

A companion to the book by  
**PETER KELDER**

This exciting sequel to the  
**REMARKABLE INTERNATIONAL BESTSELLER**  
provides the complete Fountain of Youth health programme

**ANCIENT SECRET**

*of the*

**FOUNTAIN**

*of*

**YOUTH**

**BOOK 2**

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## About the Book

**Ever looked in the mirror and wished there was a way to naturally reverse the ageing process?**

Peter Kelder's bestselling international hit, *Ancient Secret of the Fountain of Youth*, introduced the world to the Tibetan Rites of Rejuvenation - exercises developed by Tibetan monks over centuries, believed to have youth-enhancing properties. The results of better memory, weight loss, and revitalized energy quickly found a wide fan base, and a desire to know more about the Rites.

*Ancient Secret of the Fountain of Youth*, Book 2, picks up where Kelder's book left off, and provides the complete Fountain of Youth programme; with detailed information about the history of the Five Rites, insights into how the Rites work, and practical advice for diet and easy-to-follow exercises.

**It's time to turn back the clock, and achieve the health and vitality you've always dreamt of having.**

**Also in the Fountain of Youth series**

*Ancient Secret of the Fountain of Youth, Book 1*

*Ancient Secret of the Fountain of Youth, Book 2*

*Ancient Secret of the Fountain of Youth, DVD*

*Ancient Secret of the Fountain of Youth Cookbook*  
Simple, Delicious Recipes for Health and Longevity

## Praise

*[By the time he reached retirement age, Dr. Joilette was 'an overweight, grayhaired wreck, old before my time.' He was stooped over and unable to turn his head because of an old neck injury. Since beginning the Five Rites, he reports:] 'I have lost twenty pounds, have more energy, and feel more alert. My hair is brown-black and thicker, with only a few streaks of gray at the temples. I have a full range of movement at my neck, without pain, and stand erect. I walk with a light, springy gait. My sexual desires and my abilities have all returned to normal. I cannot explain this medically or scientifically, yet I know that what has happened to me is absolutely true. People who have not seen me for years are astounded. ...'*

*—Russell Joilette, M.D., Hartford, KY*

*'My muscular strength has improved, my shoulders are straighter, and my abdominal muscles are firmer. After six months, the gray hair at the back of my head began to turn back to its original dark brown. I've gotten my son, who is in medical school, to start doing the Five Rites too.'*

*—Robert Cope, M.D., Scottsdale, AZ*

*'In the beginning I was skeptical, but within three months I could see muscles appearing on my formerly flabby body, and my weight went down from 175 to 160 pounds, where it has stayed. My wife was underweight, and she gained 8 pounds and feels excellent.'*

*—B. S. Mell, M.D., Jackson, LA*

'I recommended your book to several patients who later came back with glowing reports. So I began doing the Five Rites myself three weeks ago. After about nine days, I felt a great increase in strength and endurance. I was able to climb stairs with heavy packages without any strain. A nutritionist I recently met told me he performed the Five Rites for four months and became much stronger, even though he was athletic for years and lifted weights regularly. His friends told him he had become younger looking.'

—Dr. *Stanley Bass, D.C., Ph.C, Brooklyn, NY*

'After one week, I noticed a remarkable change in my health and appearance. Now I look ten years younger and almost never experience aches and pains in spite of a rigorous physical regimen. I recommended the book to my clients, and it has cured them of arthritis, joint problems, chronic pain, weight problems, and I believe a host of emotional and mental problems.'

—*Jerry Larkin, Albany, CA*

'Before I read your book, I was only nineteen years old, but felt forty-three. After just a few weeks, I noticed a big difference. I had more energy, lost weight, and got more done. I felt alive. I didn't feel like a forty-three-year-old or a nineteen-year-old either. I felt like a hyperactive ten-year-old. I only needed about five hours of sleep a night instead of the previous ten.'

