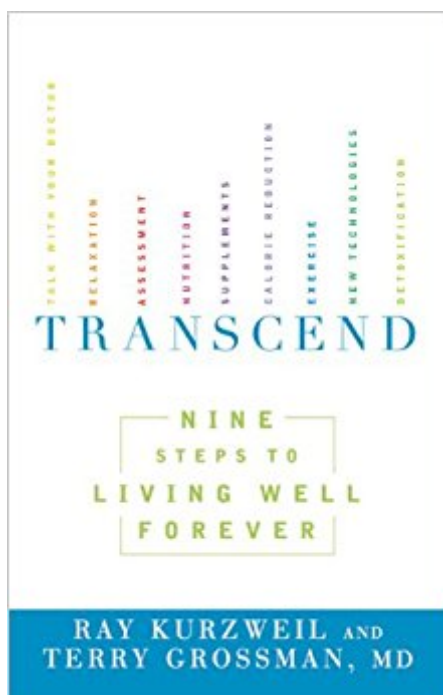


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# Transcend: Nine Steps To Living Well Forever



## Synopsis

In *Transcend*, famed futurist Ray Kurzweil and his coauthor Terry Grossman, MD, present a cutting edge, accessible program based on the vanguard in nutrition and science. They've distilled thousands of scientific studies to make the case that new developments in medicine and technology will allow us to radically extend our life expectancies and slow the aging process. *Transcend* gives you the practical tools you need to live long enough (and remain healthy long enough) to take full advantage of the biotech and nanotech advances that have already begun and will continue to occur at an accelerating pace during the years ahead. To help you remember the nine key components of the program, Ray and Terry have arranged them into a mnemonic: Talk with your doctor, Relaxation, Assessment, Nutrition, Supplements, Calorie reduction, Exercise, New technologies, Detoxification. This easy-to-follow program will help you transcend the boundaries of your genetic legacy and live long enough to live forever.

## Book Information

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## Customer Reviews

According to futurist Kurzweil (*The Singularity is Near*) and homeopathic medical doctor Grossman (*The Baby Boomer's Guide to Living Forever*), medicine is transforming into an information technology, which by its nature advances at an exponential rate. Thus, those interested in "radical life extension" must make it their immediate goal to live through the next 20 or so years, in order to see advances like DNA reprogramming and submicroscopic, cell-repairing robots. This "guide to *Bridge One*" outlines nine areas: talking with your doctor, relaxation, assessment, nutrition, supplementation, calorie reduction, exercise, new technologies, and detoxification. Familiar

common-sense health advice abounds, but is practical and thorough; along with one to five cups of green tea each day, the authors provide low-cal recipes like Ginger Turkey Burgers and Herbed Zucchini. A detailed exercise routine for aerobic and weight training is also included. Kurzweil and Grossman, who last explored this subject together in 2005's *Fantastic Voyage*, also look at supplements, medical tests and hormone "optimization

“Ray Kurzweil knows more about the future of technology than anyone on the planet. If you want to have the greatest chance of seeing the next century, read *TRANSCEND* today.”  
Dean Ornish, MD, founder and president, Preventive Medicine Research Institute; clinical professor of medicine, University of California, San Francisco; author, *The Spectrum* and *Dr. Dean Ornish's Program for Reversing Heart Disease*  
“Kurzweil and Grossman have created another breathtaking book--a concise yet comprehensive guide to staying healthy and living life to the fullest. This visionary and must-read book also provides a brilliant and entertaining view of our transcendent future if we follow the *TRANSCEND* program.”  
Dean Kamen, physicist and inventor of the first wearable insulin pump, HomeChoice portable dialysis machine, IBOT Mobility System, and Segway Human Transporter, and recipient of the National Medal of Technology  
“*TRANSCEND* provides a comprehensive yet easy-to-read review of the latest scientific and medical research related to the process of aging and age-related diseases, which will eventually affect all of us. Ray and Terry present an insightful view of the remarkable future that awaits us through growth of technology, while providing the motivation today to stay in shape to enjoy this future. This extremely well researched book provides a vision and roadmap for keeping both body and mind healthy so that we can take advantage of future advances to prolong healthy lifespan.”  
Ron Kahn, MD, Mary K. Iacocca Professor, Harvard Medical School; former president and former director of research, Joslin Diabetes Center

