

In addition to the *Methyl Magic* program, we recommend taking melatonin daily, for age-regression. *The Melatonin Miracle*, by Pierpaoli and Regelson, is the best book to read, (and the ONLY reliable, completely honest one we have found), to find out all about the age-regression use of daily melatonin. **It also clarifies how simple, harmless, and inexpensive melatonin is to use, with no need for any out-moded “health official” or behind the times “doctor”.**

There is one other book, which emphasizes dependency on a “doctor”, and also includes information on prescription hormones like testosterone and estrogen, which may be included in a “superhormone cocktail”, tailor-made for each individual, according to their different needs, to be determined by extensive, repetitive blood tests. **The name of this book is *The Superhormone Promise***, by Regelson, (who also co-authored *The Melatonin Miracle*). Following the advice in *The Superhormone Promise* is expensive, and we do not recommend it, except for those with lots of money, who enjoy repeatedly giving blood for blood tests. However, it makes very interesting reading, and covers a complicated subject very well, **as long as you read *The Melatonin Miracle* first.**

Both books are published by Simon & Schuster, at:
Rockefeller Center, 1230 Avenue of the Americas, NY, NY 10020

The **paperback** of either book is **\$6.99**, and can be ordered by phone at **1-(800) 223-2348 or 1-(800) 223-2336** (We hope they are still available.)
(Refer to ISBN 0-6715-3435-1 for *The Melatonin Miracle*)
(Refer to ISBN 0-6710-1003-4 for *The Superhormone Promise*)

About the authors

WALTER PIERPAOLI, M.D., Ph.D., is an internationally renowned researcher developing his own ideas in apparently disparate medical disciplines such as the neuroendocrinology of aging and transplantation immunology. He is Head of Laboratory and Research at the Biancalana-Masera Foundation for the Aged in Ancona, Italy, and is the organizer of the Stromboli Conferences on Aging and Cancer, (1987, 1990, 1993). Formal reports of his work on melatonin have been published in such leading scientific journals as the Proceedings of the National Academy of Science and The Annals of the New York Academy of Sciences.

WILLIAM REGELSON, M.D., is Professor of Medicine at the Medical College of Virginia, Virginia Commonwealth University, in Richmond. A specialist in medical oncology, with joint appointments in microbiology and biomedical engineering, he has been a leading researcher in the field of aging for more than twenty years. He was formerly the Scientific Director of the Fund for Integrative Biomedical Research, dedicated to research on the biology of aging.

THE MELATONIN MIRACLE

Nature's
Age-Reversing,
Disease-Fighting,
Sex-Enhancing
Hormone

Walter Pierpaoli, M.D., Ph.D.,
And William Regelson, M.D.,

THE EXTRAORDINARY NEW YORK TIMES BESTSELLER
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