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~~Generation~~ Author Alex  
Zhavoronkov — Interview

Part 3 Eterna MD

Infomercial... Interview

on the Ageless

Generation Interview

with Dr. Alex

Zhavoronkov from

Insilico Medicine \u0026

The Biogerontology

Research Foundation

---

Interview with Alex

Zhavoronkov: A.I. Drug

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How is AI decoding  
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Zhavoronkov, Insilico

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Science and engineering-  
enabled ageless living

Advances in

Biogerontology: Promise  
and Pitfalls 50th

Anniversary of Urban

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Aging PRACTICAL How  
TIPS TO TEST YOUR  
SERVERLESS  
APPLICATIONS (local,  
unit, performance,  
integration and e2e)

---

Reimagine Aging - SRF  
CEO Mike Kope — BBL

~~LIGHT TREATMENT  
BEFORE AND AFTER |  
MY BBL LASER  
TREATMENT FOR  
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SPIDER VEINS —~~ What

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YEARS YOUNGER

WITH MAKEUP

~~What's the one book that~~

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Richard Koo)

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Cycles (w/ Howard

Marks) | Real Vision

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Alex Zhavoronkov

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Gene Editing and the

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George Church, Bill

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New Bestseller Ageless

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Wisdom by Dr. Lois P.

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to facilitate financial

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~~BODY WEIGHT~~

~~WORKOUT FOR~~

~~MATURE WOMEN~~

The Economics of

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Rigged System (w/ Mark  
Blyth and Eric Lonergan)  
The Ageless Generation  
How Advances

“The Ageless  
Generation” explains  
how the fields of research  
will bring those  
prophecies to reality.

Author Alex  
Zavoronkov focuses on  
the fields that present the  
greatest promise of  
advancing human health,

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most prominently that of regenerative medicine that seeks the regrowth of tissue that can replace diseased or damaged organs.

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Zhavoronkov, Alex

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research portfolio project  
alex zhavoronkov phd  
will be released next week  
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Zhavoronkov. The title

of Alex Zhavoronkov ' s

new book “ The Ageless

Generation: How

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Will Transform the

Global Economy ”

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pretty well conveys its important theme. After reading the book, I realized Alex was on my Facebook friend list from previous times I came across his intriguing comments concerning regenerative medicine.

Ageless Generation:

Interview with Alex

Zhavoronkov

The Ageless Generation:

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Economy by Alex

Zhavoronkov, PhD The  
director of the BGRF

wrote a book on the  
recent advances in  
biomedical research with  
potential to expand



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human life and health  
span and the possible  
effects of these  
technologies on the  
economies of the  
developed countries.

The book -

Biogerontology

years the ageless

generation how advances

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author alex zhavoronkov  
year published 2013 over  
the past 20 years the  
biomedical research  
community has been  
delivering hundreds of  
breakthroughs expected  
to extend human lifespan  
beyond

The Ageless Generation  
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How Advances in Biomedicine Will Transform the Global Economy. Over the past 20 years, the biomedical research community has been delivering hundreds of breakthroughs expected to extend human lifespan beyond thresholds imaginable today. However, much of this research has not yet been adopted into

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clinical practice, nor has  
it been widely publicized.

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economy 27 palgrave

macmillan over the past

50 years our way of life

has changed more than

in the previous ten

thousand years

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economy author alex  
zhavoronkov published  
on july 2013

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beyond thresholds  
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however much of this  
research has not yet been  
adopted into clinical

30+ The Ageless  
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Advances In  
Biomedicine ...

Dr Alex Zhavoronkov  
takes 100 drugs a day and  
regularly monitors his  
blood biochemistry and  
cell counts in pursuit of  
his goal. Zhavoronkov is  
the director of the  
Biogerontology Research  
Foundation...



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Over the past 20 years, the biomedical research community has been delivering hundreds of breakthroughs expected to extend human lifespan beyond thresholds imaginable today.