if not forever. I stressed over what grade to give *Transcend* and ultimately gave it an \*\*\*\* grade (say, B+). Why that high? Why only that high? First, I'm an MD, PhD with 30 years of clinical practice and 10 years of medical research. (Google bobblum.com or just "Bob Blum") Ray Kurzweil was a classmate of mine at MIT in the sixties. I just met Terry at the Foresight Convergence Conference in 2008. I had read *Fantastic Voyage*, their first joint effort, several times and always had a hard time deciding whether to recommend it to friends and colleagues. 80% of *Fantastic Voyage* was first rate information. 20% was highly controversial, fringe medicine (alkaline water and obscure supplements). I complained to Ray in a letter expressing concern about his personal health - 250

pills a day is just too many, portending too many interactions - and also to Terry. My advice was to please label or rate the scientific evidence that forms a basis for each of their drug recommendations. Terry told me that their forthcoming book TRANSCEND would solve the problem. It DOES. Most of that controversial 20% has been surgically removed. Gone is much of the pseudoscience. What's left follows closely (and expands) the world according to Drs. Dean Ornish, Andrew Weil, and many other admirable health writers. The book summarizes the best of current medical advice on how to stay healthy. If you're not a health professional and have not read many books like this I would strongly recommend it. So, for most of you that's my advice... buy the book (and live by it). Now, I'll be more specific. TRANSCEND is a mnemonic for their health recommendations: Talk to your doctor, Relaxation, Assessment, Nutrition, Supplements, Calorie Reduction, Exercise, New Tech, Detoxification. That's a worthy list. In re: Talk to your doctor and Assessments. Much of this is a list of tests to request, and as they rightly state, many of these tests will not be covered by insurance. This means you will have hundreds of dollars in unreimbursed expenses for tests of unproven efficacy. During my meeting with Terry at Convergence he emphasized the importance of carotid ultrasound and coronary calcium scoring for men over 45 or women over 55. I totally concur. There is nothing like seeing the calcium plaque in your arteries to put the fear of the Lord into you. However, for many of the other tests (neurotransmitter levels, mineral analysis, digestive function, eg) it is unclear how often, if ever, the tests should be done. With the country's economy in tatters and healthcare already climbing toward 20% of GDP some of these tests will always be for the well-to-do, worried well. In re: Nutrition. I bristled when I saw that 66 pages were devoted to low fat recipes, since (IMHO) this is usually a worthless page-filler. However, I've changed my mind on this. In this era when so many foods that are readily available are condemned (most fats, much of animal protein, fast carbs) readers want to know "ok, so what DO I eat?" I actually made their soy yogurt Waldorf Salad, the quinoa, and the zucchini and have lost 3 pounds from my usually cerebrotonic, ectomorphic frame. Basically, folks, this is where to get your vitamins and minerals. As Mark Bittman (NY Times Food Critic) says, "it's the carrot, not the beta carotene." I single out for especial praise their Transcend Food Pyramid - they nailed it - veggies and water are the base. In re: Supplements. This is the arena in which Ray and Terry were particularly on thin ice in Fantasic Voyage. Ray's mammoth daily consumption of supplements to "reprogram his biochemistry" is notorious. I was delighted to see that their public recommendations for supplements have been greatly toned down. Whether this reflects a change in their own personal consumption is not stated. Since I'm a great fan of Ray's proselytizing on behalf of the Singularity, I hope it does. When I asked Aubrey (Engineered Negligible Senescence) de Grey (he

