



### IS AGING INESCAPABLE?

A doctor's thoughts on a little-understood process  
Dr. Daniel Dufour

**Did you know that we all have within us the potential for eternity and the choice of aging or not?**

176 pages

September 2021

Éditions de l'Homme

In our societies, aging is considered to be inescapable, a dogma supported by the materialist medicine largely practised today. But what if we had it all wrong? What if we could slow down aging, perhaps even do away with it entirely? This is what the author, with 40 years' experience in holistic medicine, attempts to prove in this book, backed by science. See how recent discoveries, especially in the field of quantum physics, upend our certainties and our conception of the human body, brain, health, and aging. Discover how the most advanced science is interconnected with centuries-old knowledge. We all have a healing power, as long as we become aware of it and learn how to switch off our mind, the source of all our troubles. Armed with this new knowledge, we can then make a fundamental choice: whether to grow old or not.

This provocative book, which raises at least as many questions as it answers, and which is bound to have an effect on you, is the last book by Dr. Daniel Dufour, who died in April 2021. In it he develops a number of ideas he cared deeply about and wanted the general public to be more aware of.

### STRONG POINTS

- A renewed perspective on life, death, illness, and aging.
- An awareness of the problems caused by the ego.
- An author up to date on scientific research, who also recognized the value of holistic medicine, combining in his thinking the best of what each discipline can offer.

*Dr. Daniel Dufour practices holistic medicine, which treats the causes of illness, not just the symptoms. Born in Switzerland in 1951, he has been practicing medicine since 1979. His work for the International Committee of the Red Cross (ICRC) has taken him to the Middle East and Asia.*