

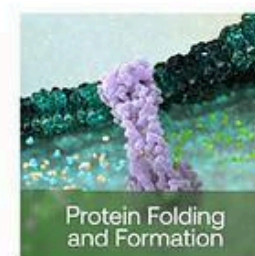
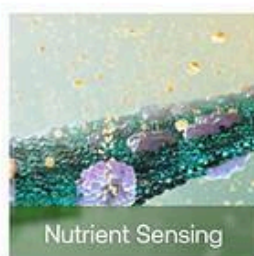
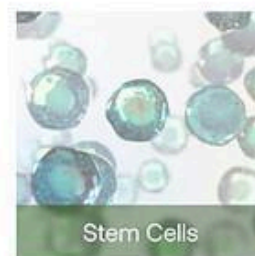
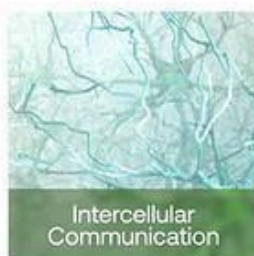
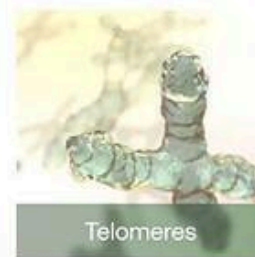
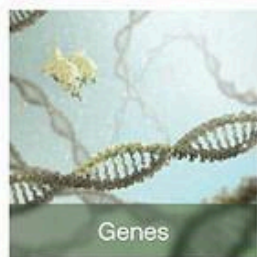
Advanced Anti-Aging Masterwork

This field works to combat the 12 Hallmarks of Aging in the most effective manner based on current research.

The 12 Hallmarks of Aging

Scientific research shows that the structure, function and processes within our cells undergo certain changes as listed below- these changes are considered 'Hallmarks of Aging', widely accepted by the scientific community.

<https://longevity.technology/hallmarks-of-aging/>



1. GENOMIC INSTABILITY

2. EPIGENETIC ALTERATIONS

3. TELOMERE ATTRITION
4. MITOCHONDRIAL DYSFUNCTION
5. ALTERED INTERCELLULAR COMMUNICATION
6. STEM CELL EXHAUSTION
7. CELLULAR SENESENCE
8. DEREGULATED NUTRIENT SENSING
9. LOSS OF PROTEOSTASIS
10. Disabled Macroautophagy
11. Chronic Inflammation
12. Dysbiosis

NAD⁺ and NMN

NAD⁺ (also known as Nicotinamide Adenine Dinucleotide) is a coenzyme that consists of adenine and nicotinamide. NAD⁺ is an amazing molecule present in every cell with the ability to repair cells and infuse them with new life and vitality while supporting energy metabolism as well as cell regeneration and function.

Nicotinamide adenine dinucleotide (NAD⁺) actually derives from a chemical called Nicotinamide Riboside (NR), which actually determines how fast we age as it also works in conjunction with other hormones to strengthen the mitochondria and improve the way your body creates and uses energy.

With age our bodies produce less NAD⁺ contributing to decline in overall vitality, with loss of collagen and elasticity that's supposed to keep our skin supple and wrinkle-free.

It's widely recognized that NMN is a potent precursor of NAD⁺. Though **NMN** is naturally found in small amounts in fruits and vegetables such as avocados, broccoli, cabbage, edamame, and cucumbers¹⁷.

In mammals most NMN is synthesized from **vitamin B3** in the form of nicotinamide. NMN activates NAD⁺.

This field boosts NMN to the highest levels possible and sends **vitamin B3** (as another NMN source) to the body so it can produce high amounts of **NMN for high NAD⁺ levels in the body**.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7963035/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7238909/>

Sirt 1 Activation

Sirtuins also known as the Guardians Of The Genome, are a family of genes that play a fundamental role in recovery and longevity living in general. They are called SIRT genes and there are 7 of them within our human cells. Out of the 7 sirtuins in the cell, three of them work in the **mitochondria**, three of them work in the **nucleus** and one of them works in the **cytoplasm** while each playing a variety of roles.

