



Fantastic Voyage: Live Long Enough to Live Forever

Ray Kurzweil, Terry Grossman

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From the author of *How to Create a Mind* comes startling discoveries in the areas of genomics, biotechnology, and nanotechnology occur practically every day. The rewards of this research, some of it as spectacular as science fiction, are practically in our grasp. *Fantastic Voyage* shows us how we can use these new technologies to live longer than previously imaginable.

The authors take the reader on a journey to undreamed-of vitality with a comprehensive investigation into the cutting-edge science regarding diet, supplementation, genetics, detoxification, and the hormones involved with aging and youth. By following their program, which includes such simple recommendations as eating a balanced, low-glycemic-index diet, and taking powerful anti-aging nutritional supplements, anyone will be able to add years of healthy, active life."This visionary book provides a state-of-the-art synthesis of the latest evidence on aging." (Dean Ornish, M.D., developer of the Opening Your Heart program)

"A concise yet comprehensive journey that accurately recounts the past and present state of our collective knowledge." (Dean Kamen, physicist and inventor of the iBOT Mobility System and Segway Human Transporter, and recipient of the National Medal of Technology)

"Fantastic Voyage boldly challenges conventional wisdom about aging and illness and offers groundbreaking solutions to remain young and healthy indefinitely. (John Gray, Ph.D., author of **Men Are from Mars, Women Are from Venus**)

"Anyone can find it easy to implement action that will enhance their health. (George King, M.D., professor of medicine, Harvard Medical School)

Fantastic Voyage: Live Long Enough to Live Forever Details

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From Reader Review Fantastic Voyage: Live Long Enough to Live Forever for online ebook

Laughing Man says

Almost Helpful A Bit Repetative

There are some valuable tips and recommendations here, also informative about new and upcoming technologies but nowhere near being a full blown manual for a fantastic journey

Quentin Feduchin says

"So much information, heavy duty reading.."

(I wrote this having only read a quarter of the book, but needing to read no more to review it!)

I have indeed looked at a few parts later in the book that interested me, one of which is the small matter of alcohol. (A little is good for you; you will live longer; too much is bad - most of us know that.)

There is such a wealth of detail that no-one will have any excuse not to enjoy much better health. The detail of the materials of 'the stuff of life', what we are made of, what each chemical, fat, etc does to us, is explained in great detail.

This book goes far beyond any ordinary so called 'diet book'. However although the writers are scientists, nevertheless much of it must be to some extent conjecture, firstly because it was written in 2004 (now is mid 2009) and secondly, therefore, although they say that by 2010 much of what they write must have arrived - I don't see that it's here quite yet!

But then they ARE scientists and it's quite possible that several of those life extending procedures are already taking place, who knows?

I just have to recommend it. If you are into this much detail then you are in for a smörgåsbord. I'm battling through it and, being already 68, hoping to extend my life just a bit. That's why I'm 'doing' it .. so who knows?

PS Anybody reading this book will also be interested in 'The Singularity is Near'. VERY interesting reading.

Ethan Fixell says

the parts on nutrition are pretty sweet, but it took me literally FOR..EV..ER (name that movie) to get through the fucking rest of the crap on heart disease, amino acids, dietary supplements and brain malfunctions. this book is definitely meant for a soon-to-be-dead middle aged dude. not a strapping young twenty-something like myself.

this one isn't nearly as good as Food Revolution, but still, an interesting read if you've got the patience.

ugh...i'm done with health books for awhile.

Dan says

Fantastic Voyage is a most hopeful book. According to the authors (Kurzweil and Grossman), if you can live for another 20 to 30 years, you might be able to live indefinitely. Getting past the next 20 to 30 years is the challenge. The book is basically advice on healthy ways of living in order to live to such a time when science and technology have advanced to the point where science has eliminated threats to your health.

The authors give advice on vitamins and supplement to take to increase your odds of surviving to 2030 or 2040. They write "we will have the means to stop and even reverse aging within the next two decades (this book was published in 2004). In the meantime, we can slow each aging process to a crawl using the methods outlined in this book."

Kurzweil believes science is developing exponentially. If so, then we might live to see a time when people live for many years, or maybe indefinitely. Today few people expect to live much beyond 100 years, if at that. How will people react when others fail to die so young? At some point people are going to realize that their death is not inevitable. Will people become more careful at that time? I think so. By this time cars will be driving themselves, eliminating traffic accidents. Disease will have been eliminated.

Kurzweil has a new film coming out this year. It has the same title as one of his books, The Singularity is Near. I have ordered a copy on DVD and plan to hold a public showing once I receive it.

How has the writings of Kurzweil affected my life? I no longer accept death as an inevitable outcome. While I may die at some point in time, I also believe that mankind will overcome death. Death will become a thing of the past. I hope I live to see that day.

Nick says

I appreciate everything he writes, I agree with maybe 87.3% of it, but to live life as he suggests does not seem like a life worth living!

