

Dr. Goldman's Book Reviews

FANTASTIC VOYAGE

LIVE LONG ENOUGH TO LIVE FOREVER

BY

RAY KURZWEIL

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RODELE

Holtzbrinck Publishers, 2004

This is the most comprehensive single book I have found on living a Holistic life style.

In 1966, Isaac Asimov, the famous science fiction writer, wrote a book about a tiny submarine that travels through the human body. The book was later made into a movie starring Raquel Welch. It is from this book and movie that Kurzweil and Grossman get their title. It is their belief that in the future, miniaturized electronic robots will go around the human body curing disease and doing repairs. Until that day comes, there are many things that can be done to prolong life using current knowledge and technology.

Fantastic Voyage is really two books in one. Most importantly, it is a manual for a healthy life style. The authors have done extensive research on current knowledge of physiology, metabolism, diet, exercise, supplements, medications, and life style. In addition, they have researched the realm of the scientifically possible, of healthcare in the future. In boxed inserts added to the text, they have three bridges to health. Bridge One describes things readily available now. Bridge Two describes technologies in near term development that they expect to be widely available in the not too distant future. Bridge Three presents long-term possibilities.

Personally, I have my doubts whether many of the Bridge Three predictions will ever come true, but it doesn't matter. The main body of the text is twenty-three chapters in 380 pages and they are packed with practical advice. If these two men are really living the lifestyle they talk about, they are more disciplined than me, but they have given me inspiration. If anyone takes their advice on diet, exercise, relaxation, social life and the more basic supplements, I am sure they will feel healthier, think better, work better and live a better life.

As a bioidentical hormone and menopause specialist, one criticism I would make is a complaint I have with most literature, lay and professional. Most writers and speakers lump synthetic progestins with real, bioidentical progesterone. The physiology is simply not the same. On page 303 they state, "Despite recommendations in the lay press by

numerous health writers regarding the benefits of bioidentical progesterone in the prevention of osteoporosis, the medical literature does not confirm this. In fact, most studies suggest progesterone does not assist in osteoporosis prevention.” Most of the studies they review in the notes for this chapter used synthetic progestins, and overwhelmingly they studied Provera. The one study using topical progesterone skin cream may not have achieved adequate Progesterone blood levels.

There are certainly areas of this book that are beyond my knowledge base. I am not familiar with some of the many supplements they suggest. But, of the subjects within my realm of knowledge, their coverage is generally accurate, balanced, and surprisingly thorough.

I highly recommend *Fantastic Voyage* as a guidebook for life.

One caveat: Ray and Terry have a line of supplements they sell and Dr. Grossman has a clinic that he runs. This makes their book somewhat of an infomercial. Still, you could easily do the lifestyle without buying anything from the authors.

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