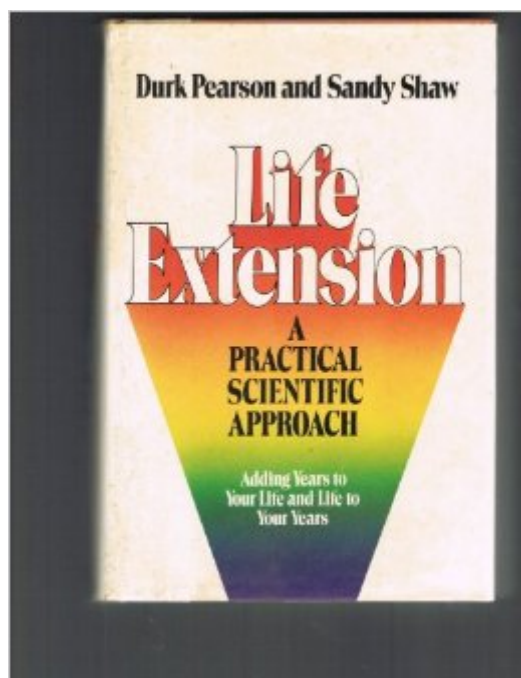


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# Life Extension



## Synopsis

Life Extension

## Book Information

Hardcover: 858 pages

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Language: English

ISBN-10: 044651229X

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (19 customer reviews)

Best Sellers Rank: #128,481 in Books (See Top 100 in Books) #25 in [Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#)

## Customer Reviews

This couple were ahead of their time, boldly self-experiential, self-experimental, and scientific. They are very good thinkers with lust for life, knowledge, and thinking outside of the box. I first saw them in the 1980s on Merv Griffin. My grandmother bought the book. I read parts of it and later inherited it. The chapters are short, to the point, and very thought provoking. Even to this day August 6th, 2006 I would say that the message I remember from having looked at this book several times over the years was dead on. Like so much of nutritional science, it can take 40 years for other people to realize things that were already known a long time ago. This is particularly true today as we experience the information explosion. They are also lots of fun and bottom line pragmatic. They have advanced degrees and an obvious california twinkle in their eye. -Todd

I have used some of the methods described in the book over the last 25 plus years. I get carded at clubs, unless I grow a light beard, because there's a little grey there. I feel fantastic, my mood is nearly always good, my mental and physical performance are top-knotch!! To my knowledge, nothing in the book has been proved harmful, although some material mas been improved upon or supplemented by more recent research. But you will not find this vast repository of knowledge in any other single place. The Authors are Ivy League, Ph.d level scientists who have been involved with NASA research, nutritional supplement patents, extraction of petroleum from shale, authored countless peer-reviewed, scientific articles! They are literally two of the top 300 most intelligent

people in the world! This book, even today, is revolutionary! It will save your life, no matter how old you are! I still have the copy I purchased in 1984 A.D., and I still refer to it. The Grace of Almighty God led me to the research done by these two scientists, which literally transformed and preserved me!

I read this book in the 80's and it somehow got lost. I ordered it again, to see if Sandy & Durk was right, as it's been quite sometime since. I found out that not only were they right about most everything but the books still is helping me. There are amazing things that I had forgotten with their studies. It is a must read. I sure wish they would write another now!

LIFE EXTENSION BY DIRK PEARSON AND SANDY SHAW. I read this book back in the Eighties and was so impressed. I used it like a bible. It is a nutrition primer and sophisticated at the same time. So well written that even someone unschooled in chemistry and nutrition can follow it easily. The terrific index is a fount of information that alone makes it a valuable reference book! I would buy it just for the index, as a matter of fact. I am now getting another copy - I loaned the last one out and did not get it back, if that tells you anything besides the fact that I have some cheap friends. Yes, I highly recommend this wonderful, informative book.

Although written nearly thirty years ago, what a treasure to have finally read. The area of nutritional supplements and alternative medicine is overwhelming filled with hype. Life Extension was a thrill to read because of the overall scientific approach to the question of Life Extension. After paying attention to the alternative medicine field for the last five years or so, it was only after reading this book that I understand the many biochemical interactions of vitamins and minerals within our bodies. I can honestly say Pearson and Shaw opened my eyes on a number of subjects and gave me renewed hope that there are serious researchers in this field and not just salesmen. I bet however, they are a little embarrassed by their predictions for the future. Randall at [...]

I had a copy of this book since it was published and It's been a constant go to reference for my household. It's old now and there are other reference books on this subject but much of the info is still relevant.

they were right and were pioneers in this area! I had another copy when it first came out ... it got misplaced ... and I was so happy to be able to order for reference now!

I had originally read this book back in the middle to late 1980s, and somehow since then it got misplaced. I was glad to find it again in hardback at a low price. Durk is an amazing guy, and if you're into knowing your body and wanting to make it run better, this is the book for you.

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