Sirtuins are essential proteins for the survival of all living organisms and are activated in response to threats or conditions of metabolic stress: cold, food shortages and imminent danger. In all these cases, sirtuins reduce the cell's reproduction activity to concentrate all resources on survival.

Known to slow down the aging processes, sirtuin activity is also fundamental for the maintenance of cardiac health as Sirtuins also maintain proper functioning of the circadian rhythm, also known as the sleep-wake cycle while reducing the risk of cancer, obesity, metabolic and neurodegenerative diseases. SIRT enzymes also turn off certain genes that promote aging, such as those involved in inflammation, fat synthesis and storage, and insulin resistance thus promoting longevity.

Sirtuins also play a key role in regulating cellular homeostasis and The enzymatic activity of SIRTs play an important factor in controlling gene expression, DNA repair, metabolism, oxidative stress response, mitochondrial function, and biogenesis.

SIRT-1 also known as the Master Metabolic Regulator, guards against oxidative stress while playing a role in increased insulin sensitivity and optimal liver function as it regulates many endocrine functions, protects from oxidative stress-related cellular events, promotes DNA stability, and decreases various age-related disorders while enhancing the functions of adipose tissue and the liver in several aspects such as glucose homeostasis and fat metabolism.

When activated and strengthened, SIRT1 Gene provides a plethora of neuroprotective effects and capabilities while being involved in many neuronal processes playing a big role against neurological disorders such as Alzheimer's, Parkinson's and Huntington's disease to name a few while acting as a preventative agent as well. **Sirt 1 NEEDS NAD+** to work.

Resveratrol activates the **sirt 1 gene**. The field uses resveratrol and oleic acid to **activate and boost** the **SIRT 1** gene.

Sirt 3 and 6 Activation

These genes are responsible for cell/mitochondria repair etc, they have been studied intensively and shown to help with longevity and de-aging. Sirt 6 This gene encodes a member of the sirtuin family of NAD-dependent enzymes that are implicated in cellular stress resistance, genomic stability, aging and energy homeostasis. The encoded protein is localized to the nucleus, exhibits ADP-ribosyl transferase and histone deacetylase activities, and plays a role in DNA repair, maintenance of telomeric chromatin, inflammation, lipid and glucose metabolism.

Sirt 3 SIRT3 encodes a member of the sirtuin family of class III histone deacetylases, homologs to the yeast Sir2 protein. The encoded protein is found exclusively in mitochondria, where it can eliminate reactive oxygen species, inhibit apoptosis, and prevent the formation of cancer cells. SIRT3 has far-reaching effects on nuclear gene expression, cancer, cardiovascular disease, neuroprotection, aging, and metabolic control.

These genes switch on to certain responses or chemicals. This induces that switch to be on, it will go back to normal functioning, but in this way it helps provide you with a control system.

This field causes major **SIRT 3 and 6** gene activation.

Epigenetic Reprogramming (Gene Therapy using 3 Yamanaka Factors)

Dr. David Sinclair explains how to rejuvenate cells. "Loss of Epigenetic Information Can Drive Aging, Restoration Can Reverse It. Study in mice implicates changes the way DNA is organized, regulated rather than changes to genetic code itself".

Sinclair therefore focused on another part of the genome, called the epigenome. Since all cells have the same DNA blueprint, the epigenome is what makes skin cells turn into skin cells and brain cells into brain cells. It does this by providing different instructions to different cells for which genes to turn on, and which to keep silent. Epigenetics is similar to the instructions dressmakers rely on from patterns to create shirts, pants, or jackets. The starting fabric is the same, but the pattern determines what shape and function the final article of clothing takes. With cells, the epigenetic instructions lead to cells with different physical structures and functions in a process called differentiation.

