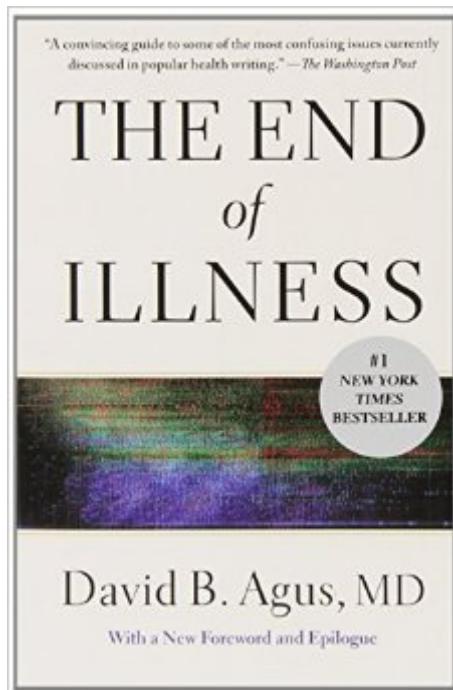


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# The End Of Illness



## **Synopsis**

The #1 New York Times bestselling work that overturns conventional conceptions of health and illness to offer new methods for increasing vital longevity. CAN WE LIVE ROBUSTLY UNTIL OUR LAST BREATH? Do we have to suffer from debilitating conditions and sickness? Is it possible to add more vibrant years to our lives? In the #1 New York Times bestselling *The End of Illness*, Dr. David Agus tackles these fundamental questions and dismantles misperceptions about what “health” really means. Presenting an eye-opening picture of the human body and all the ways it works—and fails—Dr. Agus shows us how a new perspective on our individual health will allow us to achieve a long, vigorous life. Offering insights and access to powerful new technologies that promise to transform medicine, Dr. Agus emphasizes his belief that there is no “right” answer, no master guide that is “one size fits all.” Each one of us must get to know our bodies in uniquely personal ways, and he shows us exactly how to do that. A bold call for all of us to become our own personal health advocates, *The End of Illness* is a moving departure from orthodox thinking.

## **Book Information**

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## **Customer Reviews**

I got this book after seeing some of the five-star reviews, and watching the author's January 9 pre-publication interview with Connie Chung. I've now read it, and I found it provocative and engaging. The author describes the relevant studies in an easy, conversational manner, and he presents convincing cases for several different life-style changes:(1) Taking a baby aspirin a day

might well save your life.(2) If you spend a lot of time sitting down on the job, get up every once in a while and walk around. Take the stairs when possible. That could add years to your life.(3) Frozen fruit is probably better for you than "fresh" fruit. As a result, making smoothies is probably better than juicing.(4) As the costs of whole genome sequencing come down (and patent issues are resolved), people would be well advised to get their genome read and diagnosed - whether by this author's company or another's. While genes don't tell the whole story, they can be very indicative of preventable problems. And prevention is far preferable to treatment.(5) Do whatever you can to avoid the release of stress hormones - those can cut your life short too. Obviously stay clear of stressful situations (or develop coping mechanisms); less obviously, try to eat your meals on a regular schedule, and keep a regular sleep schedule.(6) Do what you can to avoid inflammation generally - inflammation can have long-term effects. Taking a daily aspirin is a good start; getting a regular flu shot might be another.A bit more controversial are his recommendations regarding statins and nutritional supplements.

For once, I fell for the hype surrounding a book but after reading "The End of Illness" I realized I should have stuck with my original plan to check it out from my library. There is absolutely nothing groundbreaking or particularly significant about anything contained in this book. So why give it three stars? It does contain basic, medically supported info that some older person who has had no tv, no internet, no newspaper, and no radio access for the last 30 years and refuses to go to the doctor or listen to his doctor would need to know. As for the rest of us, all this book does is confirm what you already knew or suspected.I am assuming though that you're interested in this book because you want to: (a) avoid an illness, particularly a life threatening illness or (b) you already have an illness and think this book will give suggestions on how to improve your life and get control of your illness. Learning about new advances in medicine which may or may not lead to anything that will help you during your lifetime is just a bonus but not high on your list of priorities. To be truthful, even if you read the book for that last purpose, you'd still be disappointed. I'm one of those unlucky people who was diagnosed with a chronic illness at the tender age of 13. Before then, nothing major happened in my life to kick start the illness - no drug use, no past illnesses/accidents, no lack of exercise, no atrocious diet, no lack of sleep habits, not a genetic disease. Sometimes \$%&@ happens. As a mid 30s person, I'm pretty well versed in health matters but not an expert by far. I suspect many people my age and slightly older already know about the "tools" Dr. Agus "details" in this book and probably have been using them for years.

This book may have some good points regarding lifestyle choices, but in my field of expertise, vitamin D, misses the mark by a wide margin. Vitamin D is a natural compound that humans have required forever. Thus, much of what we know about the roles of vitamin D come from ecological (geographical or seasonal) and observational studies. Randomized controlled trials (RCTs) have provided very good evidence that vitamin D reduces the risk of cancer, hip fractures, type A influenza, pneumonia, increase survival after diagnosis of cardiovascular disease, and reduce all-cause mortality rate. A recent RCT found that pregnant and nursing women need at least 4000 IU/d and that there are no adverse effects. The reasons why there are not more successful randomized controlled trials with vitamin D reported are several: most studies used only 400 IU/d vitamin D, the beneficial effects of vitamin D for many types of disease have been identified in the past few years, there are many sources of vitamin D such as food, supplements and solar UVB, and there is considerable person-to-person variability in serum 25-hydroxyvitamin D with respect to oral vitamin D intake. The author dismisses the benefit of vitamin D for reducing the risk of cancer based in part on a 2008 International Agency for Research on Cancer (IARC) report. The authors of that report were primarily dermatologists who consider their mission in life to keep people out of the sun in order to prevent melanoma and skin cancer. This report has been shown to be highly biased. The author also suggests that cancer rates are higher at high latitudes due perhaps to genomic effects.

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