

## Literaturstellen – Longevity – die Anti-Bullshit Formel

### Vorwort

Frankfurt, Harry G. (1986). On Bullshit. In: The Importance of What We Care About: Philosophical Essays, Cambridge University Press. Der Text ist auch online verfügbar: <https://archive.org/details/on-bullshit-by-harry-frankfurt> (Zugriff 13. Mai 2025)

### Prolog

Zurbuchen et al.. Methods for the assessment of biological age - A systematic review. Maturitas. 2025 Apr;195:108215.

### Kapitel 1

GERonTologischer Simulator GERT:

[https://www.produktundprojekt.de/alterssimulationsanzug/?gad\\_source=1&gad\\_campaignid=56575591&gbraid=0AAAAAD5Zg3Vf77mFsLhJcQd0FT0kHM08&gclid=CjwKCAjwwNbEBhBpEiwAFYltGAMKqRKbdd6xvn9KzLWGfX\\_MlipUZdKn86blqn1Om2Nm3\\_1oJHzKpxoCU24QAvD\\_BwE](https://www.produktundprojekt.de/alterssimulationsanzug/?gad_source=1&gad_campaignid=56575591&gbraid=0AAAAAD5Zg3Vf77mFsLhJcQd0FT0kHM08&gclid=CjwKCAjwwNbEBhBpEiwAFYltGAMKqRKbdd6xvn9KzLWGfX_MlipUZdKn86blqn1Om2Nm3_1oJHzKpxoCU24QAvD_BwE) (Zugriff 8. August 2025)

In Japan werden mehr Windeln für Erwachsene als für Kinder produziert:

<https://www.bbc.com/news/business-68672186> (Zugriff 8. August 2025)

Statista-Report „Bevölkerung Deutschlands nach relevanten Altersgruppen 2024

(<https://de-statista-com.uni-wh.idm.oclc.org/statistik/daten/studie/1365/umfrage/bevoelkerung-deutschlands-nach-altersgruppen/>). (Zugriff am 8.8.2025)

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Bears of benefit: <https://www.bears-with-benefits.com/collections/all> (Zugriff am 8.8.2025)

[https://www.welt.de/wirtschaft/article242567609/Die-Netz-Checkerin-Schoen-dank-Gummibaerchen-Konsum-Das-ist-dran-an-den-Influencer-Versprechen.html?utm\\_source=chatgpt.com](https://www.welt.de/wirtschaft/article242567609/Die-Netz-Checkerin-Schoen-dank-Gummibaerchen-Konsum-Das-ist-dran-an-den-Influencer-Versprechen.html?utm_source=chatgpt.com) (Zugriff am 8.8.2025)

[www.bfr.bund.de](https://www.bfr.bund.de) – z.B. <https://www.bfr.bund.de/mitteilung/biotin-in-nahrungsergaenzungsmitteln-kann-labortestergebnisse-beeinflussen/> (Zugriff am 8.8.2025)

White CM. Dietary Supplements Pose Real Dangers to Patients. Ann Pharmacother. 2020 Aug;54(8):815-819. doi: 10.1177/1060028019900504. Epub 2020 Jan 24. PMID: 31973570.

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<https://www.bfr.bund.de/lebensmittel-und-futtermittelsicherheit/gesundheitsliche-risikobewertung-spezieller-lebensmittelgruppen/gesundheitsliche-bewertung-von-nahrungsergaenzungsmitteln/> (Zugriff am 8.8.2025)

Verbraucherzentrale: <https://www.klartext-nahrungsergaenzung.de/lebensmittel/informationen-zum-download-54599> (Zugriff am 8.8.2025)

Deutsche Gesellschaft für Ernährung:  
<https://www.dge.de/wissenschaft/referenzwerte/> (Zugriff am 8.8.2025)

Max Rubner Institut: <https://www.mri.bund.de/de/themen/reduktion-von-zucker-fett-und-salz/> (Zugriff am 8.8.2025)

European Food and Safety Authority:  
<https://www.efsa.europa.eu/en/topics/topic/food-supplements> (Zugriff am 8.8.2025)

Österreichische Agentur für Gesundheit und Ernährungssicherheit GmbH:  
<https://www.ages.at/themen/ernaehrung/nahrungsergaenzungsmittel> (Zugriff am 8.8.2025)

Schweizerische Gesellschaft für Ernährung: <https://www.sge-ssn.ch/de/> (Zugriff am 8.8.2025)

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## Kapitel 2

[1] <https://www.theguardian.com/film/2025/jan/02/bryan-johnson-documentary-dont-die-netflix?> (Zugriff 17.07.2025)

[2] „Don't die – Der Mann der unsterblich sein will“ (2025)  
<https://www.netflix.com/de/title/81757532> (Zugriff 12.04.2025)

[3] Samira El Quassil und Friedmann Karig. Erzählende Affen – Mythen, Lügen, Utopien (2021) Ullstein

[3] Manfred Lütz. Lebenslust - Wider die Diät-Sadisten, den Gesundheitswahn und den Fitnesskult (2013) Knaur

[4] Manfred Lütz. Wie Sie unvermeidlich glücklich werden (2017) Random House

## Kapitel 3

Joachim Fuchsberger. Altwerden ist nichts für Feiglinge. (2010), Penguin Random House

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## Kapitel 4

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Peter Attia et al., Outlive: Wie wir länger und besser leben können, als wir denken. (2024), Ullstein-Verlag

Hinweis zur Erstellung der „Heatmap“, Abbildung 2 in Kapitel 4: Über eine Anwendung der amerikanischen „National Library of Medicine“, die unter <https://pubmed.ncbi.nlm.nih.gov/> erreichbar ist, kann man nach wissenschaftlichen Quellen in der Form von publizierten Artikeln suchen. Ich habe jeweils aus den Schlagwortkombinationen der beiden Kategorien A und B die Anzahl der wissenschaftlichen Publikationen innerhalb der letzten 5 Jahre bestimmt und diese dann in Relation zur Gesamtanzahl der Publikationen in einem Feld gesetzt. Daraus kann man eine relative Häufigkeit von 25% errechnen. Wenn man dies für alle Kombinationen in gleicher Weise durchführt, erhält man eine Häufigkeitsverteilung.

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## Kapitel 5

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<https://www.afar.org/tame-trial> und <https://clinicaltrials.gov/study/NCT06459310?cond=aging&term=metformin&rank=1> berichten jeweils von z.Z. noch laufenden Studien, die „anti-aging“ Effekte von Metformin untersuchen (zugegriffen am 28.07.2025)

<https://clinicaltrials.gov/study/NCT05786521> ist eine kleine Studie, die den Effekt von GLP-1-Rezeptor Agonisten auf Alterungsmarker bei älteren Patienten mit Diabetes oder Prä-Diabetes untersucht. Ergebnisse zum Zeitpunkt der Entstehung des Buches ausstehend (zugegriffen am 30.07.2025)

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