—*Rob Hadley, Kings Mountain, NC*

#### LOOK YOUNGER

'I have *honestly never felt better in my life!* (I am fifty-six years old.) I have lost weight. I am *strong and energetic and I look and feel fifteen years younger!!!* Not a week goes by that somebody doesn't remark how amazingly young I look. Most say I don't look a day over forty. My children in

their mid-thirties are amazed at my energy and youthful looks, so now they are doing the Five Rites.'

—*Esther Black, Salinas, CA*

'I not only feel younger, but am told by people who know my age (seventy-three) that I look twenty years younger. My doctor, who is fifty-eight, complained that although he jogs fifteen to twenty miles per week, I look younger than he does. I recommend this book to anyone who wants to halt the ageing process.'

—*Jack Smithson, Grass Valley, CA*

'Recently a friend of mine began to look much younger, and his full gray beard began to turn a lovely shade of brown. Upon questioning, he told me about the fountain of youth book. Since I started doing the Five Rites, here's what's happened to me: My insomnia and eczema have disappeared completely. My hot flashes said good-bye (I'm fifty-three). After twenty-five years of bifocals, I no longer need glasses. And my eyes have turned a lovely shade of blue, like twenty-five years ago. I feel like I'm sixteen again, but I'm going to miss my lovely silver hair. It's the only thing I liked about being older.'

—*Ida Schultz, Salt Lake City, UT*

#### HAIR TURNS DARK

'The Five Rites seemed like a good exercise program, but frankly, I didn't believe all the wild claims. I am now midway into my fourth week, and for the past eight or so days have noticed my 'pretty' silvergray hair turning black! I know this sounds crazy, but it's happening right before my eyes. This is weird, but I'm sold on your program.'

—*L. C. Nolte, Pasadena, TX*

'My white hair is going back to light brown. *No white hair left.* Don't know the answer to that one.'

—*Ellie Stevens, Okanogan, WA*

'When I began the rites, my beard and mustache were gray and my skin so pale, I looked like the ghost of my grandfather. Now my body has a good tone and complexion, and my beard and mustache have gradually changed color until they are nearly black. Also, I can read fine print, something I could never do before.'

—*Charles Hamilton, Thousand Oaks, CA*

'For a while, my hair was thinning and coming out. Now it's growing in again and becoming thicker.'

—*Henry V., Hawthorn, NJ*

#### BETTER MEMORY

'At age eighty-three I had lost all interest in life. I was thinking of putting myself in a home, and I didn't think I would live much longer. Then I discovered your book about the Five Rites. I have been doing them only a short time, but already my memory has improved 50 percent, and I feel so much more alive. Everyone tells me I am looking younger all the time. Thanks to the Five Rites, I am a completely different person now, and am continuing to improve. Everyone should read this book.'

—*E. B. K. Miller, Buxton, NC*

'My memory was getting so bad, I was ashamed. Now, after using the rites daily for two months, I seem to be getting clarity of mind, and much, much more energy. My friends notice the change too. I am truly thankful that at age sixty-two I am 'youthing' instead of ageing.'

—*Adeline Neveu, Yakima, WA*

‘The physical, emotional, and mental impact is tremendous. I feel better about myself; I’m more alert and generally more pleasant. My mind is quicker and clearer. My posture has improved substantially. I highly recommend this book to anyone of any age.’

—*Steven Hunt, Troy, MI*

#### ARTHRITIS RELIEF

‘I had rheumatoid arthritis and was beginning to lose my ability to walk, as my feet and knees had been affected. I also had lots of back pain. I was in such bad shape. Now I can walk several miles and no longer have pain. I believe I would have been in a wheelchair today, if it were not for your book.’

—*Janet Matson, Waynesboro, VA*

‘Arthritis is very difficult to live with and control. But your book enabled me to stop it and actually reverse the process. It’s the best medicine I have ever found. I will treasure it until the end of my time.’

