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00:00:00,885 --> 00:00:09,880

This series presents information based in part on theory and conjecture.

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00:00:09,880 --> 00:00:19,874

The producer's purpose is to suggest some possible explanations, but not necessarily the only ones to the mysteries we will examine.

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00:00:19,874 --> 00:00:32,866

They say that somewhere there is a fountain whose waters can make one young again.

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00:00:32,866 --> 00:00:41,861

Ponsadaleon landed in Florida in 1513, seeking the legendary fountain of youth.

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00:00:41,861 --> 00:00:47,858

Centuries later, the search continues.

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00:00:47,858 --> 00:00:56,852

Modern science is replacing legend in the quest to turn back the clock and regain lost youth.

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00:00:56,852 --> 00:01:05,847

For some, the fountain of youth is a reality.

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00:01:05,847 --> 00:01:08,845

And it has changed their lives.

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00:01:18,839 --> 00:01:28,834

Old age, life's inevitable condition.

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00:01:28,834 --> 00:01:34,830

Man's refusal to accept his own mortality has driven him to seek eternal life.

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00:01:34,830 --> 00:01:43,825

A quest to learn the secrets of the process we call aging in the hope that somehow we can stop or reverse it and stay forever young.

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00:01:43,825 --> 00:01:46,823

But do we know what aging really is?

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00:01:46,823 --> 00:01:59,816

Aging represents a group of processes and the most significant kind of change that probably takes place is that change within the nervous system,

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00:01:59,816 --> 00:02:11,809

followed very closely by the changes in the glands of the body, secreting the very important hormones that sends messages everywhere in the body.

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00:02:11,809 --> 00:02:16,806

And probably the third system that would be very important would be the immune system.

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00:02:16,806 --> 00:02:23,802

Dr. Ruth Weg is both a gerontologist and biologist at the Andrus Gerontology Center at USC.

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00:02:23,802 --> 00:02:26,800

For specialty, the body's aging process.

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00:02:26,800 --> 00:02:36,794

It is possibly misleading to try to choose any one system or any one process and say this is aging. It's all aging.

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00:02:36,794 --> 00:02:49,786

I am convinced that we will be able to delay, retard and effectively eliminate aging, maybe 100 and 150 years from now.

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00:02:53,784 --> 00:02:58,781

There are as many ways to stay young as there are ideas and people in the world.

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00:03:00,780 --> 00:03:04,778

In the mountains of Mexico is a place called Rancho La Puerta.

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00:03:07,776 --> 00:03:22,767

Eating well, exercising and having a relaxing vacation amidst natural beauty is very pleasant. But can it make you younger?

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00:03:22,767 --> 00:03:30,762

Certainly with all the young people doing active things, I try to participate along with them and keep up with them.

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00:03:30,762 --> 00:03:35,759

It makes me feel like I'm younger and I act younger, feel younger.

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00:03:35,759 --> 00:03:43,755

I come to be kind of rejuvenated and get myself into an exercise routine that I slip up on after I'm not here for a while.

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00:03:43,755 --> 00:03:53,749

I can come down here exhausted and in two or three days I'm doing four and five hours of very vigorous exercises and I don't even feel tired.

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00:03:53,749 --> 00:04:00,745

I feel exhilarated. I feel this place is good for the soul as well as good for the body.

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00:04:01,744 --> 00:04:08,740

The beautiful setting, the relaxed atmosphere and the chance for people to forget their troubles and relax in the sun.

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00:04:08,740 --> 00:04:14,737

That's as close to the fountain of youth as you can find and then the only thing to do is enjoy it.

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00:04:14,737 --> 00:04:29,728

A 70-year-old woman feels she looks old and finds she can turn back the clock through the miracle of plastic surgery.

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00:04:36,724 --> 00:04:41,721

Like that woman, Helen Demetrio wanted to look and feel younger.

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00:04:45,719 --> 00:04:53,714

Helen found what she was after by having cosmetic surgery or what is commonly known as a facelift.

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00:04:53,714 --> 00:05:00,710

As far as people knowing and those that have not seen me for a little while say, oh Helen, you've lost weight.

