

david agus

david agus is a globally recognized physician, author, and cancer researcher whose groundbreaking work has significantly influenced modern medicine and public health. This article explores the life, achievements, and ongoing impact of David Agus, delving into his contributions to cancer research, his innovative approaches to personalized medicine, and his role as an educator and thought leader. Readers will discover his best-selling books, involvement in medical technology, and commitment to advancing healthcare accessibility and preventive strategies. Keywords such as cancer research, personalized medicine, innovation, and medical technology are seamlessly integrated throughout, offering a comprehensive overview for those seeking to learn more about David Agus and his influence in the medical field. Continue reading for an in-depth guide to his career, major milestones, and lasting legacy.

- Background and Early Life of David Agus
- Professional Career and Milestones
- Contributions to Cancer Research
- Pioneering Personalized Medicine
- Publications and Best-Selling Books
- Role in Medical Innovation and Technology
- Influence on Public Health and Preventive Strategies
- Recognition and Awards
- Ongoing Impact and Legacy

Background and Early Life of David Agus

David Agus was born in 1965 and raised in Baltimore, Maryland, where his early exposure to science and medicine shaped his future ambitions. Inspired by his family's commitment to healthcare and education, Agus pursued biology and medicine from a young age. He attended Princeton University, earning his undergraduate degree with distinction before moving on to obtain his medical doctorate from the University of Pennsylvania School of Medicine. His foundational years were marked by curiosity, academic excellence, and a drive to make a meaningful difference in the world of medicine.

Throughout his formative years, David Agus demonstrated a unique blend of scientific acumen and compassion for patients. This combination set the stage for his later achievements in research, clinical practice, and public education.

Professional Career and Milestones

David Agus began his professional career in internal medicine and oncology, rapidly distinguishing himself through his innovative research and patient-centered approach. He completed his residency at Johns Hopkins Hospital and pursued specialized training in oncology, which laid the groundwork for his leadership in cancer research.

Agus has held prominent academic positions, including professorships at the University of Southern California (USC) and membership in renowned research institutions. He has collaborated with leading scientists and clinicians worldwide, contributing to major advances in medical science and technology.

Key Career Highlights

- Founding the Lawrence J. Ellison Institute for Transformative Medicine at USC
- Serving as a professor of medicine and engineering at USC
- Leading multiple clinical trials and research initiatives
- Publishing influential studies in top medical journals
- Advising government agencies and health organizations

Contributions to Cancer Research

David Agus is renowned for his pioneering work in cancer research, particularly in the areas of molecular oncology and personalized treatment strategies. His research focuses on understanding the genetic and molecular basis of cancer, which has contributed to the development of new therapies and diagnostic tools.

Agus's approach centers on identifying specific biomarkers and genetic mutations that drive cancer progression. He has championed the use of targeted therapies that address the unique characteristics of each patient's

cancer, moving away from one-size-fits-all treatments.

Major Research Achievements

- Development of predictive cancer biomarkers
- Advancements in targeted therapies
- Integrating genomics into cancer treatment
- Improving early detection and screening techniques
- Collaborating on international cancer research initiatives

Pioneering Personalized Medicine

David Agus is a leading advocate for personalized medicine, which tailors medical treatment to the individual characteristics of each patient. His work emphasizes the importance of integrating genetic, environmental, and lifestyle data to optimize health outcomes.

He promotes preventive strategies and the use of advanced analytics to identify health risks before they manifest as disease. Through his research and clinical practice, Agus has helped shift the medical paradigm from reactive to proactive care, empowering patients to take charge of their health.

Personalized Medicine Innovations

- Utilization of genetic testing for disease risk assessment
- Development of individualized treatment plans
- Promotion of wearable health technologies
- Integration of big data in health decision-making
- Patient education on lifestyle modifications

Publications and Best-Selling Books

David Agus is also a prolific author, known for making complex medical concepts accessible to a wide audience. His books have become best-sellers, offering practical guidance on health and wellness backed by scientific evidence.

His writing covers topics such as disease prevention, longevity, and the future of medicine, and has been praised for its clarity and actionable advice. Agus uses his platform to demystify medical science and empower readers with knowledge.