However, much of this research has not yet been adopted into clinical practice, nor has it been widely publicized.

Biomedicine will

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transform our society forever by allowing people to live longer and to continue working and contributing financially to the economy longer, rather than entering into retirement and draining the economy through pensions and senior healthcare. Old age will become a concept of the past, breakthroughs in regenerative medicine

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will continue, and an unprecedented boom to the global economy, with an influx of older able-bodied workers and consumers, will be a reality. A leading expert in aging research, author Alex Zhavoronkov provides a helicopter view on the progress science has already made, from repairing tissue damage to growing

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functional organs from a single cell, and illuminates the possibilities that the scientific and medical community will soon make into realities. The Ageless Generation is an engaging work that causes us to rethink our ideas of age and ability in the modern world.

“ A fascinating look at

*Page 36/79*

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how scientists are working to help doctors treat not just one disease at a time, but the aging process itself. ” —Dr.

Sanjay Gupta A startling chronicle by a brilliant young scientist takes us onto the frontiers of the science of aging, and reveals how close we are to an astonishing extension of our life spans and a vastly

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improved quality of life  
in our later years.

Aging--not cancer, not  
heart disease--is the true  
underlying cause of most  
human death and  
suffering. We accept as  
inevitable that as we  
advance in years our  
bodies and minds begin  
to deteriorate and that we  
are ever more likely to be  
felled by dementia or  
disease. But we never

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really ask--is aging necessary? Biologists, on the other hand, have been investigating that question for years. After all, there are tortoises and salamanders whose risk of dying is the same no matter how old they are. With the help of science, could humans find a way to become old without getting frail, a phenomenon known as

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"biological immortality"?

In *Ageless*, Andrew Steele, a computational biologist and science writer, takes us on a journey through the laboratories where scientists are studying every bodily system that declines with age--DNA, mitochondria, stem cells, our immune systems--and developing therapies to reverse the



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trend. With bell-clear writing and intellectual passion, Steele shines a spotlight on a little-known revolution already underway.

An assessment of recent advances in biomedical science evaluates their potential role in shaping the future of health care, retirement and the global economy, examining

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innovations in regenerative medicine that may significantly extend longevity and productivity, enable breakthroughs in organ replacement and more. 30,000 first printing.

**MUST WE AGE?** A long life in a healthy, vigorous, youthful body has always been one of humanity's greatest dreams. Recent

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progress in genetic manipulations and calorie-restricted diets in laboratory animals hold forth the promise that someday science will enable us to exert total control over our own biological aging. Nearly all scientists who study the biology of aging agree that we will someday be able to substantially slow down the aging process,

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extending our  
productive, youthful  
lives. Dr. Aubrey de Grey  
is perhaps the most  
bullish of all such  
researchers. As has been  
reported in media outlets  
ranging from 60 Minutes  
to The New York Times,  
Dr. de Grey believes that  
the key biomedical  
technology required to  
eliminate aging-derived  
debilitation and death

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entirely—technology that would not only slow but periodically reverse age-related physiological decay, leaving us biologically young into an indefinite future—is now within reach. In *Ending Aging*, Dr. de Grey and his research assistant Michael Rae describe the details of this biotechnology. They explain that the aging of

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the human body, just like the aging of man-made machines, results from an accumulation of various types of damage. As with man-made machines, this damage can periodically be repaired, leading to indefinite extension of the machine's fully functional lifetime, just as is routinely done with classic cars. We already

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know what types of damage accumulate in the human body, and we are moving rapidly toward the comprehensive development of technologies to remove that damage. By demystifying aging and its postponement for the nonspecialist reader, de Grey and Rae systematically dismantle

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## The Ageless

the fatalist presumption  
that aging will forever  
defeat the efforts of  
medical science.

## Will Transform

Can you really feel better  
as you get older? Is aging  
without illness possible?

