

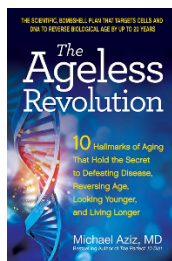
## FOR IMMEDIATE RELEASE

Contact

Sandi Mendelson, [smendelson@hmieast.com](mailto:smendelson@hmieast.com)

Sarah Payne, [spayne@hmieast.com](mailto:spayne@hmieast.com)

**Reverse Your Age by 10-20 Years. It is Never too Late to Get Young. Renowned Internist and Regenerative Physician Wants to Start a Revolution in the US as He Shares the Secrets to Longevity and Disease Prevention from Around the World.**



**New York, NY, January 14, 2025-** The average lifespan in the United States is the lowest in the western world. In fact, the average lifespan in Mississippi is below Bangladesh. We live in a disease care society, Americans are not only pharmaceutically dependent, but also living with more and more age-related diseases. There is even a worrisome trend happening nowadays. Young people are aging at a much younger age, and at a much faster rate than our parents and grandparents did.

We need a revolution. The Ageless Revolution aims to disrupt that doomed path by addressing aging as a disease that robs us of our health, and life. It is a new and revolutionary concept that doctors, the medical community, and people have yet to embrace.

Right now, to live a long life in the United States, you need to be rich, super rich. Celebrities are flocking to doctors offices to get expensive IV drips, and medications to fight aging. Unfortunately, many of those treatments are not only impractical, but also unaffordable for the average person. Dr. Michael Aziz aims to disrupt the status quo to bring his anti-aging revolution to everyone regardless of financial status.

Renowned internist and regenerative physician Dr. Michael Aziz contends that aging in great health *is* possible—at almost any age, the body still has the means and mechanisms to reboot, reprogram and reset. With over 25 years of experience helping patients through preventive and regenerative medicine, Dr. Aziz is ready to usher in a new era of anti-aging to everyone with his groundbreaking new book ***THE AGELESS REVOLUTION: 10 Hallmarks of Aging That Hold the Secret to Defeating Disease, Reversing Age, Looking Younger, and Living Longer.***

***THE AGELESS REVOLUTION*** is all about finding the reset button and changing your genetic destiny to revitalize your cells, organs, and become ageless at an age. In 2013, a landmark study outlined 10 hallmarks of aging and why the cells deteriorate and eventually die. Dr. Aziz has reviewed tons of studies that showed that targeting those 10 hallmarks of aging can tame aging and even reverse it. Dr. Aziz treats aging as a disease that can be addressed as any other chronic illness. For example, gut health is one of the hallmarks of aging discussed in the book. Women in South Korea will be the first in the world to live past ninety thanks to a variety of lifestyle choices and a popular dish called kimchi. Kimchi plays a role in gut health since it is made with fermented vegetables. Most Americans are totally neglecting their gut health. In fact, the number one cancer of men below age 50 is colon cancer which is related to abnormal gut flora from eating too much sugar, and neglecting to add fermented products to our diet.

Another hallmark of aging is shortened telomeres. Longer telomeres means longer life. People can target the length of their telomeres by adding fish oil which can add 4 years of longevity based on human studies.

**“It is okay to get old, but it isn't ok to get sick. We are on the cusp of aging differently now that we know and we can target the 10 hallmarks of aging,” says Dr. Aziz.**

While there are some books that discuss one or two aspects or hallmarks of aging, there has never been a book so comprehensive as ***THE AGELESS REVOLUTION***. Dr. Aziz lays out those 10 hallmarks of aging in an easy to comprehend language and provides a step-by-step guide on how to combat each one, showing readers how to prevent disease and aging on the cellular level. Readers will gain professional insight into lifestyle changes, hormone replacement, supplements, medications, peptides, treatments and procedures that can help fight aging so readers can start to look younger, live longer, and achieve excellent health from the inside out. Dr. Aziz wants antiaging to be practical, doable, and most importantly affordable to everyone.

#### **In interviews, Dr. Aziz can discuss:**

- The 10 Hallmarks of Aging and how to combat them
- The anti-aging secrets of the 5 Blue Zones where many people living there become centenarians
- The dangers of popular diets (low-fat, low-carb, keto) and how they negatively affect the 10 hallmarks of aging. Low-fat products are full of sugar which is bad for longevity. Nitrites in low-carb diets damage the DNA, and lead to cancer
- Why the “Ageless Diet,” a natural diet discussed in the book is different since it does not interfere with the 10 hallmarks of aging
  - How some superfoods, and some spices affect longevity
  - How to have great looking skin at any age
  - How to achieve optimal gut health for longevity
  - How caloric restriction or intermittent fasting can affect longevity
  - Which supplements can have a huge impact on longevity and why
  - Why our chronological age doesn't matter, it is the biological age that we should focus on
  - How to reverse your biological age with certain supplements
  - How to reverse your age on the cheap
- The breakthrough secret medications that are widely available, but yet not used for longevity
  - How to find the right anti-aging doctor
- The importance of finding your purpose, as having a life purpose is linked to longevity

#### **About the Author**

**Dr. Michael Aziz** is an internist anti-aging, regenerative physician specialist. He is board-certified in internal medicine. He is an attending physician at Lenox Hill Hospital, serving patients in the Manhattan and Midtown East area. Dr. Aziz has appeared as a keynote speaker before many prestigious groups nationally and internationally, such as the American Academy of Anti-Aging Medicine. Dr. Aziz is a prolific contributor to Life Extension Magazine and "The Boardroom Newsletters" which reach over 7 million people with health advice. Dr. Aziz's

columns, articles, and opinions have been published in the *Los Angeles Times*, CNN, WebMD, the *New York Post*, the *Daily News*, the *Washington Post*, as well as in many magazines internationally, such as *Paris Match*. Dr. Aziz regularly provides medical commentary on many health networks, including NPR, *Fox and Friends*, ABC, WGN Chicago, NBC, and Telemundo. Dr. Aziz is the author of national bestseller, *The Perfect 10 Diet: 10 Key Hormones That Hold the Secret to Losing Weight and Feeling Great Fast!* published in 2010.

***The Ageless Revolution***

***10 Hallmarks of Aging that Hold the Secret to Defeating Disease, Reversing Age, Looking Younger, and Living Longer***

by Michael Aziz, MD

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