Notable Books by David Agus

- "The End of Illness" – A New York Times bestseller advocating for a proactive approach to health
- "A Short Guide to a Long Life" – A practical guide to preventive wellness strategies
- "The Lucky Years" – Exploration of scientific breakthroughs shaping the future of medicine

Role in Medical Innovation and Technology

David Agus has played a pivotal role in advancing medical technology and innovation. He has collaborated with engineers, data scientists, and technology companies to create tools that improve diagnosis, treatment, and patient engagement.

His work includes developing artificial intelligence systems for medical analysis, wearable devices for real-time health monitoring, and platforms that facilitate personalized care. Agus is committed to leveraging technology to make healthcare more efficient, accurate, and accessible.

Key Areas of Innovation

- Artificial intelligence in medical diagnostics
- Wearable health devices and remote monitoring
- Data-driven platforms for personalized care

- Telemedicine and virtual healthcare delivery

Influence on Public Health and Preventive Strategies

David Agus is a vocal proponent of public health initiatives that focus on prevention and education. He has worked with governments, health organizations, and the media to disseminate evidence-based strategies for disease prevention.

Agus emphasizes the critical importance of lifestyle choices, regular screenings, and early intervention. His public health campaigns aim to reduce the burden of chronic diseases and improve population health through accessible, actionable advice.

Prevention-Focused Initiatives

- Nationwide campaigns on cancer screenings and vaccination
- Promotion of healthy living through diet and exercise
- Programs targeting heart disease and diabetes prevention
- Community outreach and health education seminars

Recognition and Awards

Throughout his career, David Agus has received numerous awards and honors for his contributions to medicine, research, and public health. His achievements are recognized by professional societies, academic institutions, and international organizations.

Agus's accolades reflect his impact on both the scientific community and the general public, highlighting his dedication to advancing healthcare and improving lives.

Selected Honors

- Fellowship in the American Association for the Advancement of Science
- Lifetime Achievement Awards in Cancer Research
- Recognition by leading medical journals and societies
- Advisory roles with governmental and nonprofit health organizations

Ongoing Impact and Legacy

David Agus continues to shape the future of medicine through his research, writing, and advocacy. His commitment to personalized medicine, medical innovation, and public health education ensures that his influence will be felt for generations.

As an educator, Agus inspires the next wave of healthcare professionals, while his public outreach empowers individuals to make informed health decisions. His legacy is defined by a relentless pursuit of better health outcomes, a spirit of collaboration, and a vision for a healthier world.

Trending and Relevant Questions and Answers about david agus

Q: Who is David Agus?

A: David Agus is a renowned physician, cancer researcher, and author known for his work in personalized medicine and medical innovation.

Q: What are David Agus's major contributions to cancer research?

A: David Agus has advanced cancer research through the development of predictive biomarkers, targeted therapies, and genomic approaches to diagnosis and treatment.

Q: What books has David Agus written?

A: David Agus has authored best-selling books including "The End of Illness," "A Short Guide to a Long Life," and "The Lucky Years."

Q: How has David Agus influenced personalized medicine?

A: David Agus has pioneered the integration of genetic, lifestyle, and environmental data to create individualized treatment plans and preventive strategies in medicine.

Q: What role does David Agus play in medical technology innovation?

A: He collaborates with engineers and tech companies to develop AI-driven diagnostics, wearable health devices, and platforms for personalized healthcare.

Q: What is the Lawrence J. Ellison Institute for Transformative Medicine?

A: The Ellison Institute, founded by David Agus, is a research center dedicated to advancing cancer treatment and medical innovation through interdisciplinary collaboration.

Q: Has David Agus received any notable awards?

A: Yes, David Agus has received multiple accolades, including fellowships, lifetime achievement awards, and recognition from leading scientific organizations.

Q: What preventive health strategies does David Agus advocate?

A: David Agus encourages regular screenings, healthy lifestyle choices, early intervention, and education as key components of disease prevention.

Q: How does David Agus impact public health education?

A: Through his books, public speaking, and media appearances, David Agus educates the public on evidence-based practices for better health and longevity.

Q: What is David Agus's ongoing legacy in medicine?

A: David Agus's legacy includes his contributions to research, innovation, and education, shaping the future direction of personalized and preventive

healthcare.

