

Book Review

“Lifespan: Why We Age – and Why We Don’t Have To” by Dr.David Sinclair

The word “aging” has 2 meanings. The first is just getting older as we live another day. The second is the effect on our health as we age.

Dr.David Sinclair PhD AO is an Australian-American biologist and molecular geneticist known for his research on aging and epigenetics. He is a professor of genetics at Harvard Medical School and is the co-director of its Paul F. Glenn Center for Biology of Aging Research. He published his ground-breaking “Lifespan” book in September 2019. It has changed how we think about what happens to our bodies as we age. Dr.Sinclair writes about the degradation in health: “Aging is a disease, and that disease is treatable.”

Funding the research into the aging process is almost non-existent. It requires a paradigm shift of the medical profession from ‘cure’ to ‘prevention’ and the recognition that aging is a ‘disease’.

The book explains in detail what happens when our cells reproduce and what genetic information is lost in the process.

Dr.Sinclair lists the steps we need to take to increase our lifespan. It begins with eating healthy low carbohydrate food, fasting, cold exposure and regular exercise and is supplemented with medicines that target the epigenome.

The chapters on the socioeconomic and environmental challenges when people live to age 150 are quite controversial.

If you are interested in living a healthy lifestyle and preventing age-related diseases such as obesity, diabetes, cancer, dementia and heart problems, and the outward signs of grey hair, wrinkles and achy joints, you may wish to discuss this book with your local Low Carb Clinic and your medical professional.

(Also refer to Dr.Sinclair’s videos on YouTube.)

David Mallen
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The book covers 4 main topics:

- **The politics of aging research**
- **The theory of aging**
- **What we can do to increase our lifespan**
- **What the future may hold**

