

Scientist unlocks secret to a longer, healthier life

A scientist has revealed how people could extend their lives by as much as 30 years in his extraordinary new book, *The Anti-Ageing Protocol* – a formula that is set to radically change our views – and experiences – of old age.

Dr. Malcolm Goyns, a leading scientist in the field of ageing research, has discovered a unique dietary protocol that slows ageing and also aids weight loss. This remarkable discovery is based on a low calorie or ‘calorie restriction’ (CR) diet, combined with a chemical – the anti-oxidant alpha lipoic acid (ALA).

While conducting ground-breaking research into CR diets and their effect on ageing in rodents, Dr. Goyns and his collaborators found that alpha-lipoic acid (ALA) can mimic the CR diet’s life-extending effects if used as part of a particular dietary protocol. This work has just been published in the scientific journal ‘*Mechanisms of Ageing & Development*’.

Now, Dr. Goyns, who is Director of Stockton based scientific research and publishing firm Immorgene Concepts Limited, reveals in *The Anti-Ageing Protocol* how anyone can adopt the technique with the intension of living a longer, healthier and more productive life. It is predicted that anyone adopting this protocol will not have to follow a stringent CR diet long-term to achieve longer lives.

Dr. Goyns explained: “The anti-ageing protocol is based on an unexpected and exciting finding, which was the result of extensive research into CR diets and ageing. CR diets have for many years been known to extend the life spans of mammals by up to 50% but our experiments with rodents found that after a short period of CR dieting the animals could be allowed to feed freely and still show extended life, if their food was supplemented with ALA. An equally surprising finding was that this protocol also produced a prolonged anti-obesity effect.”

“While CR diets are followed as a matter of course in communities like Okinawa in Japan, which has the highest number of centenarians in good health anywhere in the

world, the diet can be difficult to follow for most people. Our discovery indicates that by following a CR diet for a six month period and then taking ALA while eating normally, the same life extension effects will be experienced.”

Dr. Goyns concluded: “The protocol can be adopted by anyone without interfering with their normal lifestyles. I predict that this discovery will radically change the way we see old-age and significantly reduce the burden on NHS and other healthcare resources by seeing many pensioners live independently and healthily into their 90s and even their hundreds.”

Further information on The Anti-Ageing Protocol can be obtained by email info@immorgene.com. A copy of the book (which is priced at £13.99) can be obtained from any good bookshop or Amazon.

About the author

Malcolm H. Goyns has over 30 years experience researching the molecular basis of ageing and age-related disorders, particularly cancer. He studied Zoology at Liverpool University before obtaining his Ph.D. in cancer biochemistry at Cambridge University. He subsequently held research posts at Liverpool University, Beatson Institute for Cancer Research in Glasgow, King Faisal Specialist Hospital in Saudi Arabia, Westminster University, and Sheffield University. It was during this time that he developed an interest in the molecular changes associated with ageing, as there are interesting links between ageing and cancer. In 1996, Malcolm was appointed as Research Professor in Biogerontology at Sunderland University.

During his time at Sunderland he developed an international reputation for his work on ageing and was often interviewed in the media about his research. He also published a popular science book, which explained how lifestyle choices, particularly diet, influenced the chances of developing cancer. A new edition of this book, *The Cancer Challenge*, is due to be published in August 2008. Besides this book, he has also published over 160 scientific review articles, research papers and conference abstracts. After leaving

Sunderland in 2002, he held further research posts in Saudi Arabia and Scotland, before taking up his current position as Director of Immorgene Concepts Limited.