

Dr. Shiping Bao Reveals the Secrets to Living Past 100

Dr. Shiping Bao's *The New Concept of Longevity* offers a science-backed guide to healthy aging, blending ancient wisdom and modern research to combat inflammaging and boost vitality through lifestyle changes.

Tampa, Florida Dec 25, 2024 ([Issuewire.com](https://www.issuewire.com)) - In a world obsessed with anti-aging tricks and biohacking, Dr. Shiping Bao makes waves with a refreshingly straightforward approach to living a vibrant, healthy life well into your 100s. His fascinating new book, "The New Concept of Longevity," is captivating readers with ancient wisdom and modern science.

Far from promoting expensive supplements or complicated bio hacks, Dr. Bao advocates making dietary and lifestyle adjustments to reduce chronic inflammation—something he labels "inflammaging" as a driving force behind premature aging and disease. Drawing insights from ancient philosophies and cutting-edge science, he identifies excess blood sugar and insulin as key culprits that wreak metabolic havoc.

"The wrong foods can kindle a constant inflammatory state that accelerates aging," Dr. Bao explains. "But by crowding out the culprits like processed foods, sugars, and grains while favoring anti-inflammatory proteins, vegetables, eggs, and seaweed, we can regain control."

Dr. Bao's book reveals how seemingly minor tweaks to personal habits can help stave off obesity, diabetes, hypertension, and other conditions that often accelerate aging. The book draws inspiration from ancient longevity pioneers and modern scientific leaders.

As a medical researcher devoted to healthy longevity, Dr. Bao has forged new paths for helping people achieve their maximum human potential through balanced daily living. His paradigm-shifting work is redefining what's possible.

For anyone over 40 hoping to live their best life past 100, "The New Concept of Longevity" offers a refreshing, back-to-basics roadmap. It's an eye-opening read that could truly transform how you view the aging process.

Read [The New Concept of Longevity](#) now on Amazon.

About the Author

Dr. Shiping Bao is a board-certified pathologist with over 40 years of experience in medical research and practice. He graduated from Anhui Medical University in China and worked as a physician before moving to the United States in 1992. In the U.S., he conducted medical research at Florida State University, Washington State University, and the Pacific Northwest National Laboratory.

Currently, Dr. Bao holds board certifications in anatomical, clinical, and forensic pathology in the United States. Through his extensive career, he has developed the "The New Concept of Longevity" theory centered around Hyperglycemia & Hyperinsulinemia Syndrome. His work focuses on using dietary and lifestyle modifications to achieve longevity and maintain health up to 120 years old, specializing in the fields of inflammaging, hyperglycemia, hyperinsulinemia syndrome, and anti-aging.

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