—*Ernest Cortez, Corcoran, CA*

‘I have arthritis in my left knee. Since I read your book, I’ve been able to almost completely stop the Naprosyn I was taking. For me, that is a miracle. I had sinus problems for thirty years, but I’ve been able to stop my sinus medication too. That also is a miracle. I cannot thank you enough for the great health you have given me. I no longer have to take any medications.’

—*James Bannon, Lancaster, NY*

‘The doctor said I was full of arthritis, and there was nothing I could do about it. Since receiving your book three years ago, I have no more pain and can touch my toes with the palms of my hands. I can now read fine print without

my glasses. I have no more sinus problems. And I can outwalk and outwork many friends fifteen to twenty years younger than I am.'

—*Lucy Gilbert (age ninety-five), Wellington, KS*

'I have had rheumatoid arthritis for twenty or more years. I was to the point of not being able to get up off the floor without hanging on to something. Also, I had to climb stairs one at a time like a child just learning to walk. Since reading your book, I can climb them again like I should. I can hardly wait to see what happens next.'

—*Phyllis Specter, Springfield, OH*

#### VISION IMPROVEMENT

'In just one week's time, I've noticed a great improvement in my vision, something I regard as remarkable. Another amazing thing—my hands, which looked very, very old, now look better than they have in ten years.'

—*Ruth D. Hall, Carson, CA*

'My vision sharpened up, and my friend's eye doctor told her that her eyesight has improved too.'

—*Carolyn Carson, San Francisco, CA*

'I have never felt so fit. My body is completely toned—no flab. I'm never tired. I don't need glasses. I recently had an eye test and my sight has never been better. My hair is thick and healthy. My energy and alertness can equal that of any young person half my age.'

—*June Seward, Dana Point, CA*

'I was taking medication for angina, stomach ulcers, sinus problems, and was told I was a candidate for prostate cancer. Besides that, I was lame and my eyesight was failing. The symptoms are all but history now. Friends and family cannot understand how I look so much better.'

—*Douglas Bly, Spokane, WA*

#### ENERGY, LASTING POWER

‘I used to come home from work feeling absolutely exhausted—even on weekends after getting plenty of sleep. Since doing the rites, I’m always alert and full of energy. This past summer I had more energy than anyone else on my softball team. The change has been absolutely unbelievable.’

—*Linda Felder, Silver Spring, MD*

‘I used to drag myself half asleep to class in the morning. After I do the rites, though, I feel refreshed and alert, even looking forward to my studies. Also, I’d been working out for quite some time with only mediocre results. Since starting the rites, I’ve noticed a dramatic improvement in my performance and an increase in how much I can lift. I’m not sure I buy the metaphysical explanation, but I am sure that the Five Rites work—Thank you.’

—*Mark Perkins, Lansing, MI*

‘I immediately noticed a change in my energy and feeling of well-being. My days flow better, and I have more lasting power on my job. This is true only when I do the Five Rites.’

—*A Satisfied Participant (age forty-eight)*

#### WEIGHT LOSS

‘Before I read your book, I weighed 287 pounds. Now I weigh in at 199. Believe me, IT WORKS!!!’

—*Joseph M., Detroit, MI*

‘Everything this book claims is true. I haven’t been sick for one and a half years—not even a cold. Without even trying I went from 179 pounds to 149. My energy level has risen

100 percent. I don't come home from work dead tired anymore. Although I'm fifty-eight years old, I could pass for early forties. Yours is the best book I have ever purchased.'

—*John Olson III, Milpitas, CA*

'Since I started the rites, I've lost twenty or twenty-five pounds and three inches around my waist, and I've gone from a size forty-four to a size forty! My body really feels at least fifteen years younger, and I continue to grow younger each day.'

—*Ronald E. Borne, Richardson, TX*

'I notice more energy, and I've lost weight (from 190 to 165 pounds). There seems to be a glow around my skin, a healthy color. My wife lost the same weight and inches as I did, and she also lost cellulite around her tummy & legs.'