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00:05:00,710 --> 00:05:04,708

You look so pretty and they carry on like that.

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00:05:04,708 --> 00:05:13,702

I like people, I love my work and if I'm going to continue as I have been, I might as well make the best of what I can do and what I have.

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00:05:13,702 --> 00:05:17,700

And this is one of the reasons I decided to go ahead and have it done.

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00:05:17,700 --> 00:05:29,693

When I had thought about doing this, it was just a matter of, I didn't want to look like I was 18

years old, which we know it cannot be done.

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00:05:29,693 --> 00:05:30,692

Morning ladies.

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00:05:30,692 --> 00:05:31,692

Hi.

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00:05:31,692 --> 00:05:32,691

Is she over here yet?

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00:05:32,691 --> 00:05:38,688

Dr. Stanley Freilich is the plastic and reconstructive surgeon who performed Helen's surgery.

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00:05:38,688 --> 00:05:49,681

Patients come to this office and to the office of any plastic surgeon seeking to realign as it were that feeling of youth with what they see in the mirror.

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00:05:49,681 --> 00:05:52,680

And this was what we call a crisis of body image.

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00:05:52,680 --> 00:05:57,677

She felt considerably more youthful than her physical appearance would indicate.

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00:05:58,676 --> 00:06:10,669

She came to me originally because she had some problem with her neckline and the jowl area around here, her lower eyelids and her upper eyelids.

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00:06:10,669 --> 00:06:17,665

And basically it was making Helen feel a little bit out of proportion with the age that she really felt.

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00:06:18,664 --> 00:06:26,660

The results of my surgery has been, to me, very successful and I'm very, very happy about it.

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00:06:26,660 --> 00:06:30,657

And inwardly I feel very, very good about it.

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00:06:30,657 --> 00:06:33,656

It's given me a lot to go on.

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00:06:35,654 --> 00:06:41,651

What you're about to see is an actual operation containing explicit surgical footage.

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00:06:42,650 --> 00:06:51,645

The actual process involved in a facelift is demonstrated here for us by Dr. Lawrence Seifert.

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00:06:51,645 --> 00:06:57,642

It is most important to find a qualified plastic and reconstructive surgeon.

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00:06:57,642 --> 00:07:02,639

Ask your family doctor and ask to see the surgeon's credentials.

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00:07:03,638 --> 00:07:10,634

After carefully marking the areas involved, the surgeon releases the facial skin from its underpinnings to the face.

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00:07:14,632 --> 00:07:21,628

Neck muscles are rearranged, facial fat removed, and the skin pulled back to appear more smooth.

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00:07:23,626 --> 00:07:30,622

Though it looks painful, the operation will leave no visible scars and the patient will be home that same day.

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00:07:32,621 --> 00:07:39,617

This 70-year-old woman provides graphic evidence of what can be accomplished in only 18 days.

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00:07:39,617 --> 00:07:59,605

Music

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00:07:59,605 --> 00:08:03,603

For her, the fountain of youth is a reality.

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00:08:04,602 --> 00:08:12,598

On a playground in Los Angeles, a group of senior citizens play like teenagers.

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00:08:12,598 --> 00:08:17,595

At 73, Warren Blaney thinks he's young.

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00:08:17,595 --> 00:08:22,592

Usually when a person takes a look at me and they think, my goodness sakes,

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00:08:22,592 --> 00:08:28,588

I guess that fellas about ready for, well, most any place but living and action.

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00:08:28,588 --> 00:08:35,584

And I just feel well, that certainly is the attitude of the individual, not the appearance of a person.

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00:08:35,584 --> 00:08:40,581

Because time has nothing to do with it as long as you keep yourself active and busy.

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00:08:42,580 --> 00:08:48,577

Keeping active and busy are easy for Warren. His typical schedule would wear out a 30-year-old.

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00:08:49,576 --> 00:08:57,572

As founder of the senior Olympics, he's used to putting in full days, running the office, and recruiting old friends.

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00:08:59,570 --> 00:09:03,568

Hi, Warren. Hi, Bert. Come on in.

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00:09:03,568 --> 00:09:08,565

We want people that are active and willing and ready to do things. Because action is the key word.