Sinclair and his team report that not only can they age mice on an accelerated timeline, but they can also reverse the effects of that aging and restore some of the biological signs of youthfulness to the animals. That reversibility makes a strong case for the fact that the main drivers of aging aren't mutations to the DNA, but miscues in the epigenetic instructions that somehow go awry. Sinclair has long proposed that aging is the result of losing critical instructions that cells need to continue functioning, in what he calls the Information Theory of Aging. "Underlying aging is information that is lost in cells, not just the accumulation of damage," he says. "That's a paradigm shift in how to think about aging. "

His latest results seem to support that theory. It's similar to the way software programs operate off hardware, but sometimes become corrupt and need a reboot, says Sinclair. "If the cause of aging was because a cell became full of mutations, then age reversal would not be possible," he says. "But by showing that we can reverse the aging process, that shows that the system is intact, that there is a backup copy and the software needs to be rebooted."

He and his team developed a way to reboot cells in mice. Causing them to 'restart' the backup copy of epigenetic instructions, essentially erasing the corrupted signals that put the cells on the path toward aging. They mimicked the effects of aging on the epigenome by introducing breaks in the DNA of young mice. (Outside of the lab, epigenetic changes can be driven by a number of things, including smoking, exposure to pollution and chemicals.) Once "aged" in this way, within a matter of weeks Sinclair saw that the mice began to show signs of older age—including grey fur, lower body weight despite unaltered diet, reduced activity, and increased frailty.

*The rebooting came in the form of a **gene therapy** involving **three genes (Oct4, Sox2, Klf4)** that instruct cells to reprogram themselves—in the case of the mice, the instructions guided the cells to restart the epigenetic changes that defined their identity as, for example, kidney and skin cells, two cell types that are prone to the effects of aging. These genes came from the suite of so-called Yamanaka stem cells factors—a set of four genes that Nobel scientist Shinya Yamanaka in 2006 discovered can turn back the clock on adult cells to their embryonic, stem cell state so they can start their development, or differentiation process, all over again. Sinclair didn't want to completely erase the cells' epigenetic history, just reboot it enough to reset the epigenetic instructions. Using **three of the four factors** turned back the clock about 57%, enough to make the mice youthful again.*

"We're not making stem cells, but turning back the clock so they can regain their identity," says Sinclair. "I've been really surprised by how universally it works. We haven't found a cell type yet that we can't age forward and backward."

There are four Yamanaka factors. **Oct4, Sox2, Klf4**, and **c-Myc (OSKM)** that are highly expressed in embryonic stem cells. Yuancheng Lu, a former student of Sinclair discovered that in age reversal experiments the **c-Myc (OSKM)** factor kept **killing the mice or causing them to get cancer, so he removed it** from the **gene therapy** and **used only** the following three factors **Oct4, Sox2, Klf4**.

This field uses **gene therapy** involving **ONLY** these **three genes Oct4, Sox2, Klf4** to instruct cells to reprogram themselves and restart or **RESET** the epigenetic changes to the whole body from head to toe by turning back the clock, so they can regain their identity without turning them back into induced pluripotent stem cells, dead, or cancerous cells.

DNA methylation is used to alter gene expression without changing the underlying DNA sequence.

Using morphic gene therapy (DNA methylation) with the three Yamanaka factors **above** to turn back the cells clock to about the maximum age of 20 years old of an individual. In other words - partial reprogramming **UNTIL** the age of 20 and stop right there, otherwise the body would become a giant STEM cell pool or a tumor. Once cells become 20 years old again, the process will automatically stop.

<https://www.techexplorist.com/reversing-glaucoma-damage-vision-loss/36511/>

<https://www.bio-itworld.com/news/2021/01/13/reversing-the-aging-clock-with-epigenetic-reprogramming>

<https://www.drkarafitzgerald.com/2020/08/01/understanding-genetics-of-aging-with-harvard-professor-dr-david-sinclair/>

Senescent Cell Removal

Cellular senescence is a state in which cells can no longer divide. In older people, the senescence cells (also called zombie cells) add to excess inflammation and even tumor formation. This field will induce apoptosis in those senescent cells.

