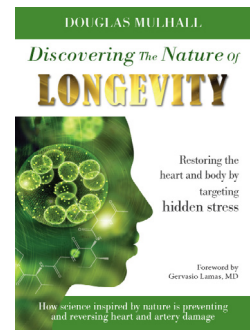


# Discovering the Nature of LONGEVITY

*Restoring the Heart and Body by Targeting Hidden Stress*



*“This is the first book to link hidden stress that turns our body against us, with science-inspired-by-nature that repairs the damage.”*

In his latest book, Douglas Mulhall describes for popular audiences how a new generation of therapies is reversing the damage from hidden stress that harms us all. These are the stories of doctors, patients, and scientists who are restoring health by targeting stealthy infections and toxic metals that invisibly chip away at the little-known *elastic fibers* driving every breath we take and every move we make. Toxic metals were recently tagged as major threats by the American Heart Association. Mulhall reveals where they come from and how they are removed without surgery to save patients’ lives and limbs. Columbia University’s Chief of Cardiology, who supervised the Heart Association’s declaration and the clinical trials of one therapy, wrote the Foreword to this book, which is also recommended by the [American Institute of Stress](#) and featured by media internationally.



Douglas Mulhall co-founded the first biotech company to restore the elastic in arteries, the first water recycling institute in Brazil, and the most-watched TV network in Ukraine. His career encompasses journalism, film making, podcasting, scientific

institute management, executive training, technology research, award-winning healthy building design, and global digital standards for healthy products—all linked to his focus on health. His first book, *Our Molecular Future*, was selected for *New Scientist Magazine’s* “Must-read” list. His TV, radio, and print experience can be seen at his website.

## STORY IDEAS FROM THE BOOK

### News Consumers Can Use

**While doctors save limbs of heart patients, others aren’t told.** A safe, affordable therapy tested since 2017 prevents amputations and early death in Peripheral Artery Disease, but millions of costly and drastic surgeries are still done. What you need to know.

**How your home and office protect you from heart disease — or increase the risk.** Airborne particles contain metals newly declared as heart disease risks. Here’s how to protect yourself.

**The dirty secret about air conditioners and wildfire smoke.** Here’s what you can do that official advice often leaves out.

### Personal Care, Fashion, & Beauty

**Collagen doesn’t keep skin flexible—The Elastic of Life does.** Cosmetics and supplements are aimed at collagen because no one knows how to fix what makes skin flexible. It’s Elastin—the *Elastic of Life*. A new therapy restores it for the first time.

### Medical Discoveries

**Life-threatening aneurysms slowed in medical first.** Clinical trial delivers new natural therapy with a new device to a new target. Millions including Joe Biden and Joni Mitchell could benefit.

**Scientists stop the body from turning against itself as we age.** New technology, natural therapies, and new targets are opening newer doors to healthy longevity.

### Money Management, Finance, & Investing

**Tech gurus are investing their way to healthy longevity.** Healthcare systems are slow to catch up.

**A leading cause of personal bankruptcy is heart disease treatment costs.** A safe therapy slashes those by 80%.

### Sport

**Most sport injuries damage a fiber that until recently was untreatable.** New therapies are changing that.

### Women Leaders

**Women are leading a medical field dominated by men.** One success from 1986 is still saving millions of children.

**“I don’t believe in much of anything but I do believe in genetic memory. It’s called epigenetics.”** A rock star legend connects with the legends of her ancestors through new technology.

### Popular Science (also for Kids)

**What’s the newly named 80th organ and biggest space in your body?** The space between your cells—the Matrix.

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**AVAILABILITY:** Remotely everywhere, U.S. & Canada in person, and as last-minute guest.