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00:09:08,565 --> 00:09:10,564

And are you still working out?

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00:09:10,564 --> 00:09:16,560

Oh, I work out all the time. I run a 50-yard, 75-yard wind sprints, work out with the weights.

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00:09:16,560 --> 00:09:19,559

Bert Goodrich was the original Mr. America.

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00:09:20,558 --> 00:09:29,553

Over the years, he has managed to remain incredibly youthful, whether 62 or 72 years young, as seen here.

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00:09:31,552 --> 00:09:35,549

Have these two men discovered still another way to turn back the clock?

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00:09:35,549 --> 00:09:41,546

What is their special secret? Have they somehow found the fountain of youth?

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00:09:42,545 --> 00:09:44,544

Hey, gang! Warren Blaney!

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00:09:45,543 --> 00:09:49,541

Take one of these and you might like to see the senior Olympics.

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00:09:49,541 --> 00:09:53,539

I don't know the secret myself. I just drink a lot of milk and eat a lot of graham tracts.

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00:09:53,539 --> 00:09:56,537

And boy, they agree. And ice cream.

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00:09:57,536 --> 00:10:06,531

Whatever his formula is, Warren keeps going at an incredible pace, meeting new people and promoting his passion, the senior Olympics.

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00:10:06,531 --> 00:10:08,530

Thanks a lot, fellas.

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00:10:15,526 --> 00:10:21,522

Finding the fountain of youth is within everybody because it's only in their mind and in their heart.

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00:10:21,522 --> 00:10:28,518

Yes, I really believe that I found living youthfully is the best way or the fountain of life.

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00:10:29,518 --> 00:10:31,517

Thank you.

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00:10:31,517 --> 00:10:35,514

Warren, thank you. Yeah, boy! Yeah, boy!

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00:10:38,513 --> 00:10:46,508

For some, staying young is a matter of attitude, but the real fountain of youth may lie in a simple pill.

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00:10:48,507 --> 00:10:51,505

What you are seeing has been called the fountain of youth drug.

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00:10:52,504 --> 00:10:56,502

I feel a young man. Without Jerovatal, I would never have done it.

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00:10:58,501 --> 00:11:03,498

I had a work treadmill, a cardiograph that measures the ability of your heart to perform work.

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00:11:03,498 --> 00:11:08,495

After taking the drug, I had almost 100%, over 100% improvement by the end of a year.

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00:11:08,495 --> 00:11:11,493

And I decided that this was a worthwhile drug.

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00:11:12,493 --> 00:11:17,490

Jerovatal. But in much of the world, it is simply known as GH3.

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00:11:19,489 --> 00:11:27,484

Formulated by Dr. Anna Aslan in Romania over 30 years ago, people around the world have claimed it effective against senility,

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00:11:27,484 --> 00:11:29,483

high blood pressure,

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00:11:29,483 --> 00:11:31,482

AIDS spots,

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00:11:31,482 --> 00:11:33,480

varicose veins,

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00:11:33,480 --> 00:11:35,479

gray hair,

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00:11:35,479 --> 00:11:37,478

and many of the other effects of aging.

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00:11:39,477 --> 00:11:43,475

There are people who use it every day and swear it works.

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00:11:44,474 --> 00:11:48,472

A doctor here suggested to me that I should take Jerovatal.

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00:11:48,472 --> 00:11:52,469

And after I took Jerovatal, my whole body was in pain.

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00:11:52,469 --> 00:11:55,468

I could think better, much more alert.

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00:11:55,468 --> 00:12:02,464

I used to have real gray hair, the fuse I have left, but they disappeared.

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00:12:02,464 --> 00:12:07,461

I had arthritis in my knees very badly, that all disappeared completely.

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00:12:07,461 --> 00:12:13,457

And I used not to be able to mow my own lawn, that's how I was out of breath, had asthma, all those things.

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00:12:13,457 --> 00:12:15,456

I haven't got any more.

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00:12:15,456 --> 00:12:17,455

I'm completely a new man.

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00:12:17,455 --> 00:12:22,452

Good evening. Welcome to Primetime Tours and the Jerovatal Information Center.