David Agus

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david agus: *Das Geheimnis der Lebensenergie in unserer Nahrung* Ruediger Dahlke, 2015-04-20 Was ist das Geheimnis guten Essens? Wie sieht eine Ernährung aus, die uns wirklich stärkt und von Grund auf nährt? Ruediger Dahlke begibt sich auf eine intensive Forschungsreise und findet Antworten, die selbst nach der Flut der Ernährungsbücher der letzten Jahre noch überraschen. Seine wohl wichtigste Erkenntnis ist, dass es vor allem auf die Lebensfrische in der Nahrung ankommt. Und diese hängt vor allem davon ab, wie viel Sonnenlicht in ihr gespeichert ist. Sensible Esser spüren das; es ist aber auch wissenschaftlich nachweisbar. Doch es geht nicht nur um Lebensenergie, sondern auch um Lebenswärme, wie sie uns die TCM erklärt. Zudem sollten wir pflanzlich-vollwertige Nahrung zu uns nehmen und sogar noch einen Schritt weitergehen: Glutenfreiheit ist das Gebot der Stunde. Darüber hinaus empfiehlt Dahlke die neuen Superfoods in Gestalt von Brennessel oder Löwenzahn und enthüllt die vorrangige Bedeutung sekundärer Pflanzenstoffe in der Behandlung von Krebs. Auch auf die Fettfrage findet er Antworten, und so zeichnet sich am Ende eine Ernährung für Herz und Hirn ab. Mit farbiger Rezeptstrecke: 20 vegane und glutenfreie Rezepte.

david agus: Krankheit als Chance Dr. med. Ruediger Dahlke, 2014-09-01 In diesem praktischen Ratgeber zeigt Ruediger Dahlke, der Begründer einer ganzheitlichen Psychosomatik, wie wir Krankheit als Chance begreifen und den Ein- und Umstieg in ein umfassenderes Denken schaffen können. Anhand von 50 alltäglichen und häufigen Beschwerden werden die psychosomatischen Zusammenhänge sowie Wege und viele konkrete Tipps zur Selbsthilfe aufgezeigt. Die Krankheitsbilder-Deutung macht den in der Symbolik verborgenen Sinn körperlicher Symptome bewusst. Die Betroffenen sollen dadurch erkennen, was ihnen wirklich fehlt und dies als ihre Lernaufgabe annehmen. Dieser Weg führt sie letztlich in ein bewussteres und erfüllteres Leben. Unterstützt werden können die seelischen Aufgaben durch ganzheitliche Maßnahmen wie beispielsweise Homöopathie, vegane Ernährung, Fasten, Meditation oder Bewegung. Die klare Struktur im Praxisteil und die alphabetische Sortierung machen den Zugang leicht.

david agus: Der Trillion Dollar Coach Eric Schmidt, Jonathan Rosenberg, Alan Eagle, 2020-09-13 Die Erfolgsgeheimnisse des berühmten Silicon-Valley-Coaches Bill Campbell alias »Coach« Bill, war ein ehemaliger Footballtrainer, der über die Jahre zum Mentor für dutzende Führungskräfte avancierte. Ob bei Google, Apple, Facebook oder Intuit, viele Manager der großen Multi-Milliarden-Dollar schweren Tech-Unternehmen verdanken ihren Erfolg nicht zuletzt diesem Mann. Aufstrebenden Silicon-Valley-Visionären wie Steve Jobs oder Larry Page stand er stets mit Rat und Tat zur Seite. Sein Erfolgsrezept: Menschen dabei unterstützen, ihr volles Potenzial auszuschöpfen. Auch Eric Schmidt, Jonathan Rosenberg und Alan Eagle, allesamt in führenden Positionen bei Alphabet und Google tätig, profitierten von den Prinzipien des Geschäftsgenies. Sie führten für ihr Buch viele Interviews mit Menschen, die Bill kannten und schätzten, und teilen vielen großartigen Geschichten und einige seiner legendärsten Managementlektionen mit den Lesern. »Bills Leidenschaft für Innovation und Teamarbeit war ein Geschenk für Apple und die Welt. In Der Trillion Dollar Coach wird sein unermüdlicher Geist eingefangen, damit auch künftige Generationen

von einem der größten Führungspersönlichkeiten unserer Branche lernen können.« - Tim Cook, CEO, Apple »Ich hatte das Privileg, ihn mehrere Jahre lang als meinen Trainer zu haben. Wenn mich andere seither um Rat fragen, denke ich oft an Bill und versuche seinem Beispiel gerecht zu werden.« - Sheryl Sandberg, COO, Facebook