of the Methusaleh beard) how many pills per day he takes (in contrast to Ray K's 250), he said "none. My wife is a good cook." And now, here's the key problem - no discussion of methodology for arriving at medical truth. It's called evidence-based medicine -Wiki it - and it needs to be a core piece of every book like this. Inquiring readers want to know, "should I take Resveratrol or alpha-lipoic-acid? How about CoQ10 or calorie restriction? Should I take vitamin E even though large clinical trials indicate that it might contribute to my death?The hundreds of references that were in Fantastic Voyage were a good thing - they must be there. Furthermore, it needs to be absolutely clear that many of the supplements that are still on their recommended list have only weak, inconclusive, or contradictory evidence. That Ray and Terry (and Andrew Weil) sell supplements is an obvious conflict of interest. They owe it to their readers to present all the evidence not merely that which supports the consumption of particular supplements. Again, I recommend this book, especially for the lay reader, since I endorse the TRANSCEND plan. My key reservation is that the presentation of evidence (con as well as pro) needs to be expanded and better referenced.Addendum (February, 2012): My personal diet and nutrition recommendations have departed from what Ray and Terry recommend. Please see my essay "Optimal Nutrition: Are Fats Killers or Saviors?"on bobblum.com. That article includes scores of links to videos and pdfs on the web. Everything is free;I sell nothing. In another article on my website I also addressed the key issue of clinical evidence:how do medical scientists/ statisticians determine "Does Drug X Really Work?"Also see my short piece entitled "Transcend Drugs!" that shows exactly how the Natural Standard(THThe authority on supplements) rates the supplements that Ray and Terry recommend in Transcend.

Having read and enjoyed Fantastic Voyage, I expected a lot from Transcend. In several aspects, the book is a marked improvement upon its predecessor - gone are many of the controversial suggestions (eg. alkaline water), gone is Kurzweil's crazy-overhead supplementation regimen, the exercise suggestions have been improved (albeit not much) upon the ridiculous recommendation to stick with fast walking. Sadly, the authors did not leave out their futuristic visions - I certainly did not appreciate them in a "how-to" book - neither did they abandon their claims about medical science now being an information technology. Someone with Kurzweil's background should understand concepts like intractability. Doubling computing power will not allow us to double what we can achieve with that power - the authors' 2023 and 2034 vignettes read the same way AI researchers talked in the 1950s - 1960s ... and where are we now, do we have strong AI yet?If you can pass over the futuristic parts of the book, you get a decent introduction to a holistic medicine/disease

prevention lifestyle. Note that the material is very basic, readers with good understanding of nutrition, exercise and preventive medicine will not learn anything new here. However, the book is easy to recommend to readers who have been neglecting their health for most of their lives and need a quick, solid foundation in the topic.

Transcend is a work by the futurist Ray Kurzweil and a medical doctor, Terry Grossman who claim that technology is changing medicine at a rapid pace to the point that humans will be able to live much longer in the near future. The trick, they say, is to slow the aging process until that future arrives. The basic idea they say is to live long enough to live forever. Part one of the book states the problem, which includes the risk factors for various diseases and body areas such as the brain and heart. Part two provides their plan that is based on prevention and early detection. To achieve this objective the Transcend program contains nine steps. These include: talk to your doctor, learn how to relax and get proper sleep, get a large number of medical assessments, eat a healthy diet, take appropriate supplements, limit your caloric intake, do regular exercise, take advantage of new technologies and detoxify your body. Each point is spelled out in detail. The book also contains some references including their website. In particular they suggest finding a doctor  
“you can talk with” and list several sites to find doctors trained in complementary, alternative and integrative medicine. Dr. Grossman also has a clinic where you can get a comprehensive medical examination. The Mayo Clinic also offers such an exam. The idea of living forever, especially in a state of high health, is not a reality now and probably not in the near future. However it is likely that humans will be able to live longer than the current life span. More to the point, by following their ideas you can live a healthier life now, regardless of what the future brings. Thus I recommend this book highly even if you do not agree with their basic premise. I especially like the idea that you are responsible for your own health and not relying on medical doctors but rather taking the initiative to get assessments and understand their meaning. I am preparing now for an annual physical exam and am organizing a set of assessments that I want to have done, which are more than my doctor will routinely suggest. They make an interesting point. An airplane pilot has a checklist he goes over before starting every flight. Every pilot in the world does this. Doctors, typically do not have such a list. The difference being that the doctor is not on the flight with you! In regard to your health you are flying solo.

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