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The Current State of Life Extension

Lightning Talk - 27 April 2022

Why

Now

Soon

Getting to Soon

Why

The Information Theory of Ageing

Youth → broken DNA → genome instability → disruption of DNA packaging and gene regulation (the epigenome) → loss of cell identity → cellular senescence → disease → death

Now

Vision in mice

Skin in mice

Skin in humans

Cultures of human brain cells

Age in humans - 2.5 years younger in 12 months

Soon

Vision in humans

Implantable nano bio-sensors

Epigenetic reprogramming and the reset of biological age

Getting to Soon

Diet

Eating pattern

Exercise

Adversity

Protection

Sleep

Measurement

Supplementation

Measurement

Tally Health
https://www.tallyhealth.com

Inside Tracker
https://www.insidetracker.com

Oura Ring
https://ouraring.com

Levels
https://www.levelshealth.com

Voime
https://www.viome.com

Grail
https://grail.com

BioButton
https://biointellisense.com

DEXA Scans

Supplementation

NAD Boosters

Nicotinamide Riboside (NR)
Nicotinamide Mononucleotide (NMN)
Resveratrol
Fisetin
Querctin

Rapamycin & Rapalogs

Spermidine

AMPK Activators

Metformin

Resources

Lifespan with Dr David Sinclair
https://open.spotify.com/show/3PkkSdQE8DfeiKvSk1Mg1J?si=GTDz_xueRCKaHFw6WeBWiQ

Reversal of epigenetic aging and immunosenescent trends in humans
https://onlinelibrary.wiley.com/doi/full/10.1111/acel.13028

Reprogramming to recover youthful epigenetic information and restore vision

https://www.nature.com/articles/s41586-020-2975-4