—*Eugene Keel, Milledgeville, OH*

'I lost twenty-seven pounds and achieved more sexual pleasure.'

—*Dillon Starr, Clermont, FL*

'Within six months the fat and flab began to disappear and muscles began appearing where they had never been before. My only sport is bowling, and at age sixty I became top woman bowler in all three leagues. I will always remember when another bowler said, 'When I come back in my next life, I want a shape like yours.'"

—*Grace Carlson, Little River, SC*

'The sagging skin on my neck and jaws tightened up. I have more body strength, and facial wrinkles have disappeared. I highly recommend this book to all interested in their health. Those who don't have it don't know what they are missing.'

—*Michael Roland, Madison Heights, MI*

'I've never found anything before that changes my body shape like this does. I actually have nice legs now, and my breasts are larger. When I followed the instructions in your book, everything seemed to move to the best and proper place.'

—*Paulette Schmidt, Tucson, AZ*

#### PAIN RELIEF

'Before, I had so many aches and pains: knee pain, shoulder pain, migraines. Now I very seldom have headaches, my knee pain is gone, I never have colds, my sexual ability has been rekindled, and I receive many compliments from people who tell me I look much younger than my age.'

—*Casimiro Sanbollo, Honolulu, HI*

'I'm going to be seventy soon. Had not your book come along, I would be in a wheelchair living on painkillers. I have deterioration of the bones, and my right knee was getting very bad with the rest of my joints. I'd go up the stairs with my hands on the steps, and I'd come down backwards. Thank God for your book. I now have no pain. When I look in the mirror, my arms are not as flabby. My neck looks better. Most important of all, there's no pain.'

—*Mary Reilly, Philadelphia, PA*

'I had a severe lower back condition resulting from a fractured vertebra, nerve damage, and a degenerative disk condition. In addition, I developed a severe pain that ran from the lower back area up the spine to the base of the skull. And frequently I experienced spinal tremors. The first time I did Rite Number Two, as I raised my legs, I felt and heard a snap, a pop, and a crunch in the lower back area. THE PAIN STOPPED. RELIEF WAS IMMEDIATE, AND THE PAIN HAS NOT RETURNED!'

—Howard F. Stevens, Jr., Bangor, ME

‘My sciatic nerve was pinched. It was very painful, and I could only walk a short distance. My doctor said I might have to have surgery and would be confined to a wheelchair for the rest of my life. Then I read your book, began the Five Rites, and I haven’t had any pain since.’

—Bernetta Grant, Somerset, PA

‘Several years ago, I fell and injured my back. I was under care of my family doctor, an orthopedic doctor, and a pain specialist. I tried physical therapy, acupuncture, and chiropractic treatments. None helped. Then one day I discovered your book. Three months later, I was my old self again. My friends tell me I’m going backwards. Instead of getting older, I’m getting younger.’

—Lois Masada, San Diego, CA

‘I had a sciatic condition, and for ten years I never went more than four days without some pain or discomfort. On three occasions, the pain was so severe I was incapacitated. Then four weeks ago I started the rites, and I haven’t had a twinge or hint of discomfort since. Thank you for introducing me to my own fountain of youth.’

—Fawn Witte, Reno, NV

‘I have a narrowing of the spinal column which causes great pain. Since using your book, I am almost *pain-free*. Also, my kidneys and bladder work more normally. My sinus problem has improved 100 percent. I feel younger, more limber, and just all-around better than I did before.’

—June Tower, Clinton, MD

‘It took a couple of months for me to begin noticing that the lower back pain I had suffered with for fifteen to twenty years had just about disappeared completely. For the last

month or two, I think I've actually been getting more hair, thicker hair. I am extremely pleased with my results.'