Is your own internal  
fountain of youth waiting  
to be discovered? Yes,  
yes, and YES! says  
Suzanne Somers, the  
bestselling author of The



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Sexy Years. It can all be true when you take advantage of the science of antiaging medicine—a revolutionary approach to achieving the ageless life. Suzanne Somers has already introduced millions of women to bioidentical hormone replacement therapy and changed the way we look at menopause. Now, in *Ageless*, Suzanne

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introduces an inspiring, medically validated approach to reversing the aging process and maintaining a healthy, vibrant, mentally sharp, sexually active life—while building the body's natural defenses against age-related diseases.

Suzanne talks about: •

How antiaging medicine can help detox the body of harmful pollutants and

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chemicals and strengthen our weakest glands and organs • The dangers of perimenopause and how women can treat it • Why so many hysterectomies are unnecessary, how birth control pills may have contributed to the rise of hysterectomies, and how to restore your body to perfect hormonal balance after having one • How

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andropause is a real condition for men, and how men can lose weight, regain their youthful physiques, and restore health, energy, and sexuality, all through bioidentical HRT • The importance of sleep and the healing work that nature does during this time to balance hormones and increase energy In this

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“ antiaging bible, ” How

Suzanne brings together prominent, Western-trained antiaging doctors

to show how the

traditional medical approach is woefully

inadequate. Its standard

of care has been to treat

all symptoms with drugs,

but in Ageless you will

find out how this

approach does not make

us better. With antiaging

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medicine you can heal your body rather than keep a chronic condition at bay with drugs. Ageless shows you how to keep your “insides” young, and how this manifests on the outside.

Generation Ageless--an authoritative and eye-opening look at the past, present, and future of Baby Boomers Think

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Baby Boomers are all alike? Think again. This dynamic generation is nearing the traditional age of retirement, but is in no mood to slow down. Learn how to market, sell to, do business with, or just understand this remarkable generation, from Yankelovich, Inc., the organization that knows them better than

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anyone else. Yankelovich actually coined the term "Baby Boomer" back in the late 1960s, when they first started collecting data on this influential generation. Now, more than thirty years later, they have the most complete information on Boomers ever assembled. And they have put it all together in this groundbreaking look at



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America's largest and most powerful generation. In *Generation Ageless*, Yankelovich president J. Walker Smith, Ph. D., and senior partner Ann Clurman, Boomers themselves, dig deep into what makes this generation tick. With fresh, original data and a wide-ranging look at everything about

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Boomers, they dissect Boomers into six major segments--Straight Arrows, Due Diligents, Maximizers, Sideliners, Diss/Contenteds, and Re-Activists--to provide new insights into the world's most talked-about generation. The results show key imperatives invaluable to anyone selling a product, service, or idea to this 78-million

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strong group. Boomers are the dominant generation in America. Their values and aspirations set the tone for everyone. Advances in medicine and health mean that this youth-obsessed generation is now focused on an everlasting prime of life. They are literally middle age-less: holding onto their position at the top

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of the pyramid for as long as possible, and not fading away to their golden years. Today's fifty- and sixty-year-old Boomers are not eagerly anticipating lives of disengaged retirement. Instead, middle age-less Boomers expect another twenty or thirty years of impact and influence--albeit in a variety of ways reflective

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of a surfeit of agendas and ambitions they have yet to fulfill.

The booming increase of the senior population has become a social phenomenon and a challenge to our societies, and technological advances have undoubtedly contributed to improve the lives of elderly citizens in

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numerous aspects. In current debates on technology, however, the » human factor « is

often largely ignored.

The ageing individual is rather seen as a

malfunctioning machine whose deficiencies must

be diagnosed or as a set of limitations to be

overcome by means of technological devices.

This volume aims at

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focusing on the  
perspective of human  
beings deriving from the  
development and use of  
technology: this change  
of perspective - taking  
the human being and not  
technology first - may  
help us to become more  
sensitive to the  
ambivalences involved in  
the interaction between  
humans and technology,  
as well as to adapt

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technologies to the  
people that created the  
need for its existence,  
thus contributing to  
improve the quality of life  
of senior citizens.