david agus: *Wer länger lebt, wird auch nicht jünger* Christian Guht, 2014-01-23 Vorbeugen ist besser als heulen – aber wenn man vor lauter Vorbeugen nicht mehr aufrecht gehen kann, bringt's eben auch nichts. Dr. Guht zeigt die Grenzen der Medizin auf – knallhart, komisch und trotzdem jederzeit kompetent beantwortet er brennende Fragen wie: - Nützen Vorsorgeuntersuchungen auch mir – oder nur meinem Arzt? - Vor welchen Gesundheitstrends gilt es sich zwingend zu hüten? - Die Werbung spricht dauernd von Antiaging – gibt es das auch in echt? - Wo lauern überall diese bösen Keime und was machen die mit mir? - Und was zur Hölle taugt Gehirnjogging wirklich? Dr. Guht stoppt den grassierenden Gesundheitswahn.

david agus: *If Only I Had Known* Aviva Mayers, 2019-08-13 Aviva Mayers was diagnosed with breast cancer in 2008. Like millions of women throughout the world, she initially agreed to a conventional treatment out of fear and confusion. But she began to question those choices as the treatment progressed. Following her treatment she took herself on a journey to learn about gentler, less invasive treatments outside of conventional medicine. Aviva attributes her current state of good health to the integrative and alternative paths she ultimately followed. This is a book about options... options for treatment, management and prevention of breast cancer outside of mainstream medicine. It is the result of the journey that Aviva took back to health, and many of her choices outside of mainstream medicine are discussed here. The book includes interviews with patients who followed a path to recovery, much of which they attribute to alternative treatments. And it includes interviews with a range of health care practitioners working with patients with breast or other cancers. The professionals share their thoughts on mainstream treatments, discuss integrative and alternative interventions that can help with recovery, and in some cases even replace conventional treatments. The book also offers advice on how to prevent breast cancer in the first place or how to avoid a recurrence. *If Only I Had Known* is essential reading for anyone diagnosed with breast cancer. It provides a unique perspective on treatments that your doctor may not tell you about. Knowing about these options could improve your life both physically and psychologically. The information contained here is also relevant to people suffering from other cancers, since many of the same inflammatory processes may contribute to their cancers.

david agus: *Elon Musk* Walter Isaacson, 2023-09-13 From the author of *Steve Jobs* and other bestselling biographies, this is the astonishingly intimate story of the most fascinating and controversial innovator of our era—a rule-breaking visionary who helped to lead the world into the era of electric vehicles, private space exploration, and artificial intelligence. Oh, and took over Twitter. Australian Financial Review Top 20 Read for 2023 When Elon Musk was a kid in South Africa, he was regularly beaten by bullies. One day a group pushed him down some concrete steps and kicked him until his face was a swollen ball of flesh. He was in the hospital for a week. But the physical scars were minor compared to the emotional ones inflicted by his father, an engineer, rogue, and charismatic fantasist. His father's impact on his psyche would linger. He developed into a tough yet vulnerable man-child, prone to abrupt Jekyll-and-Hyde mood swings, with an exceedingly high tolerance for risk, a craving for drama, an epic sense of mission, and a maniacal intensity that was callous and at times destructive. At the beginning of 2022—after a year marked by SpaceX launching thirty-one rockets into orbit, Tesla selling a million cars, and him becoming the richest man on earth—Musk spoke ruefully about his compulsion to stir up dramas. “I need to shift my mindset away from being in crisis mode, which it has been for about fourteen years now, or arguably most of my life,” he said. It was a wistful comment, not a New Year's resolution. Even as he said it, he was secretly buying up shares of Twitter, the world's ultimate playground. Over the years, whenever he was in a dark place, his mind went back to being bullied on the playground. Now he had the chance to own the playground. For two years, Isaacson shadowed Musk, attended his meetings, walked his factories with him, and spent hours interviewing him, his family, friends,

coworkers, and adversaries. The result is the revealing inside story, filled with amazing tales of triumphs and turmoil, that addresses the question: are the demons that drive Musk also what it takes to drive innovation and progress?

david agus: Walter Isaacson Great Innovators e-book boxed set Walter Isaacson, 2011-10-24 This includes the exclusive biography of Steve Jobs and bestselling biographies Benjamin Franklin and Einstein.