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00:12:22,452 --> 00:12:25,450

So far, it is legal only in Nevada.

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00:12:25,450 --> 00:12:30,447

Primetime Tours helps people get to Las Vegas and Jerovatal.

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00:12:30,447 --> 00:12:33,445

But what is Jerovatal?

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00:12:33,445 --> 00:12:39,442

Curiously, it is mainly made of pro cane, the main element in the Jerovatal.

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00:12:39,442 --> 00:12:44,439

Is it possible that something as common as novocaine can reverse the aging process?

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00:12:44,439 --> 00:12:46,438

What's the reason you want to take Jerovatal?

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00:12:46,438 --> 00:12:53,434

Well, I've had some arthritic condition for the past three years and I've heard that it's supposed to do wonders for that.

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00:12:53,434 --> 00:12:56,432

Dr. Charles Venetti believes it is possible.

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00:12:56,432 --> 00:13:01,429

Now, Mr. Sheldon, I'm going to check your blood pressure and check your blood pressure.

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00:13:01,429 --> 00:13:04,427

And then we'll talk some more about Jerovatal.

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00:13:04,427 --> 00:13:08,425

Most of the elements that people have that they seek Jerovatal for are age-related.

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00:13:08,425 --> 00:13:14,421

Jerovatal, as far as being an anti-aging drug, I definitely think it is.

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00:13:14,421 --> 00:13:18,419

We have had people who have had their hair turned dark again.

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00:13:18,419 --> 00:13:21,417

We've had people who say the wrinkles have left.

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00:13:21,417 --> 00:13:24,416

The question is, what's the difference between the two?

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00:13:24,416 --> 00:13:30,412

People who have had their hair turned dark again, we've had people who say the wrinkles have left.

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00:13:30,412 --> 00:13:34,410

The question is, is it because they feel better and they look younger?

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00:13:34,410 --> 00:13:36,409

Or is it actually retarding aging?

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00:13:36,409 --> 00:13:39,407

Now, at the cellular level, I think it retards aging.

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00:13:39,407 --> 00:13:42,405

Above that, I won't say.

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00:13:42,405 --> 00:13:45,403

But not everyone agrees.

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00:13:45,403 --> 00:13:50,400

The agency responsible for the testing of new drugs in the United States,

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00:13:50,400 --> 00:13:54,398

the Food and Drug Administration, is not convinced.

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00:13:54,398 --> 00:14:00,395

The drug has been tested, undergone clinical testing, some years ago.

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00:14:00,395 --> 00:14:12,388

None of these tests revealed that it had any, in any way, could do the things that are claimed by the sponsor.

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00:14:12,388 --> 00:14:21,382

And therefore, the drug for our agency is an unapproved new drug, which is misbranded.

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00:14:21,382 --> 00:14:29,378

If it should occur that after testing that the drug is an effective drug to make people stay younger,

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00:14:29,378 --> 00:14:31,377

this would be a marvelous thing for us in our society.

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00:14:31,377 --> 00:14:36,374

We would all look looking for this, but as now, there is no evidence.

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00:14:37,373 --> 00:14:44,369

Given the FDA's position for this moment in time, Gerobital is not an acceptable answer.

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00:14:44,369 --> 00:14:46,368

But are there others?

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00:14:46,368 --> 00:14:51,365

I've become a woman of 30 or 35 again, as far as the way I feel and think.

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00:14:51,365 --> 00:14:54,363

I have clear skin. My skin is smooth.

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00:14:54,363 --> 00:14:57,361

My hair is normal, not dry or brittle.

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00:14:57,361 --> 00:15:01,359

I wake up in the morning full of energy. I walk three miles a day.

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00:15:01,359 --> 00:15:05,357

I couldn't walk any further than a brisk walk to the bathroom before I came here.

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00:15:05,357 --> 00:15:10,354

For the people at the Pritikin Longevity Center in Santa Monica, California,

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00:15:10,354 --> 00:15:17,350

a diet and exercise program that includes up to eight meals a day is having dramatic results.

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00:15:17,350 --> 00:15:24,346

These people are reversing the effects of two age-related killers, diabetes and heart disease.