A NEW YORK TIMES  
BESTSELLER “ Brilliant  
and enthralling. ”

—The Wall Street  
Journal A paradigm-  
shifting book from an  
acclaimed Harvard



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Medical School scientist and one of Time 's most influential people. It 's a seemingly undeniable truth that aging is inevitable. But what if everything we 've been taught to believe about aging is wrong? What if we could choose our lifespan? In this groundbreaking book, Dr. David Sinclair, leading world authority

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## The Ageless

on genetics and How  
longevity, reveals a bold  
new theory for why we  
age. As he writes:

“ Aging is a disease, and  
that disease is treatable. ”

This eye-opening and  
provocative work takes  
us to the frontlines of  
research that is pushing  
the boundaries on our  
perceived scientific  
limitations, revealing  
incredible

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breakthroughs—many from Dr. David Sinclair ' s own lab at Harvard—that demonstrate how we can slow down, or even reverse, aging. The key is activating newly discovered vitality genes, the descendants of an ancient genetic survival circuit that is both the cause of aging and the key to reversing it.

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Recent experiments in genetic reprogramming suggest that in the near future we may not just be able to feel younger, but actually become younger. Through a page-turning narrative, Dr. Sinclair invites you into the process of scientific discovery and reveals the emerging technologies and simple lifestyle changes—such as

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intermittent fasting, cold exposure, exercising with the right intensity, and eating less meat—that have been shown to help us live younger and healthier for longer. At once a roadmap for taking charge of our own health destiny and a bold new vision for the future of humankind, Lifespan will forever change the way we think about why

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we age and what we can do about it.

Advanced Style is Ari Seth Cohen's blog-based ode to the confidence, beauty, and fashion that can only be achieved through the experience of a life lived glamorously. It is a collection of street fashion unlike any seen before—focused on the

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over-60 set in the world's most stylish locales. The (mostly) ladies of Advanced Style are enjoying their later years with grace and panache, marching to the beat of their own drummer. These timeless images and words of wisdom provide fashion inspiration for all ages and prove that age is nothing but a state of

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mind. Ari Seth Cohen started his blog inspired by his own grandmother ' s unique personal style and his lifelong interest in the put-together fashion of vibrant seniors. Each of his subjects sparkles like a diamond after long years spent refining and perfecting their individual look and approach to life. The



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Advanced Style book will showcase, in luscious full-color, the best of the blog, but will also act as a true guidebook with all-new material featuring wardrobes, interviews, stories, and advice from a cadre of his most chic subjects, along with a large selection of never-before-seen photography—fresh off of sidewalk catwalks

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around the world! How

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This book collects and reviews, for the first time, a wide range of advances in the area of human aging biomarkers. This accumulated data allows researchers to assess the rate of aging processes in various organs and systems, and to individually monitor the effectiveness of therapies

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intended to slow aging.

In an introductory chapter, the editor defines biomarkers of aging as molecular, cellular and physiological parameters that demonstrate

reproducible changes - quantitative or qualitative - with age. The introduction recounts a study which aimed to create a universal model

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of biological age, whose most predictive parameters were albumin and alkaline phosphatase (indication liver function), glucose (metabolic syndrome), erythrocytes (respiratory function) and urea (renal function). The book goes on to describe DNA methylation, known as the “ epigenetic clock, ” as currently the most

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comprehensive predictor of total mortality. It is also useful for predicting mortality from cancer and cardiovascular diseases, and for analyzing the effects of lifestyle factors including diet, exercise, and education. Individual contributions draw additional insight from research on genetics and epigenetic aging markers,

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and immunosenescence and inflammaging markers. A concluding chapter outlines the challenge of integrating of biological and clinical markers of aging.

Biomarkers of Human

Aging is written for professionals and practitioners engaged in the study of aging, and will be useful to both advanced students and

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