david agus: Medizin und Menschlichkeit: Ein Gespräch über neue Wege zur Heilung Ruediger Dahlke, 2020-03-25 Ruediger Dahlke hat in den vergangenen Jahrzehnten auf herausragende Weise die Diskussion über eine gesündere Lebensführung und über ein Umdenken im Medizinbetrieb angeregt. Er hat durch seine Bücher und durch seine Vorträge entscheidende Impulse gegeben, um einen Neubeginn einzuleiten und in der Behandlung den einzelnen Menschen in seiner jeweils einzigartigen Gestalt in den Mittelpunkt zu rücken. Durch eine Veränderung im Umgang mit erkrankten Menschen wird ein Weg weg von einer an rein ökonomischen Faktoren ausgerichteten Vorgehensweise zu einer individuell fokussierten Heilkunst möglich. Bahnbrechende Gedanken für einen Umbruch im bestehenden Medizin-System und ein bewegendes Plädoyer für mitmenschliche Zuwendung und Empathie!

david agus: Building People, Volume 4 Mun Leong Liew, 2016-10-03 Eavesdrop on a top business leader to learn the secrets of great leadership Building People provides a glimpse into the mind of one of Asia's keenest and most effective business leaders. Before becoming Chairman of Changi Airport Group and Surbana Jurong, author Mun Leong Liew was named Best CEO in Singapore, Best CEO in Asia, CEO of the Year, Outstanding CEO of the Year, and more—but his successes are not based strictly upon the numbers. This book reveals the personal and professional philosophy behind this extraordinarily effective leader, in the context of frank and insightful emails to his staff. Touching on everything from honour and potential to training and mentorship, these messages paint a clear picture of the difference between good and great leadership. Effective leaders build companies, but legendary leaders build people—by strengthening the heart of your organisation, you enable robust growth and dynamic stability from the inside out. These emails go beyond mere public relations to lay open the true nature of a man who is honestly, deeply committed to his job, his responsibility, his organisation, and most of all, his people. Learn why work-life balance is not a zero-sum game Discover what pragmatism and commitment truly mean in business Realise the importance of good partnerships and unsung heroes Manage change effectively and employ it wisely for sustainable success By eavesdropping on a leader's communications with the people he serves, you get a real sense of the man behind the success. Great leadership is rooted in a philosophy of "building up" instead of tearing down, and motivated by the sincere belief that we bring our own purpose into everything we do. Building People brings great leadership to life, and inspires action over theory through the insights of Mun Leong Liew.

david agus: The \$1,000 Genome Kevin Davies, 2015-08-18 In 2000, President Bill Clinton signaled the completion of the Human Genome Project at a cost in excess of \$2 billion. A decade later, the price for any of us to order our own personal genome sequence--a comprehensive map of the 3 billion letters in our DNA--is rapidly and inevitably dropping to just \$1,000. Dozens of men and women--scientists, entrepreneurs, celebrities, and patients--have already been sequenced, pioneers in a bold new era of personalized genomic medicine. The \$1,000 genome has long been considered the tipping point that would open the floodgates to this revolution. Do you have gene variants associated with Alzheimer's or diabetes, heart disease or cancer? Which drugs should you consider taking for various diseases, and at what dosage? In the years to come, doctors will likely be able to tackle all of these questions--and many more--by using a computer in their offices to call up your unique genome sequence, which will become as much a part of your medical record as your blood pressure.

david agus: The Great Cholesterol Myth Now Includes 100 Recipes for Preventing and Reversing Heart Disease Jonny Bowden, Stephen Sinatra, Deirdre Rawlings, 2015-08-15 Now includes 100 recipes for preventing and reversing heart disease from the The great cholesterol

cookbook.

david agus: Cancer Cured: Victory Over the War on Cancer Mark Sloan, 2020-01-22 What if I told you that all the research needed to end the disease of cancer forever has already been completed? Would you believe it? Well now you don't have to! Cancer Cured is a 2-book Special Edition including two internationally #1 bestselling books titled The Cancer Industry and Cancer: The Metabolic Disease Unravalled. Backed by evidence from over 2400 scientific and clinical studies, Cancer Cured takes you on a comprehensive scientific investigation into cancer treatments, cancer screening programs and the cancer industry - and then you'll find out what cancer is, what it isn't, and the most efficient ways to heal it, without causing any harm in the process. Bestselling author Mark Sloan lost his mother to cancer when he was 12 years old and now his life mission is clear: To ensure that no child has to go through what he did, ever again. Pick up your copy now by clicking the BUY NOW button at the top of this page!

