

LIVE Younger



LIVE Longer!

Dr Christopher Hertzog

LIVE YOUNGER, LIVE LONGER!

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Text by Dr. Christopher Hertzog

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Thank you for respecting the hard work of this author.

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PREFACE

As much as we may otherwise wish, old age with its sufferings is a painful state. There are authors who have stated, ‘the best that can be said about aging is that it is better than being dead!’

It is true that some people have an active life until their 90s; among them are Titian, Michelangelo, George Bernard Shaw, Arthur Rubinstein, Ana Aslan, Bertrand Russell and many others, but it was Professor Ana Aslan who changed the traditional story of inevitable old age.

Reading Dr. Christopher Hertzog’s Book, ‘Live Younger, Live Longer!’, I am well placed to comment on its contents as I have been a disciple for over 25 years and a close collaborator of Ana Aslan during her last 11 years. I remember Ana Aslan as a professor, teaching students and physicians. She was the Director of the world’s first Institute of Gerontology and Geriatrics, serving as an ambassador for Romanian Gerontology, and lecturing in more than 80 countries. She was a brilliant woman under crossfire, and had the ability to create a unique atmosphere around her.

Ana Aslan’s life is reflected in her work. She battled courageously for the service of good, and tried to make good man’s dream of living in dignity for as long as it was possible.

She always had a special empathy for the elderly and fought to improve their lot all over the world. She worked with others to initiate the General Assembly of the United Nations Organisation on Aging, held in Vienna in 1983, whereas the previous year, she received the Leon Bernhard prize, awarded by the WHO, and crowning her life of dedication to the aged.

As a scientist, she was an innovator and not an imitator.

She played a pivotal role in Gerontology at world level, giving it four decades of research, which resulted in the most effective treatment available in the geriatric field. Aslan's work has served as a model for life extension.

With her unusual intuition, she had remarkable understanding and appreciation for beauty, culture and science. Once, she visited Hippocrates' grave, where incidentally her name is now engraved, and stated, 'I now realise just how small I am!'

It was in 1946 that she discovered a new anti-aging treatment, Gerovital H3. She proved that GH3 extended the productive part of life, and also improved mental and physical function in younger as well as older people. With her treatment there are less prolonged periods of decline. Animal experiments have shown that treatment improves vigour and youthfulness throughout life, so death when it comes, comes more quickly.

Dr. Christopher Hertzog has covered many pertinent issues of Gerovital H3 usage. The numerous indications of GH3 include depression, neurological illness such as Parkinson's Disease, Alzheimer's Disease, and Multiple Sclerosis, prevention of early aging, chronic degenerative diseases and systemic arteriosclerosis.

He spent some time at the National Institute of Gerontology and Geriatrics in Bucharest under Professor Ana Aslan. Dr. Hertzog is at pains to point out the originality of Aslan's method as a result of extended studies; in particular GH3's anti-depressant effects, where depression is caused by an increase in brain levels of MAO. GH3 acts as a reversible inhibitor of MAO, thus balancing it out to a normal level. GH3 can also stimulate cellular growth providing homoeostasis or equilibrium in the body.

'Live Younger, Live Longer!' tells the truth about GH3.

Read it and you will have the most beneficial and important tool to fight aging and maximise your health.

Miricea Dumitru, M.D., Ph.D

Director of the National Institute of Gerontology and Geriatrics

1978-1990, Bucharest, Romania

Currently: Editor in Chief

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