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00:15:24,346 --> 00:15:28,343

Fatigue disappears within two or three weeks when you change your diet,

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00:15:28,343 --> 00:15:31,342

and people feel better than they have in 20 years, people tell me.

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00:15:32,341 --> 00:15:39,337

Author and nutritionist Nathan Pritikin believes the fountain of youth is simply a matter of diet and exercise.

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00:15:39,337 --> 00:15:42,335

The American diet is a disaster for good health.

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00:15:42,335 --> 00:15:49,331

It's a smorgasbord of death in this country by the gourmet foods that we eat.

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00:15:49,331 --> 00:15:53,329

We've got to get back to the simple foods that don't damage our bodies.

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00:15:53,329 --> 00:15:58,326

Those are the simple whole grains, fruits and vegetables, beans and peas, potatoes,

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00:15:58,326 --> 00:16:02,323

and you've got to cut your animal protein to a pound or a pound and a half a week.

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00:16:02,323 --> 00:16:05,322

You do that and you've got the fountain of youth.

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00:16:05,322 --> 00:16:10,319

There is no remedy for aging and degenerative diseases.

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00:16:10,319 --> 00:16:15,316

Heart disease, breast cancer and so on are inevitable unless you change your diet and exercise program.

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00:16:15,316 --> 00:16:19,313

None of them need happen. They're all preventable.

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00:16:20,313 --> 00:16:25,310

Is it really possible that just through eating the right food and exercising,

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00:16:25,310 --> 00:16:29,308

we can live longer and put off the illnesses of old age?

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00:16:32,306 --> 00:16:38,302

Richard Rockert was only 44 when he had to have emergency triple bypass surgery.

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00:16:38,302 --> 00:16:44,299

As he describes it, he couldn't even carry his own bags into the Pritikin Center.

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00:16:44,299 --> 00:16:50,295

Richard was headed for more surgery and felt so low that he was ready to take his own life.

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00:16:50,295 --> 00:16:52,294

Then he heard about the Center.

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00:16:53,294 --> 00:16:57,291

One short year later, things are very different for Richard Rockert.

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00:16:57,291 --> 00:17:00,290

Mr. Pritikin convinced me that he could do something for me.

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00:17:00,290 --> 00:17:02,288

I was admitted the following week.

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00:17:02,288 --> 00:17:05,287

I'm jogging an hour a day each morning.

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00:17:05,287 --> 00:17:08,285

I have stuck rigidly to the diet.

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00:17:08,285 --> 00:17:12,283

I've lost a total of 33 pounds since entering the Center.

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00:17:12,283 --> 00:17:14,281

I just feel like a new man.

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00:17:14,281 --> 00:17:19,278

I don't know if it's a fountain of youth, but if it isn't, it's the closest thing I'm sure that I'll ever find.

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00:17:19,278 --> 00:17:21,277

Simply amazing.

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00:17:22,277 --> 00:17:28,273

You eat this diet and you will be young forever, hardly.

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00:17:28,273 --> 00:17:34,270

You eat this diet and we can reverse your atherosclerosis.

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00:17:34,270 --> 00:17:37,268

You eat this diet and there will be no hypertension.

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00:17:37,268 --> 00:17:41,266

Biologist Ruth Weg of USC's Gerontology Center,

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00:17:41,266 --> 00:17:47,262

an author of the classic textbook, Nutrition and the Later Years, wants more proof.

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00:17:47,262 --> 00:17:52,259

We do know that food does make a difference, an enormous difference.

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00:17:52,259 --> 00:18:04,252

We do know that exercise can make an enormous difference in health, in vigor, in freedom from some diseases.

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00:18:04,252 --> 00:18:13,247

But there is no indication in any of the work that Mr. Pritikin's program has been able to demonstrate

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00:18:14,246 --> 00:18:23,241

that it is only his diet or the exercise pattern he has recommended.

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00:18:23,241 --> 00:18:27,239

We need the kind of controlled studies that he has not yet done.

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00:18:27,239 --> 00:18:34,235

That does not mean that I am ignoring the people he has obviously helped.

