

Review by Douglas MacKay, ND

## **Prolonging Health. Mastering the 10 Factors of Longevity**

*J.E. Williams, O.M.D.*

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In *Prolonging Health, Mastering the 10 Factors of Longevity*, James Williams presents a balanced approach to healthy, disease-free aging. He challenges the paradigm that developing chronic degenerative diseases is a normal and unavoidable consequence of aging. The fact that aging is inevitable is not disputed, but the goals presented are to successfully age through prolonging health and maintaining vitality.

Section one provides a foundation for understanding the aging process and how to evaluate the influences of aging on the body. The main theories of aging and a number of specialized laboratory tests used to determine health and aging status are discussed. Within section one, the author presents valuable clinical tools used to determine biomarkers of aging. Williams explains how information gathered during a patient office visit can be combined with blood chemistry values to determine biomarkers that rise with age, many of which are modifiable. This allows practitioners to establish baseline data for patients and set objective goals for those trying to age gracefully.

Chapter five details extensive laboratory screening that includes multiple blood chemistry factors, hormone panels, cardiovascular risk markers, and other more cutting-edge, anti-senescence lab tests. Less common anti-senescence tests include antioxidant status, neurotransmitter profiles, essential fatty acid profiles, genomic status, preventive CT scanning, and toxic substance testing. Appendix C provides valuable resources for the practitioner, including laboratories where these tests are available.

Part two discusses 10 modifiable factors that influence aging and provides information on diet, lifestyle, nutritional supplementation, natural hormones, and botanicals that can alter these factors. The results of the author's personal and clinical practice culminate in five strategies to prolong health and promote a maximum life span. The five longevity strategies presented by the author include restoring homeostasis, optimizing diet, practicing calorie restriction, exercise, and nutritional supplementation.

The information in the book guides readers through steps to avoid frailty and dependence associated with typical aging. Although the patient is the target audience, this work is well referenced and includes resources for practitioners. Practitioners of anti-aging medicine will benefit from making this book available to patients, who will find a clear explanation of the theories, protocols, and expectations of an anti-aging medical practice, potentially saving both the doctor and patient valuable time.