<https://longevity.technology/news/removal-of-senescent-cells-to-extend-healthspan-lifespan/>

<https://longevity.technology/news/cellular-senescences-silver-lining/>

Autophagy Booster

Autophagy is the body's way of cleaning out damaged cells, in order to regenerate newer, healthier cells. Helping to clear your body of toxins and problematic cells (cancerous and precancerous growths, for example), Autophagy can also stop metabolic dysfunction that might otherwise cause obesity or diabetes. It acts as a quality control mechanism and turns out to be pivotal for counteracting the negative consequences of aging, sometimes called "cellular pruning".

PDK1 Gene Inhibitor

"Researchers constructed a molecular regulatory network model of cellular senescence. From ensemble analysis of network models, they identified 3-phosphoinositide-dependent protein kinase 1 (PDK1) as a promising target for inhibitors to convert the senescent state to the quiescent state. The researchers validated this prediction in experiments with human dermal fibroblasts, which showed that PDK1 inhibition eradicates senescence hallmarks by suppressing both nuclear factor κ B and mTOR signaling through the inactivation of a positive feedback loop composed of PDK1, AKT, IKBKB, and PTEN, resulting in restored skin regeneration capacity.

"Our research opens the door for a new generation that perceives aging as a reversible biological phenomenon," says Professor Kwang-Hyun Cho of the Department of Bio and Brain Engineering at the Korea Advanced Institute of Science and Technology (KAIST), who

led the research with colleagues from KAIST and Amorepacific Corporation in Korea. The scientists recommend investigations are next done in organs and organisms to determine the full effect of PDK1 inhibition. Since the gene that codes for PDK1 is overexpressed in some cancers, the scientists expect that inhibiting it will have both anti-aging and anti-cancer effects.

"The study showed the potential for reversing the aging process, which has been recognized as an irreversible phenomenon in life," Professor Cho said. "This research marked the beginning of a new era that can prevent diseases related to aging and prolong life span."

PDK1 plays essential roles in various cellular processes, and **complete inhibition could have detrimental effects**, so this field works to inhibit **PDK1 to a LIMIT** so that you will **not get any side effects** and **SAFELY experience its age reversing effects**.

<https://www.vulcanchem.com/news/inhibition-of-pdk1-can-reverse-cell-aging>

Epidermal Growth Factor

Epidermal Growth Factor is a protein that naturally occurs in human skin. "EGF stimulates cells in the skin called fibroblasts, which produce collagen and elastin to thicken and tighten skin,"

"The amount of EGF we're naturally born with decreases with age, which partly explains the thinning and loosening of the skin — because normal levels of EGF keep the skin thick, with plenty of collagen."

This field will send healthy amounts of **EGF** to **ONLY** the **face** area.

Note: Epigenetic programming and other things in this field will work on the rest of the body.

<https://www.thezoereport.com/p/this-epidermal-growth-factor-serum-is-pretty-much-the-fountain-of-youth-17912490>

Pluripotent Stem Cells

Pluripotent stem cells made from fat directed **ONLY** to the **face** area with the instructions to **reset** the age of the face back to 20 years old. Note: Epigenetic programming and other things in this field will work the rest of the body.

Plasma Light Therapy

Plasma is the next evolution in the healing technologies pioneered by Nikola Tesla, Royal Raymond Rife, George Lakhovsky and Antoine Priore.

It's a bioactive plasma field device, modeled after the famous PRIORE device which was successful against many diseases in France, particularly cancers and cysts. Theraphi devices create precise frequencies producing a "Bio-Active Field" which affects the body's cellular regenerative system, the actual "healing" system in the body. In this new revolutionary system, radio frequencies are used as a carrier wave for various frequency signatures. The robust solid-state emitters combined with a unique mixture of noble gasses produce an extraordinary bio-active implosion, negentropy life-giving plasma field.

The Theraphi's unique plasma generates longitudinal waves that can be used to send both information and energy and they can be imprinted with information patterns.