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00:18:34,235 --> 00:18:42,230

What I am asking for is some way to be able to count on the evidence that is now descriptive.

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00:18:42,230 --> 00:18:49,226

Scientific control is part of a remarkable experiment at UCLA's School of Pathology.

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00:18:49,226 --> 00:18:57,221

Researchers are working with mice in the hope that they will find a way to extend the human lifespan.

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00:18:57,221 --> 00:19:01,219

By carefully controlling the caloric intake of the animals,

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00:19:01,219 --> 00:19:08,215

these scientists are getting ever closer to finding the key that unlocks the mystery of aging.

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00:19:08,215 --> 00:19:12,212

Project Coordinator, Dr. Richard Weindrug

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00:19:12,212 --> 00:19:16,210

This is the room where we keep our dietarily restricted mice.

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00:19:16,210 --> 00:19:21,207

As we mentioned earlier, there are two types of food restriction that we study.

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00:19:21,207 --> 00:19:28,203

That initiated very early in life and that initiated at in mid adulthood or even later in old age.

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00:19:28,203 --> 00:19:35,199

Food restriction is the sole way of increasing maximum lifespan in warm-blooded animals.

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00:19:35,199 --> 00:19:46,193

It is an important tool for which to study slowed aging and therefore may give us hints into the aging process and the mechanisms causing us to age.

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00:19:46,193 --> 00:19:54,188

The diets that we feed these animals that are food restricted are specifically enriched in proteins, salts and vitamins.

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00:19:54,188 --> 00:19:59,185

I am now grabbing a food restricted animal which is two years old.

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00:19:59,185 --> 00:20:09,179

If he does not run up my arm, we can compare him or her to a controlled animal.

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00:20:09,179 --> 00:20:13,177

You can get some idea of the size difference between these.

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00:20:13,177 --> 00:20:21,172

These are both two year old animals and based on the results of our experiments and a large number of experiments carried out in other labs,

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00:20:21,172 --> 00:20:29,168

this normally fed animal which I am holding on to will probably live to be about two and a half or three years old.

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00:20:29,168 --> 00:20:36,163

Whereas this will probably live to be three to three and a half years old and sometimes four years old.

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00:20:36,163 --> 00:20:48,156

As we are seeing benefits in survival, we are seeing inhibition in late life disease and we are seeing beneficial effects on many aspects of immune system aging.

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00:20:48,156 --> 00:20:52,154

This work has significance I think for three reasons.

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00:20:52,154 --> 00:20:57,151

One, it will allow us to better understand the biology of aging.

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00:20:57,151 --> 00:21:02,148

Two, it may allow for the later years of people to be better years.

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00:21:02,148 --> 00:21:08,145

And thirdly, it may eventually allow for actual prolongation of the lifespan.

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00:21:08,145 --> 00:21:16,140

In laboratories such as this, science is closing in on the secrets within every living thing.

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00:21:16,140 --> 00:21:25,135

Perhaps someday very soon, the experience called aging will be no more.

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00:21:25,135 --> 00:21:32,131

When we can reach into a cell and stop the hands of time, we will have the fountain of youth.

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00:21:32,131 --> 00:21:40,126

Age will be calculated by attitude and spirit then, just as it should be for each of us today.

213

00:21:41,126 --> 00:21:48,121

Up next in the Black Sheep Squadron, Pappy Boynton's got some R&R and it may turn out to be permanent if a colonel gets his way.

214

00:21:48,121 --> 00:21:52,119

Then you couldn't be doing what you're doing right now without it.

215

00:21:52,119 --> 00:21:57,116

Television, Modern Marbles takes us through its invention and development right after the Black Sheep Squadron.

216

00:21:57,116 --> 00:22:03,113

And tonight we'll get a close up look at the Predator, one of America's most powerful high tech weapons.

217

00:22:03,113 --> 00:22:09,109

It's the remote controlled drone that delivered pinpoint military information in the war against the Taliban and Al Qaeda.

218

00:22:09,109 --> 00:22:10,109

It's at 9 o'clock tonight.

219

00:22:10,109 --> 00:22:15,106

But stay tuned now for the Black Sheep Squadron, here on the History Channel, where the past comes alive.