—*Carl Albend, Pine Bluff, AR*

'After the first week, I realized my lower back pain was disappearing. Now, thirteen months later, my knee has recovered about 95 percent, and my lower back pain never bothers me. I had more or less concluded my knee was crippled for life, so now I am a believer.'

—*Jeff Perry, Wanblee, SD*

#### FEEL GREAT

'After two days, I could actually see results. As time goes by, I am seeing further startling improvement. I have purchased a lot of health books, and although they are good ones, nothing has helped me so much in such a short time as your book.'

—*Ruth S., Kansas City, MO*

'This is one of the best books I know about at this time. I wish all the good people in the world knew about it.'

—*Nina Stewart, Gloucester, MA*

'Thank you for publishing this wonderful book. Once I started to read it, I couldn't put it down. ... P.S., I'm seventy-seven and have been looking for a book like this all my life!'

—*Evelyn Sugden, Allentown, PA*

ANCIENT SECRET  
of the  
FOUNTAIN  
of  
YOUTH  
BOOK 2

Peter Kelder



*To Peter Kelder on behalf of those who have gratefully  
received his gift*

## Publisher's Introduction

When the last key had made its imprint, he pushed back from his typewriter, made a neat pile of the pages he had written, and gazed with mixed satisfaction and uncertainty at the title page which read, "The Eye of Revelation by Peter Kelder."

The manuscript which Kelder held in his hands was not a major literary feat. But it was well crafted, short, simple, and direct. Moreover, it conveyed a message which many have since found meaningful and even profound. Even so, Kelder could not have imagined then, in 1939, that his little book would endure for generations, to be read by millions of people throughout the world in a dozen languages and even in braille.

His book told the story of five ancient Tibetan exercises brought to the West by a retired British Army officer identified only as Colonel Bradford. The Five Rites, as they were called, were said to unlock the secret of nothing less than the fabled fountain of youth.

Kelder's book was published soon thereafter, and while it was not a best-seller, it was popular enough to be expanded and reissued eight years later in 1947. Even when it did eventually go out of print, it showed surprising staying power. Kelder's book survived by word-of-mouth as copies were passed from hand to hand, and in time it gained the status of a cult classic.

Then, in 1985, Kelder's book was updated and republished by Harbor Press under the title *Ancient Secret of the Fountain of Youth*. By then, more than half a century had elapsed since the book initially appeared, and the

world was a very different place. Western culture, coming to terms with a new age of technology, had begun to search for answers in the ancient wisdom of the East. Eastern mysticism, the concept of subtle energy, the practice of yoga, and the belief that these things interacted with health and physical aging, were no longer the odd concepts of a lunatic fringe. They had become fixtures of Western popular culture.

Destiny had finally caught up with Peter Kelder's small book. Promoted only by word-of-mouth, it caught on, slowly at first, and then with gathering momentum. Within ten years *Ancient Secret of the Fountain of Youth* became an international publishing phenomenon. In the U.S., it outsold many *New York Times* bestsellers. In Germany, Austria, and Switzerland the book became virtually a national institution. It remained on the German language best-seller lists, more than a decade after it was first published. And two dozen foreign language editions have spread the popularity of Kelder's book throughout the world.

Of course, Peter Kelder's book could not have enjoyed such huge success if it had not made good on its fundamental promise: to help the reader achieve renewed youth, health, and vitality. Certainly that conclusion is supported by the deluge of mail readers have sent to the publisher. Their letters tell how the Five Rites have benefited them in ways ranging from modest to miraculous.

Aside from passing on their stories of personal success, letters from readers have frequently asked two things. First, they want more detailed information on a variety of topics discussed fleetingly in Kelder's brief original volume. Second, they want to know more about the book's mysterious author, not to mention his leading character, the elusive Colonel Bradford.

The book you now hold in your hands has been written in response to the first of these inquiries. *Ancient Secret of the Fountain of Youth, Book 2* contains a wealth of

information which picks up where Kelder's original (now renamed *Ancient Secret of the Fountain of Youth, Book 1*) leaves off. Each chapter of the book is written by an expert on the topic at hand.

