

Perinoff runs for more than county office now

By MICHAEL MATUSZEWSKI

Alex Perinoff does a lot of walking these days—at least four miles a day. He's even thinking of jogging.

These days, that's not unusual for many 66-year-old men. For the man who represents part of the City of Southfield on Oakland County's Board of Commissioners it's extraordinary.

"I used to not be able to walk three blocks, let alone three miles," he said. Perinoff had been suffering from ischemic heart disease—a combination of hardening of the arteries and blockage of the major arteries arteries supplying the heart with oxygen-rich blood.

Any activity straining the heart used to have Perinoff "popping nitroglycerine pills like candy."

THAT WAS BEFORE a recent month-long visit to the Longevity

Institute in Santa Barbara, Calif. The institute has been the focus of media and medical attention across the country. CBS's new show, "Sixty Minutes," spotlighted the "West Coast rehabilitation center" last year.

It was after the "Sixty Minutes" presentation and a medical decision not to go ahead with an artery bypass operation that Perinoff decided to try the Longevity Institute.

"LORD KNOWS, I didn't have anything to lose," said the man who spent his boyhood days playing baseball in the Forest-Chene area of Detroit's east side.

After overcoming the opposition of his doctor, who along with countless other MDs, argued that the disease could neither be stopped nor forced to subside, Perinoff took off for 28 days of intensive dieting and walking.

At the end of the four weeks, he was



ALEX PERINOFF

up to walking seven miles a day and had lost nearly 40 pounds. "I've even tossed by nitrates," he said.

WHILE PERINOFF'S descriptions of



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