industry? All those questions and many more are answered in this immensely informative and practical book.

"Joseph Maroon offers the first-ever inside look at the amazing research that has led to the discovery of resveratrol and similar substances with the miraculous ability to activate our own longevity genes. He also offers his own diet plan and sound, reader-friendly advice for living a longer, healthier, and more balanced life. The Longevity Factor promises to be the authoritative source for everyone who wants to know more about how we can shift from the current paradigm of aging to a disease-free golden age of health, longevity, and fitness."

The Longevity Factor is the second book authored by Dr. Maroon in recent years. In 2006, he co-authored Fish Oil: The Natural Anti-Inflammatory with Jeffrey Bost. The book takes a detailed look at the health effectiveness of fish oil supplements.

Jeffrey Bost, PAC
Clinical Instructor, Dept. of Neurosurgery, Tri-State Neurosurgical Associates-UPMC Presbyterian University Hospital Suite 5C 200 Lothrop St., Pittsburgh, PA 15213

PRIME FOR LIFE:
Functional Fitness for Ageless Living
BY RANDY RAUGH, MPT

Can your body really beat its age? This is the question posed by Prime for Life author Randy Raugh. With his conversational writing style and upbeat attitude, after 200 pages, Raugh will have you convinced that you can have a body that performs decades younger than it actually is. From chapters on 'Flexibility' and 'Strong Bones' to dealing with pain and providing you with inspirational quotes, this book will give you the motivation to get in shape and the knowledge to do it. Specific segments on dealing with osteoarthritis in your knees and hips, as well as chapters on how to handle Achilles tendon problems and sore feet will be of particular interest to LEF readers. In addition, the book is littered with personal accounts from some of Raugh's clients that are both relatable and rewarding—just like the entirety of the book itself.

PRAKTIKOS HEALTH SERIES
Your Stomach
What is Really Making You Miserable and What To Do About It
BY JONATHAN V. WRIGHT, M.D.

"YOUR STOMACH reads like a novel for anyone who has had stomach problems. It is simple and offers solutions that do not involve drugs,” says Suzanne Somers in her endorsement of Dr. Jonathan V. Wright's latest publication. We couldn't agree more. The book, while small, offers concrete scientific data concerning one of the most common and troublesome health issues many Americans face. Its basic premise is that the current medical treatments for stomach problems may actually be causing more problems than they're solving. Maladies like acid reflux (heartburn), bloating, belching, constipation, and indigestion are usually tackled with prescription antacids—but this book presents the astonishing thesis that antacids may actually be making the problem worse. With drug companies selling over $20 billion worth of antacids every year, the stakes could not be higher. After reading Dr. Wright's book, you'll want to stop handing your money to Big Pharma for ineffective drugs and start looking for natural, effective solutions to your stomach problems.