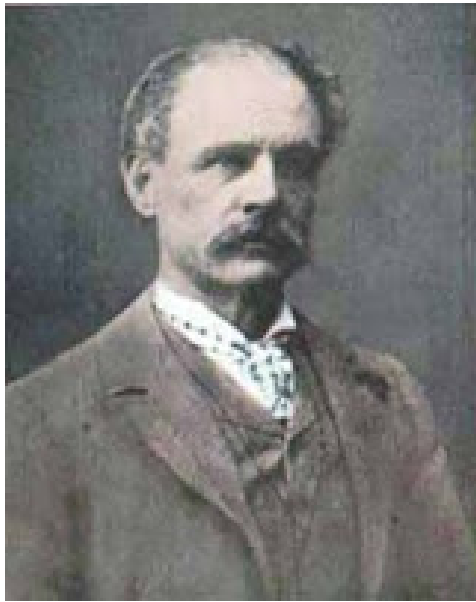


rexresearch.com

Sanford BENNETT

Rejuvenation

Sanford Bennett
(1841 - 1926) @ age 50 & 70



50



70

http://www.sandowplus.co.uk/Competition/Sanford_Bennett/sbennett-intro.htm

Sanford Bennett

The Man Who Grew Young at 70

Bennett at the age of 50 had become an old man in poor health, suffering from a number of chronic complaints and many wrinkles.

Despairing of relief from doctors and drugs he finally devised a series of some 35 different exercises to be done in bed before arising in the morning.

After following them faithfully for years he had become, in all respects, a young man at 70. This was attested by medical examinations. His face had become smooth without a single wrinkle. His theory was that the body gets old through the accumulation of mineral deposits in the tissues, which finally become stiff and inelastic.

The object of his exercises was to contract and then relax all the muscles and tissues to squeeze the mineral deposits out to be carried off in the blood stream.

In 1912 he followed with another book called 'Old Age - Its Cause & Prevention'

If Bennett had not been killed by an accident when he was in his 80s he might have lived many more

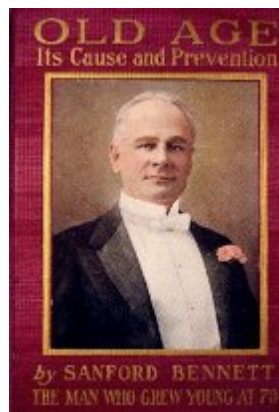
years.

books.google.com/books/about/Old_Age.html?id=DiOYhyg2nT0C
[http://books.google.com/books/about/Old_Age_Its_Cause_and_Prevention_The_Sto.html?id=tcQ9BM__WD4C ...](http://books.google.com/books/about/Old_Age_Its_Cause_and_Prevention_The_Sto.html?id=tcQ9BM__WD4C...)
books.google.com/.../Old_Age_Its_Cause_and_Prevention_The_Sto.html?...

Old Age : Its Cause & Prevention by Sanford Bennett

(1912)

[[PDF](#)] 4 MB



The man who claimed he grew young at 70. An old man at 50, he determined to thwart the ravages of ill health and advancing years, and after much study and ..

<http://monkeyfilter.com/link.php/8379>

3 Liver Exercises

<http://www.sandowplus.co.uk>

<http://www.biad.uce.ac.uk/vru>

http://www.youtube.com/watch?v=yaPFDKKXX_8&feature=player_embedded

30 Exercises in 6 Movements

[MP4, 24 MB]





Performer Gregory Sporton and composer Jonathan Green, filmed by Keir Williams present the work of Sanford Bennett, a late 19th Century crank, or unsung visionary depending on who you believe, who developed an exercise system to ward off ageing and fatigue. Bennett's determination that the process of aging was far from natural echoes Descartes idea three centuries earlier that we die because we think we will...Giving Bennetts work the digital treatment tests his claims that an objective truth about the body was being obscured by our dependence on culture.

<http://www.scribd.com/doc/.../Exercising-In-Bed-1907by-Sanford-Bennett>

Exercising In Bed by Sanford Bennett

[[PDF](#)]

A series of exercises that can be done in bed before getting up ...

