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## The eternal optimist: Billionaire, now 87 years old, is planning his 125th birthday

By DAILY MAIL REPORTER

Last updated at 7:52 AM on 7th March 2011

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Dreamers searching for the secret of longevity will try anything to prolong their life from harsh diet regimes to hyperbaric chambers and cryogenics.

But 87-year-old Californian billionaire David Murdock is putting his money where is mouth is because he planning on living until he's 125.

Mr Murdock has spent \$500 million of his personal fortune on a state-of-the-art science centre dedicated to his belief that food plants hold the key to a long life.

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© Munshi Ahmed/Bloomberg News

Healthy: Tycoon **David Murdock** has spent **\$500 million** on a food research centre

At 5ft 8ins tall and white-haired, he has hardly had a day's illness in his life and is exacting about what he eats.

The man who was ranked 130th on Forbes magazine's 400 richest Americans drinks two or three smoothies a day made of pulverised bananas and the ground rinds of oranges.

Then there is the 20 fruits and vegetables a day he eats and plenty of seafood, egg whites, beans and nuts .

On the banned list are dairy products, red meat and poultry, alcohol, sugar and salt.

He gets a little daily sun, which is vital for absorbing vitamin D and he tries to go to bed no later than 11 pm every night.



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© Getty Images

Oldest and the wannabe: Walter Breuning, aged 114, and David Murdock, aged 87

Mr Murdock made his estimated net worth of \$2.7 billion from property and investment in companies including Dole, the world's biggest supplier of fresh fruit and vegetables.

His obsession about eating began after the tragic death of his third wife Gabriele from cancer at the age of 43. He believes diet could have helped her survive.

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He told the New York Times: 'If I had known what I know today, I could have saved my wife's life.'

Mr Murdock is the owner of a number of homes, two in southern California and a vast lodge in North Carolina near his research headquarters in the city of Kannapolis, outside Charlotte.

The Georgian-style buildings house laboratories researching his conviction that plants, eaten in large quantities and the right variety, will lead to a healthy long life.

The tycoon he has ideal blood pressure, clear arteries, good muscle tone. But doctors doubt he will make 125.

Mr Murdock's father lived well into his 90s, but his mother died young, and his sisters are both dead.

The life expectancy for a man born in the U.S. today is only 75, and demographic data suggest that a man who has reached 87 can expect only five more years.

The longest life on record is a French woman who lived to 122. The world's oldest man is 114-year-old Minnesota-born Walter Breuning.

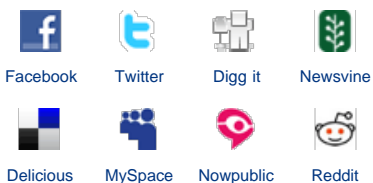
An expert on ageing, Mr S. Jay Olshansk, who teaches at the School of Public Health at the University of Illinois-Chicago, told the Times: 'He'll be disappointed when he doesn't reach 125.'

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<p>He wont last til 94, why doesn't he do something useful with his life?</p> <p>- DD, USA, 07/3/2011 13:12</p> <p><a href="#">Report abuse</a> <span style="float: right;">Click to rate   Rating  1</span></p>			
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<p>He'll have to do better than Charlie Sheen on an ordinary Tuesday evening to impress anyone.</p> <p>- AC, London, 07/3/2011 10:35</p> <p><a href="#">Report abuse</a> <span style="float: right;">Click to rate   Rating  4</span></p>			
<p>GOOD LUCK TO HIM I HOPE HE REACHES HIS GOAL, BUT LIKE THEY SAY MONEY DOES NOT BUY YOU EVERY THING IN LIFE AND THAT INCLUDES LIFE IT SELF.</p> <p>- Robbie, NOTTINGHAM, 07/3/2011 10:22</p> <p><a href="#">Report abuse</a> <span style="float: right;">Click to rate   Rating  9</span></p>			
<p>A lot of people would like to live to be 125 until they get to 124 that is!</p>			

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She puts in the work



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- Bob, Thatcham Berkshire, 07/3/2011 10:20

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"The doctors dont think he will live until 125". HA. Those doctors wont be around to celebrate the 125th birthday party as THEY will all be dead by their own proclamation! Hyprocrites! This man knows what all wise elders knew; what Hyprocrates the inventor of medicine said "Let food be thy medicine". Doctors dont even know how to cure themselves and now administer for the "Big Pharmas".

- Merriweather P., Virginia Water, 07/3/2011 09:14

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