david agus: Introduction to Health Care Services: Foundations and Challenges Bernard J. Healey, Tina Marie Evans, 2014-12-11 A comprehensive guide to the structure, synergy, and challenges in U.S. health care delivery Introduction to Health Care Services: Foundations and Challenges offers new insights into the most important sectors of the United States' health care industry and the many challenges the future holds. Designed to provide a comprehensive and up-to-date understanding of the system, this textbook covers the many facets of health care delivery and details the interaction of health, environments, organizations, populations, and the health professions. Written by authors with decades of experience teaching and working in health care administration and management, the book examines the current state and changing face of health care delivery in the United States. Each chapter includes learning objectives and discussion questions that help guide and engage deeper consideration of the issues at hand, providing a comprehensive approach for students. Cases studies demonstrating innovations in the delivery of health care services are also presented. Health care administration requires a thorough understanding of the multiple systems that define and shape the delivery of health care in the United States. At the same time, it is important for students to gain an appreciation of the dilemma confronting policy makers, providers, and patients in the struggle to balance cost, quality, and access. Introduction to Health Care Services: Foundations and Challenges is an in-depth examination of the major health care issues and policy changes that have had an impact on the U.S. health care delivery system. Includes information on U.S. health care delivery, from care to cost, and the forces of change Focuses on major industry players, including providers, insurers, and facilities Highlights challenges facing health care delivery in the future, including physician shortages, quality care, and the chronic disease epidemic The U.S. health care system is undergoing major reform, and the effects will ripple across every sector of the industry. Introduction to Health Care Services: Foundations and Challenges gives students a complete introduction to understanding the issues and ramifications.

david agus: Educate to Innovate University of Illinois at Urbana-Champaign, National Academy of Engineering, Lalit Patil, Debasish Dutta, Arden Bement, Jr., 2015-04-07 Robust innovation in the United States is key to a strong and competitive industry and workforce. Efforts to improve the capacity of individuals and organizations to innovate must be a high national priority to ensure that the United States remains a leader in the global economy. How is the United States preparing its students and workers to innovate and excel? What skills and attributes need to be nurtured? The aim of the Educate to Innovate project is to expand and improve the innovative capacity of individuals and organizations by identifying critical skills, attributes, and best practices - indeed, cultures - for nurturing them. The project findings will enable educators in industry and at all levels of academia to cultivate the next generation of American innovators and thus ensure that the U.S. workforce remains highly competitive in the face of rapid technological changes. Educate to Innovate summarizes the keynote and plenary presentations from a workshop convened in October 2013. The workshop brought together innovators and leaders from various fields to share insights on innovation and its education. This report continues on to describe the specific skills, experiences,

and environments that contribute to the success of innovators, and suggests next steps based on discussion from the workshop.

david agus: Cancer: The Metabolic Disease Unravalled Mark Sloan, 2020-02-10 Never Fear Cancer Again What if I told you that all the research needed to end the disease of cancer forever has already been completed? Would you believe it? Well now you don't have to! Cancer: The Metabolic Disease Unravalled is your complete guide to the revolutionary scientific discoveries made over the past 150 years that reveal exactly what cancer is, what cancer isn't, and the most efficient ways to heal it - without causing patients any harm whatsoever in the process. Bestselling author Mark Sloan lost his mother to cancer when he was 12 years old and now he's made it his life mission to ensure that no child has to go through what he did, ever again. Pick up your copy now by clicking the BUY NOW button at the top of this page!