Patty Apostolides says

Any topic on longevity has been a fascination for me for years. I like to read about centenarians and we subscribe to the Life Extension magazine, and so this book about living longer was one that I had to read.

The book is chock full of information on a number of life extending choices that I'm familiar with, but the authors have added a few more interesting and up to date research. So the book does not disappoint. There are very useful tips that I will return to whenever I need to refresh my memory.

There were a few places where I disagreed with the authors, though - for one, they both take statins for cholesterol. I know that statins, over a period of time, cause congestive heart failure. They deprive the body of CoQ10 and cause muscle problems. Remember, the heart is a muscle also. In addition, my own mother

took statins and had elevated liver enzymes because of it. Although her dose was lowered, she still has muscle issues so now she takes COQ10 with it and this has helped. I for one, take high doses of Vitamin C daily which helps raise the HDL level and has kept my cholesterol levels within the boundaries. No need for statins all these years. I was surprised that the authors hadn't covered this also.

Also, turkey and poultry were not part of their diet plan, as well as coffee or chocolate. All these have some benefits, as research has suggested. It is known that turkey has the same compound in it that is given to heart patients to dilate their arteries. Arginine.

Coffee beans and chocolate beans have antioxidants in them, so how bad can that be for you? They also stimulate the brain.

Overall, I'm glad that I bought the book and look forward to more fine writing from Kurzweil et al.

William Cane says

This book is my bible. As a nutritionist, I was awed by the breadth and scope of the discussion of supplements and health ideas. Kurzweil's visionary portrayal of the future is inspiring. Dr. Grossman's coverage of health is also inspiring and educational. A must read for anyone who cares about their own longevity.

Eric says

Yes, the subtitle is a little provocative. But it's written by Ray Kurzweil and his doctor friend, Terry Grossman, so what else can you expect? The basic premise is that since, according to Kurzweil, the singularity is coming soon, we should do all we possibly can to maintain our health so that we're still around when the rapid changes of the singularity begin to happen. Given the almost absurd premise, the authors put this book together in a great way. They first describe 3 bridges: 1- current/latest research on health, 2- the speculative frontiers of pre-singularity technologies as related to health, and 3- health during the singularity. They wrote most of the book from a Bridge 1 point of view. And any time they wanted to talk about Bridge 2 or 3 ideas, they segregated those discussions in their own separate boxes with clear headings. So you can basically skip all the speculative junk and focus on the current research and findings.

From that point of view, it was a pretty useful book. And like most books on health, the final conclusions of the authors are: eliminate bad carbohydrates, eat good carbohydrates in moderation, eat as much green/leafy vegetables as you can, eat low-mercury fish, exercise daily, work on nurturing healthy relationships, and don't get so stressed out. There was nothing really earth-shattering in the book. But it was still a good read and was motivating enough for me to switch to Stevia in my oats instead of table sugar.

David Rosage says

By far my favorite book this year. This book has inspired me to make better health decisions and has helped me start a new eating/supplementation regimen. Having made these changes I feel the best I have felt since high school. Their scientific approach to health was really interesting...

Justin says

Not particularly dense or novel in terms of applicable information. To clarify, there are many interventions listed, but many of them are familiar and those that are not usually aren't well explained. Rarely cites studies.

Daniel says

I find the parts about how to improve your health through nutrition, exercise etc. incredibly valuable. Moreover, it really surprised me what a big change in longevity and quality of life you can presently attain through those means.

This topic is not the only focus of the book. The authors also go to great lengths to explain the biological mechanisms involved in the processes of aging and, thirdly, their outlook on what improvement the future might bring.

For me, the mix of the three aspects inside of each chapter made it hard to focus my reading to the aspect I was most interested in. Also, this makes it rather impractical to quickly look up, e.g., the important measures for a certain chapter. It think I would have preferred a separation of the book in three parts - one for each aspect.

It is helpful to know that the authors' newer book "Transcend: Nine Steps to Living Well Forever" seems to be meant as an updated and rearranged version of this book.

George says

This book was a good update to Kurzweil's earlier book, "The 10% Solution". They were written about ten years apart, so I would recommend that anyone who is interested in learning how they can lose weight, improve their immune systems, and alter their biochemical makeup to their advantage pick up this book without delay.

The ultimate goal of the Ray and Terry plan is radical life extension. Live long enough with the fullest health possible to take advantage of possibly future technologies that will allow you to possibly live forever. (Note: Some things in the book are pushing the boundaries of reality a little, but not a lot)

The book is a little bit science heavy, so if you doze off when people start talking about chemistry, biology, and technology you might be better off reading his more recent book, "Transcend". That book returns to the

format of the 10% book, wherein you have a conversation with the authors as if they are writing to you from the future. A lot of the same info though.