Chapter One summarizes the story of Colonel Bradford and his Tibetan expedition for those unfamiliar with *Book 1*.

Chapter Two looks to the historical record to answer the question: Was Colonel Bradford's far-fetched tale of Tibet fact or fiction? Either way, it concludes, Bradford's story could well have happened, for numerous, well-documented accounts brought back by early Tibetan travelers record magic and mystery no less incredible than that witnessed by Bradford.

Chapter Three validates the Five Rites through remarkable, real-life stories told by people who have benefited from them.

Chapter Four probes the energy secrets of the Five Rites in an attempt to answer the question: What enables these simple exercises to perform their magic?

Chapter Five looks at the Five Rites from the perspective of a medical doctor who is also a yoga expert. It discusses the exercises in detail and supplements them with an abundance of helpful advice.

Chapters Six and Seven discuss two topics briefly visited in *Book 2*: the health benefits of proper diet and food combining, and the energetics of the voice, sound, and meditation.

Chapter Eight concludes with insights from one of the world's foremost Tibetan scholars. Dr. Robert Thurman gives an overview of the Five Rites *vis-à-vis* Tibet's history and culture.

And now for the second topic which readers have inquired about: Kelder and Bradford. For years readers have written to the publisher with questions about these two, whom, they assumed, were no longer living. This is

something that amused Kelder, for yes, he was alive and well more than half a century after the publication of his book. I am pleased to report that I personally knew him and counted him as a close and trusted friend, though there were many things I did not know about him.

Unfortunately, most must remain just that, for Kelder was determined not to disturb the veil of mystery that intrigued me and so many others. He was an intensely private and unassuming man who believed that the words he had written spoke for themselves. And he maintained that extraneous issues concerning himself and Bradford served only to distract from the validity of the simple, straightforward message which he put before the world.

To be sure, I have no wish to intrude upon Kelder's privacy. Yet I do understand the desire of readers to feel more closely connected to a man whose words have so greatly influenced, even transformed their lives. So, I trust he will forgive me if I now for the first time select a few details about his life and pass them on to the reader.

Kelder was raised by loving, adoptive Dutch parents in the midwestern United States, and while still a teenager, he left home with their consent to undertake life's challenges. Later, Kelder, like Colonel Bradford, "traveled to virtually every corner of the globe" as an officer in the merchant marine. He became a polished, articulate, and learned man conversant in many languages, and throughout his life he maintained a love of books and libraries, words and poetry.

On a memorable spring morning some time ago, Kelder accompanied me on a driving tour of the area where he lived and worked when he wrote *The Eye of Revelation* in the late 1930s, North Hollywood and the Hollywood Hills in Southern California. No, Kelder was not a movie screenplay writer, but he did work for a time as a researcher at one of the major Hollywood studios. Surprisingly, many of the landmarks he remembered from those days are still intact, including the house where he lived, perched high atop the

Hollywood Hills overlooking Los Angeles and the Pacific Ocean, a stone's throw from the home of movie legend Errol Flynn. Today the modest structure is surrounded by the homes of movieland's rich and famous.

Kelder asserted that Colonel Bradford was a very real individual whom he did encounter in the greater Los Angeles area at that period of his life, though "Bradford" was a pseudonym. Little more than that was forthcoming.

But just as intriguing as Kelder or Bradford is another man whom few know anything about. He is Harry J. Gardener, the man who published *The Eye of Revelation* in 1939 under the imprint of the small publishing company he operated, The Midday Press. Apparently, it was Gardener who first met Bradford, introduced him to Kelder, and asked Kelder to write a book about Bradford's Tibetan adventures.

Kelder was sketchy, at best, when it came to details on the relationship among the three. Suffice it to say that he and Gardener became lifelong friends who maintained contact with one another until Gardener's death in the 1970s. Bradford, on the other hand, came into their lives and then departed, never to be seen again, much as he did in Kelder's written chronicle.

