



Too Young to Grow Old

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Book Review

We live in an ageing society. By 2050, the world population over 60 is expected to reach two billion. Meeting the special nutritional and lifestyle needs of this expanding population, so as to prevent age-related disease, is a growing imperative. Anne-Lise Miller's new book *Too Young to Grow Old* is on the need for these. The book combines recent research-based evidence in nutrition and biochemistry with developments in psychology, and provides realistic strategies for mitigating the steps of ageing. Miller's purpose appears to be to encourage readers to share her enthusiasm and efforts for the prospect of a greatly enhanced older adults' quality of life.

Too Young to Grow Old takes readers on a journey that includes theoretical, empirical and practical issues, with a total of 6 chapters organized into four parts that ranging from an "introduction," "psychological angle," "physical and nutritional angle" and "detailed plans and recipes." Part I review what author terms a "good health." Part II highlights psychological stress and coping in later life. Part III features the physical and nutritional intervention on ageing. In the last part, she provides a list of detailed suggestions and plans for coping with the particular challenges in the preceding part of the book. Taken as a whole, the book covers the breadth of the balance of lifestyle and health.

Within the book, Miller is careful to clearly define important terms. She provides a sufficient but not overwhelming context for the

discussion, and then offers practical advice. For example, "Chapter three: Create Health from Within", she begins by reviewing the four essential factors that influence health, and then describes the processes that influence ageing both internally and externally. From there, Miller gives step-by-step guidance on how to design anti-ageing plans. Moreover, she uses tables and graphs to help readers to get a clear picture of her ideas.

Miller does not just understand health, but also understand people. *Too young to grow old* is so well written, which is "a rich blend of ancient wisdom and modern science." Throughout the book, from the Lao Tzu's original Taoism in ancient China to C. S. Lewis' Novels in modern Europe, Miller makes a connection between eastern and western philosophy. The most important ancient book of Chinese medicine, as well as a major book of Taoist theory and lifestyle, is the Emperor's Inner Canon. There's a very famous saying goes, "the sages usually pay less attention to the treatment of disease, but more to the prevention of it." I believe Miller share the same version on health ageing within *Too young to grow old*.

The book will be a great companion, no matter how old you are. I am planning to follow "the seven-day bowel and tissue cleanse" menu even though from my 30's. Use these tips to choose nutritious diet and good lifestyle for better health at each stage of life.