Clarion Review

Health & Fitness

Essential Anti-aging
Michael Moshier
Lulu
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Four Stars (out of Five)

Publishers and self-published authors are finding that baby boomers are a receptive audience for books that have anything to do with aging. There are a considerable number of such books authored by doctors, scientists, and fitness experts. Michael Moshier's *Essential Anti-aging* is different because it is written from a consumer's point of view, which has both positive and negative implications.

It is very easy for the average consumer to identify with Moshier, an engineer/entrepreneur who took the time to seek out the truth about anti-aging approaches. Moshier says that he has done and continues to do a great deal of research on the subject. In fact, the author has effectively been a guinea pig for the reader. "I have traveled the country to personally meet with 'experts' in the field, and I have experimented with many supplements, antioxidants, 'health' foods and hormone replacement therapies," writes Moshier.

Indeed, Moshier's pursuit of ant-aging research does lend credibility to the suggestions and information he offers in his book. For example, his idea to establish an "anti-aging baseline" by using blood tests sensibly puts the responsibility for understanding one's health into one's own hands. Moshier's discussion of risk factors, and the protocols one should follow to prevent, reduce, or eliminate risk, is helpful and informative. His list of the "five most dangerous foods," while somewhat subjective, will surely open the eyes of many readers and lead them to healthier eating.

On the negative side, readers may view Moshier's anti-aging plan as somewhat excessive and wonder if it is based on commonly accepted practices. When discussing blood tests, for instance, the author recommends starting out with a test every six weeks and, after that, repeating blood tests on a quarterly basis. Such frequent testing can be expensive and is not typically recommended by doctors under normal circumstances. In addition, Moshier takes

around twenty-six vitamin, mineral, anti-oxidant, and hormone replacement capsules and tablets each day, a supplement regimen that some readers may find extreme.

The author deserves credit for emphasizing that he is not a medical professional and that his anti-aging plan is his alone. He asserts that he does not receive any promotional consideration for mentioning any products or companies in his book. Still, he does seem to heavily endorse the Life Extension Foundation, which conducts blood tests and sells a full line of supplements.

Moshier writes that *Essential Anti-aging* is merely a primer on anti-aging. As such, it is a good introduction—written in a straightforward manner—to a subject that deserves continued consideration.

Barry Silverstein