I suspect, though it is purely conjecture on my part, that though Peter Kelder wrote *The Eye of Revelation* in the first person, he was not the man who befriended the Colonel before his expedition to Tibet and who learned first-hand about the Five Rites upon the Colonel's return. That distinction, I suspect, belongs to Harry Gardener who probably asked Kelder, a capable writer, to draft the story for him, Gardener remaining nameless and Kelder assuming his role. So many years after the fact, it was impossible for even Kelder himself to say just how much of the information in the book was gained through direct contact with Colonel Bradford and how much was gained

second-hand from Harry Gardener. It's equally unclear what embellishments, if any, Kelder added to the story.

These lingering issues will never be fully resolved. But does that really matter? As Kelder maintained, they are nothing more than intriguing loose threads which do not weaken the integrity of the garment as a whole. The important questions are: Does his book give something of value to its readers; Does it make a worthwhile contribution to their lives?

I hope the following chapters will help you discover that it does. You must supply the final answer.

*Harry R. Lynn*  
*Publisher*

## Foreword

IN THIS VOLUME, you will be introduced to ideas, techniques, and wisdom that can empower you, enhance your health, increase your joy of living, and cause you to live longer. However, you won't notice that you're living longer. You'll be too busy enjoying life and living it fully.

I often see people start to live their lives to the fullest only-after they develop a life-threatening illness and must come to grips with their own mortality. When this happens, they experience a spiritual and physical rebirth so powerful it can improve or even cure the illness completely. Once this renewal process takes over, aging ends and youthing begins. Please, don't wait until you're facing death to set the youthing process in motion in your life. Begin it now.

This book is intended to help you do just that. In it, you'll discover a wonderful series of simple exercises called the Five Rites. You will also find a wealth of related information on diet, breathing, voice energetics, and many other topics. You will read about the uplifting experiences of people who practice the Five Rites. And you'll find advice and insights from physicians who will share their knowledge with you.

But as you read the pages that follow, keep in mind that this book is not really about ritual, or exercise, or techniques. At its heart, it is about you - your uniqueness, your attitudes and beliefs, your desires and hopes, your potential, your ability to joyfully embrace life and live it fully.

Science has demonstrated that your body and brain are physically altered by both your activities and your

thoughts. By the same token, you can purposefully alter your activities and thoughts to achieve your goals for change. The exercises and techniques in this book are aimed at this very thing. I have done the Five Rites, and they make a lot of sense to me. I am convinced that if you do them regularly, and if you engage in life joyfully, you will improve your physical health and your mental outlook, and you will begin the youthening process.

Also, you will access and put to use the life force energy which is the essence of all things. Science now has the ability to measure this energy and is beginning to explore it. I have experimented with this book's advice on mantras and mantrums, and I can feel the energy difference they make. Allow me to share this story:

The other night I was meditating and performing my mantras while lying in bed. My cats were in bed with me, curling up to go to sleep. My wife, who was in the other room, could feel an unusual energy, and she came in to see what was happening. When she entered, I opened my eyes and discovered that the cats had also sensed something unusual. They were sitting upright, as alert and wide awake as I have ever seen them at 11 p.m. To me, the incident demonstrated how real and palpable this energy is and how it can make things happen in your life, things that are sensed and perceived by those around us.

My advice to you is this: Take the valuable information you are about to read. Bring to it your own insights and inspiration. Then, create your own personal transformation. Remember, you will not find the fountain of youth by looking outside yourself. The source of all things is found by going within. So start right now!

*Peace,  
Bernie S. Siegel, M.D.*

# Chapter ONE

Searching for the Fountain of Youth

BY HARRY R. LYNN

THE STORY COULD have been concocted in the head of an overly imaginative Hollywood screen writer. It is that preposterous. At the same time, it is engaging, appealing, and it speaks words of wisdom that seem to resonate with something deep inside.

