

# UNAGING

Aging is a subject of concern to everyone, but is widely misunderstood. If we view it as inevitable, we miss the fact that not everyone is able to grow to an old age. Realization of this reality helps us to understand that aging presents a wonderful opportunity – an opportunity to make choices about how we live which can enhance the aging process and offer a chance to live to our potential.

This book clearly presents the four reserve factors (cognitive, physical, psychological, and social) which impact our ability to have healthy responses to the stresses of aging. By giving the biological basis for the advice given, you will learn the steps to take in your activities, diet, and mental outlook to grasp the opportunity that aging offers. Everyone must know that what we do makes a difference.

Robert Friedland MD is a neurologist and the Rudd endowed professor of Neurology and Neurobiology at the University of Louisville School of Medicine in Kentucky. He previously worked at the University of California, Berkeley, the US National Institute on Aging, and Case Western Reserve University. Recently his research has uncovered a key role of intestinal bacteria in the initiation and progression of Alzheimer's disease, Parkinson's disease, and amyotrophic lateral sclerosis. His studies of humans and animals in the United States, Japan, the Middle East, and Kenya have helped to advance the concept that the risk of aging-related brain diseases can be lowered through our personal actions.

“Rooted on his vast clinical and research experience, Dr. Friedland takes us on an accessible scientific tour to demystify the inevitability of aging. Dementia, he highlights with a wealth of examples, is not preordained in anyone, even in individuals with high-risk genetic mutations or with brain amyloid plaques. Dr. Friedland reviews the evidence accumulated to make his case that specific changes in our own environment can shape how we age – or not.”

Alberto Espay, author of *Brain Fables: The Hidden History of Neurodegenerative Diseases and a Blueprint to Conquer Them*

“Dr. Friedland’s idea that aging is not inevitable is not fully recognized by the general public. However, recent advances in geriatrics show that his idea ‘aging is not inevitable’ is correct. This book is impressive because he teaches us the mechanisms of aging and how to enhance aging. It’s possible to change your life from this book. I hope you will know the truth and gain a wonderful tool against aging.”

Professor Toshiki Mizuno, Kyoto Prefectural University of Medicine

“In his book, *Unaging*, Dr. Friedland begins by setting the stage, describing the importance of physical, mental, psychological, and social health, and explaining that the goal is not normal aging, but exceptional aging. He then teaches you how to attack and subdue the harmful habits that accelerate aging by extrapolating the results of rigorous scientific studies. This book is a ‘must read’ for anyone who would like to use the latest scientific studies to help them live healthier lives as they age.”

Andrew E. Budson, author of *Seven Steps to Managing Your Memory: What’s Normal, What’s Not, and What to Do About It*

“You have to grow old but you don’t have to age. This is the book that tells you how to do it.”

Nori Graham, author of *A Pocket Guide to Understanding Alzheimer’s Disease and Other Dementias*

“With clear language and an attention-grabbing narrative style, Dr. Friedland introduces and discusses many of the issues related to aging that represent the pillars of the science on the subject. From an original perspective, the book addresses the so-called reserve factors, neurological diseases, mental health, and most importantly, the actions we need to take to improve our chances of a healthy and satisfactory aging, where aging is seen as a blessing, not as a burden. The book closes with the chapter ‘The opportunity of aging’ which, in my interpretation, summarizes the author’s overview.

Anyone interested in aging should read this text.”

Dr. Carmen García Peña, *Instituto Nacional de Geriátría*

# Unaging

The Four Factors that Impact  
How You Age

ROBERT P. FRIEDLAND



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