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 **Can You Live Forever?**

**Introduction:**

People have always wondered how to live longer—and maybe even forever. While eating healthy foods like apples might help us stay well, some thinkers believe that future technology could actually stop aging. One of these people is Ray Kurzweil, an inventor and futurist with a bold plan for living forever.

**Main Theme:**

The article explores Ray Kurzweil’s belief that future technologies, especially Nano bots and artificial intelligence, will one day allow humans to live forever. It also describes his current lifestyle choices—including diet, exercise, and supplements—that he follows in the hope of staying alive until science catches up with his dream.

**Body :**

There's an old saying: An apple a day keeps the doctor away. Certainly, apples are good for you, but can eating them really help you avoid getting sick? Could they even help you live forever? Eating apples may not be enough, but there's at least one man who thinks that living forever is possible.

Ray Kurzweil: Inventor! and Futurist

Ray Kurzweil was born in 1948 and grew up in New York City. Kurzweil is an inventor and is well known for his work in technology. Many of his inventions have been in the area of artificial intelligence,’ or AI for short. Kurzweil is also well known as a futurist—a person who has strong ideas about how the future might be, or perhaps should be, based on his knowledge of science.

Kurzweil’s View of the Future Kurzweil believes that by 2050, there will be a new technology called

Nano bots, tiny’ machines that will be so small that billions\* of them will be able to travel inside your body and fix problems in each cell. Kurzweil also believes that by then, computers will be able to think just like a persons brain. He just has to live long enough so that he can take advantage of these inventions. He believes that diet’ and exercise are the keys.

Kurzweil’s Plan: Diet and Exercise

Besides all of his famous work in technology and futurology, Kurzweil may be best known for what he eats and drinks. Kurzweil and his personal doctor, Dr. Terry Grossman, have created a special diet and exercise program. Using these tools and a few others, Kurzweil hopes to live forever.

Kurzweil drinks very large amounts of water every day. He believes that a lot of water is needed to get all of the toxins® out of his body. He never drinks soft drinks or coffee, but he does drink green tea. He thinks it does many good things for his body.

Kurzweil also believes that certain kinds of foods are unhealthy. Instead of eating foods like white bread, potatoes, and white rice, he thinks people should eat foods like whole wheat bread and brown rice. For many years, Kurzweil has not eaten any food that has sugar in it. He eats mostly

vegetables, lean? meats, and tofu.

Kurzweil also does a few other things for his health. He tries to have very little stress in his life, and he makes sure he gets enough sleep every night. He exercises daily and meditates!° regularly as well. Kurzweil also takes special vitamins and other supplements!! that he feels will help slow 40 the aging of his body. In fact, he takes over 150 different supplements every day.

The Race Between Age and Invention

Will this routine help him live until 2050? Maybe. Kurzweil regularly takes tests to check the “age” of his body. When he was 40 years old, 45 the age test said his body was like a 38-year-old’s. In 2009, at age 61, the same test said that his body was like a 40-year-old’s. He feels that if his body only seems 2-3 years older after 20 years, living until 2050 may be possible.

“Plan B”

What if his body dies before nano bots can save him? Kurzweil is already planning to have his body frozen!4 by a company called the Alcor Life Extension Foundation. They will keep his body frozen until they feel that the technology is ready to bring him back to life.

Many scientists believe that Kurzweil’s ideas about living forever are not really scientific at all. But Kurzweil thinks that as long as he waits for enough technological inventions, both his mind and his body may be able to live forever.

**Home work:**

**1. What is the meaning of "inventor"?**  
A. A person who fixes cars  
B. A person who sells old items  
C. A person who creates new things   
D. A person who reads books  
E. A person who teaches history

**2. What does "artificial intelligence (AI)" mean?**  
A. Games for fun  
B. Robots that can clean floors  
C. Machines that think like humans   
D. Computers with big screens  
E. Phones that make fast calls

**3. What does "tiny" mean?**  
A. Very strong  
B. Very small   
C. Very loud  
D. Very dark  
E. Very soft

**4. What are "billions"?**  
A. A kind of money  
B. Groups of friends  
C. 1,000,000,000 ✅  
D. A number smaller than 100  
E. A type of rock

**5. What is a "cell"?**  
A. A room in a house  
B. A part of the brain  
C. A tiny living part of a body   
D. A box for keeping things  
E. A machine in a lab

**6. What does "take advantage of" mean?**  
A. Ignore something  
B. Waste something  
C. Use something fully   
D. Lose something  
E. Hide something

**7. What is a "diet"?**  
A. A kind of exercise  
B. What you wear  
C. What you eat and drink   
D. A special tool  
E. A kind of job

**8. What are "toxins"?**  
A. Foods that help you grow  
B. Tools for cleaning  
C. Bad things for your body   
D. Vitamins for energy  
E. Fun things to play with