david agus: The Great Cholesterol Myth, Revised and Expanded Jonny Bowden, Stephen T. Sinatra, M.D., F.A.C.C., C.N.S., 2020-08-04 The best-selling book on heart disease, updated with the latest research and clinical findings on high-fat/ketogenic diets, sugar, genetics, and other factors. Heart disease is the #1 killer. However, traditional heart disease protocols—with their emphasis on lowering cholesterol—have it all wrong. Emerging science is showing that cholesterol levels are a poor predictor of heart disease and that standard prescriptions for lowering it, such as ineffective low-fat/high-carb diets and serious, side-effect-causing statin drugs, obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry. The Great Cholesterol Myth reveals the real culprits of heart disease, including: inflammation, fibrinogen, triglycerides, homocysteine, belly fat, triglyceride to HDL ratios, and high glycemic levels. Best-selling health authors Jonny Bowden, PhD, and Stephen Sinatra, MD, give readers a four-part strategy based on the latest studies and clinical findings for effectively preventing, managing, and reversing heart disease, focusing on diet, exercise, supplements, and stress and anger management. Myths vs. Facts Myth: High cholesterol is the cause of heart disease. Fact: Cholesterol is only a minor player in the cascade of inflammation which is a cause of heart disease. Myth: Saturated fat is dangerous. Fact: Saturated fats are not dangerous. The killer fats are the trans fats from partially hydrogenated oils. Myth: The higher the cholesterol, the shorter the lifespan. Fact: Higher cholesterol protects you from gastrointestinal disease, pulmonary disease, and hemorrhagic stroke. Myth: High cholesterol is a predictor of heart attack. Fact: There is no correlation between cholesterol and heart attacks. Myth: Lowering cholesterol with statin drugs will prolong your life. Fact: There is no data to show that statins have a significant impact on longevity. Myth: Statin drugs are safe. Fact: Statin drugs can be extremely toxic including causing death. Myth: Statin drugs are useful in men, women, and the elderly. Fact: Statin drugs do the best job in middle-aged men with coronary disease. Myth: Statin drugs are useful in middle-aged men with coronary artery disease because of its impact on cholesterol. Fact: Statin drugs reduce inflammation and improve blood viscosity (thinning blood). Statins are extremely helpful in men with low HDL and coronary artery disease.

david agus: Signs of the Times Brian A. Ross, 2016-03-18 All ministry leaders concern themselves with the intersection of Jesus-centered ministry and contemporary culture. They ask themselves questions such as, What do we need to change in order to keep up with a wired world? What should never change? What are the nonnegotiables of faith in Jesus? Many have attempted to answer these questions. However, most of these leaders offer solutions that the everyday ministry leader simply cannot replicate. Signs of the Times is a unique offering to those who wrestle with the mash-up of ministry and culture. All of the contributors have found success within their ministries, and yet most do not minister to thousands on a weekly basis. Additionally, all of them have had the privilege of studying directly with Dr. Leonard I. Sweet. Despite having authored more than fifty books, Sweet can still be a bit of an enigma. Many of his readers have been deeply influenced by him, and yet they may still struggle to understand what his insights might mean for their ministry. Each of the contributors to this work thoughtfully engages with a key idea that they personally

learned from Sweet and they translate it for ministry in the early twenty-first century.

david agus: The Cultural Context of Aging Jay Sokolovsky, 2020-06-09 From the laughing clubs of India and robotic granny minders of Japan to the Flexsecurity system of Denmark and the elderscapes of Florida, experts in this collection bring readers cutting-edge and future-focused approaches to our aging population worldwide. In this fourth edition of an award-winning text on the consequences of global aging, a team of expert anthropologists and other social scientists presents the issues and possible solutions as our population over age 60 rises to double that of the year 2000. Chapters describe how the consequences of global aging will influence life in the 21st century in relation to biological limits on the human life span, cultural construction of the life cycle, generational exchange and kinship, makeup of households and community, and attitudes toward disability and death. This completely revised edition includes 20 new chapters covering China, Japan, Denmark, India, West and East Africa, Indonesia, Mexico, Peru, indigenous Amazonia, rural Italy, and the ethnic landscape of the United States. A popular feature is an integrated set of web book chapters listed in the contents, discussed in chapter introductions, and available on the book's web site.

david agus: Train Your Fascia, Tone Your Body Divo Mueller, Karin Hertzner, 2017-12-01 Fascia is a building network in our body that gives us support, structure, and form. Whether a thigh is firm and beautifully shaped or like jelly basically depends on the tone of the fibrous connective tissue—the fascia. Therefore, we must train and firm the fascia in addition to strengthening the muscles. Only then will we have defined muscles, a well-toned body contour, and a slender shape. In collaboration with renowned fascia researcher, Robert Schleip, PhD, Divo Mueller has developed a new training that specifically tones connective tissue. Applying the power principles presented in this book—sense, bounce, tone, and nourish—you can reduce cellulite and eliminate bat wings and a flabby bottom. Using the illustrated and detailed full-body workouts presented will tone the seven important fascial chains. This innovative training approach will especially benefit those with weak and flabby connective tissue. Additionally, physiotherapists, Pilates instructors, movement trainers, and fitness coaches can easily adapt these power principles as a part of their training programs.

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