Bottom line: reduce your caloric intake based on your frame and height per their recommendations. Do that by changing the types of carbs and fat you take in for daily nutrition. Only "good" fats and "good" carbs. Good fats = Omega 3 fatty acids in fish and certain nuts and seeds. Good carbs being complex carbs mostly from green leafy vegetables and beans. Reduce breads, pastas, pastries, or anything that basically has sugar or honey in it to a very minimal part of your diet. Even cut back on fruits. Increase protein a little for bulk. Drink green tea. Exercise. Learn to manage your stress (control anger, bitterness, let go of long held grudges...) And a lot more.

It's good info and good ideas which, regardless of future biological enhancements, can really help anyone improve health, life and possibly lifespan.

Kathrynn says

This book was published in 2004 and I would love to see it updated! Two authors collaborated: Ray Kurzweil, PhD (futuristic thinker) and Terry Grossman, M.D. Anti-Aging specialist and expert in Longevity Medicine. Little side note that Ray Kurzweil designed the message typewriter wheels the govn't used... :-)

The book uses three bridges to describe content. The First Bridge is the authors' Longevity Program. This has the current options available, but spruced up. Things we already have access to. The Second Bridge is the upcoming biotechnology that was being tested or experimented on when the book was written. This includes recombinant technology which is deploying gene technology in species we consume. The Third Bridge is looking far into the future using nanotechnology and artificial intelligence. Replacing organs like Dr. Oz has talked about on Oprah!

The majority of the information in *Fantastic Voyage* pertains to Bridge One. Bridge One goes into great detail on ways to take maximum advantage of the most advanced diagnostic testing and preventative methods so a person can get to Bridges Two and Three. I have to say that some of the info in Bridge Three I disliked. It was just too far fetched.

The authors' believe we can live to be 5,000 years old using Bridge Three technology--comfortably.

The authors' talk about food and water. Cancer. Cell mutation. The importance of increasing our alkalinity. Problems with sugar (the white death). Food and protein. Inflammation. The impact our toxic environment has on us.

* Sleeping with an electric blanket is not healthy due to the currents that we expose to our bodies. Similar to talking on a cell phone, so be aware.

Food pollution and how due to over farming and pesticides our farm products no longer have the medicinal value they had in the past. The importance of taking supplements!

Chapter 21 on Aggressive Supplementation breaks down each necessary vitamin, mineral and two essential fatty acids (EFAs). The importance of taking our ACES: Vitamins A, C, E and the mineral selenium. Other important vitamins are the B (2,3,6) and coenzyme Q10 as well as a grapeseed extract (proanthocyanidins)--a

powerful antioxidant.

Fantastic Voyage talks about the dangers of taking synthetic hormones and the benefits of using bio-identical hormones for women and men. There are many recommended drugs that the authors' refer to. In Bridge Two they mention drugs still being tested and in the number phase as a name. However, they mention the importance of taking vitamins and supplements BEFORE reaching for a popular drug.

Discussion on "free radicals" further explained what Dr. Oz has been saying on Oprah. Tells exactly how antioxidants repair us. Fascinating. (page 313) The vitamins, minerals and EFAs are broken down and recommended dosage for optimal health is provided in easy to read format.

There are places that went right over my head with a lot of detail and graphs on topics related to the body, cells, cancers, mutations, etc. Whew! For the most part, I was able to follow the authors' as they told their individual health stories, explained how heart disease has been mistreated, talked about good and bad LDL and HDL in a way that I understood what they were saying.

Excellent book!

Richard Houchin says

This book cites a lot of recent medical studies, and it's heavy on specific numbers and sciency talk. I particularly like the run-down of what the essential vitamins and mineral are, what effects they have been observed to have, what effects overdosing on them causes, and what amounts are probably safe for most people.

It's also nice that the book lists the names of the blood tests that will let you know what your level of these nutrients are.

One of the studies cited was a Mayo Clinic study which reported that 93% of patients who complained of 'nonspecific musculoskeletal aches and pains' had dangerously low levels of vitamin D. I've had pains like that all my life, and I figured they were just normal. I just recently had my vitamin D levels checked -- and my doc has me taking 12,500% the RDA to correct my imbalance now!

I also love the info on genomics. Having your DNA sequenced costs about \$400 these days, and it can reveal what SNPs you have -- single nucleotide polymorphisms -- genetic mutations. Most SNPs identified so far do things like interfere with your body's absorption of certain vitamins and nutrients, like say, vitamin D.

A genomic test might be worth the investment!

Garret says

This book is a collaboration between the number one futurist of our time and one of the top doctors in

preventive medicine. It has an extreme premise: that within our lifetime scientists will find a way to stop the aging process and the goal is to live as healthy as possible in order to make it to that point. As shocking as it sounds, they actually back up their premise with a fair amount of persuasive empirical data, including a number of technological developments that already exist. But whether or not you agree that we can ever stop the aging process (or whether we should even want to), this is one of the very best books on healthy living.