Millions of people around the world have experienced this curious mix of reactions upon reading *Ancient Secret of the Fountain of Youth, Book 1*, the short volume which precedes the one you are reading now.

As its title suggests, the book's message is one of compelling concern to just about everyone over the age of 40. It tells how to arrest and reverse the aging process, how to achieve the health and vitality of unending youth.

The synopsis that follows is offered for those who have not read Kelder's book. It, together with the chapters that follow, will give you all of the pertinent information contained in *Book 1* and much more. Therefore, it is not essential for you to read it, but it is highly recommended that you do so. In Kelder's book you'll find inspiration and magic that can't be duplicated here. Many people who read the book cherish the experience and return to reread it again and again. It's something you shouldn't miss.

The book's story begins one afternoon when author Peter Kelder is relaxing on a park bench, going through the afternoon paper. Before long, an elderly gentleman seats himself next to Kelder and engages him in conversation.

The old man introduces himself as Colonel Bradford, a retired British Army officer who also served in the diplomatic corps for the Crown. His career has taken him to the far corners of the globe, and Colonel Bradford regales Kelder with tales of his adventures.

When the two part, they agree to meet again. Before long, they are seeing one another regularly, and a close friendship develops.

One evening when they are together the Colonel announces a startling decision he has made. When he was stationed in India some years previously he had heard a curious and unforgettable story. It concerned the lamas of a particular monastery somewhere in the remote wilderness of the Tibetan Himalayas. In that monastery, ancient wisdom handed down for thousands of years promised a solution to one of the world's great mysteries. According to legend, the lamas of the monastery were heirs to nothing less than the secret of the fountain of youth.

Like so many other men, Colonel Bradford had become old at the age of 40, and since then he had not been growing any younger. The more he heard of this miraculous fountain of youth, the more he became convinced that such a place actually existed. He began to gather information on directions, the character of the country, the climate, and other data that might help him locate the spot. And once his investigation had begun, the Colonel became increasingly obsessed with a desire to find this fountain of youth.

The desire, he told me, had become so irresistible, he had decided to return to India and search in earnest for this retreat and its secret of lasting youth. And Colonel Bradford asked me if I would join with him in the effort.

Should he go with Colonel Bradford? Kelder agonizes over the decision, but finally sides with skepticism, reluctantly declining to go.

Yet in the back of my mind the haunting possibility remained: a fountain of youth. What a thrilling idea! For his sake, I hoped that the Colonel might find it.

Colonel Bradford sets out on his mission alone. Then, years pass without word from him. In fact Kelder has nearly forgotten his erstwhile companion and notions of a Tibetan Shangri-La when one day a letter arrives announcing that the Colonel has achieved his goal and will shortly return.

Soon thereafter, when the two are reunited, Kelder is witness to an astonishing transformation. Amazingly, Bradford looks, "as the Colonel might have looked years ago in the prime of his life. Instead of a stooping, sallow old man with a cane, I saw a tall, straight figure. His face was robust, and he had a thick growth of dark hair with scarcely a trace of gray."

Colonel Bradford proceeds to tell his very excited friend all that has happened during his extended absence. He tells of years of struggle and effort finally rewarded with success - the discovery of a remote Tibetan monastery whose occupants never grow old.

In the monastery, older men and women were nowhere to be seen. The lamas good-naturedly referred to the Colonel as "The Ancient One," for it had been a very long time since they had seen anyone who looked as old as he. To them, he was a most novel sight.

"For the first two weeks after I arrived," said the Colonel, "I was like a fish out of water. I marveled at everything I saw, and at times could hardly believe what was before my eyes. Soon, my health began to improve. I was able to sleep soundly at night, and every morning I awoke feeling more and more refreshed and energetic. Before long, I found that I needed my cane only when hiking in the mountains."