The actual plasma tube arrangement used for this 'time reverse / rejuvenation' conjugation is depicted with remarkable accuracy in the Egyptian stone carving.

By having two plasma tubes, positioned on the treatment table, and with opposite spin density directions, it produces a conjugate field that cascades into a focal point by utilizing nature's golden mean ratio 'Phi', creating implosive "Biologic Negentropy" environment.

Phase Conjugation is a wave phenomenon whereby certain conditions, geometries and magnetic arrangements etc., cause waves to strengthen each other as they come together by adding and multiplying (canceling any distortions).

This is produced by the Theraphi's unique plasma that creates 'charge collapse' – a centripetal force taking waves to the center of all cell metabolism.



This field will **mimic** Plasma Light Therapy technology **effectively and safely** for you.

<https://www.theraphi.net/static/>

Tesla Violet Ray

The legendary violet ray treatment to the cells of the whole body.

<https://www.youtube.com/watch?v=iafoQ4b5cjo/>

Mstate Gold

“Experts say 24K Monatomic Gold works with the pituitary gland to increase hormone production, reinvigorating the body. This means it’s great for the skin, hair, and other parts that can be ravaged by aging, as well as work to increase red blood cell production.”

<https://monatomic-orme.com/product/monoatomic-gold/>

Mstate Ruthenium

“An article published in Scientific American reported that a strand of DNA with two Ruthenium atoms at the end was 10,000 times more conductive. Just two atoms turned a short strand into a superconductor! A major pharmaceutical corporation found that it even corrects “malformed” DNA, which is DNA that is running the opposite of how the body needs it to function. It dismantled the short helix of this malformed DNA and rebuilt it correctly. It’s a really powerful atom!”

<https://monatomic-orme.com/product/monoatomic-ruthenium/>

Mstate Rhodium

“Rhodium is well-known as the companion element to Iridium, and it really does help that element work to maximize energy flow within the body. They work together to help your brain fire on all cylinders, and Rhodium and Iridium have been known to boost the performance of the circuitry and clarity of the mind. Increased mental strength, multitasking abilities, and dream recall await those who use these wonderful partners together!”

<https://monatomic-orme.com/product/monoatomic-rhodium/>

Mstate Iridium

“Alchemical research on Iridium isn’t as far along as other monatomic elements, but it has been known to be quickly absorbed into the body, working fast to bring about comfort and stability for the mind. It also acts as an antioxidant, bringing reputed anti-aging benefits to the mind and body. It’s the element to use when you need help with inner peace and calmness!”

<https://monatomic-orme.com/product/monoatomic-iridium/>

Mstate Platinum

“Users of Monatomic Platinum say that it has been very valuable to their mental function, and the trials speak to this conclusion. When select individuals agreed to test it, they reported that their minds were clearer and they moved to act on situations much quicker, all while keeping calm. Some feedback indicated that users were more focused, read quicker, and understood information much better. These anecdotal conclusions show that Platinum may be a very effective element for expanding mental function and capacity!”

<https://monatomic-orme.com/product/monoatomic-platinum/>

Mstate Indium

“The hallmark of Indium is its reputation as an anti-aging marvel, and this stems from the idea that it stimulates the creation and release of all kinds of hormones. The main one is the production of adenosine triphosphate (ATP), which fuels the muscles and prevents the creation of lactic acid that can weaken them. It’s no wonder it’s a favorite among users who like to be active!

Indium also works in conjunction with an important part of the body known as the endocrine system. External research has shown that it balances this collection of glands, helping them correct the problems that are caused by improper signaling. The endocrine system regulates metabolism, tissue function, nervous system function, and growth. This functional balance means many users report feeling mildly euphoric!

Indium has also been shown to increase the intake of nutrients, letting your body use the excess that would normally be flushed out the body. This increase has especially been seen with creatine, improving the uptake by up to 500%, so any bodybuilders using creatine while taking Indium should reduce their creatine consumption accordingly.”

<https://monatomic-orme.com/product/monoatomic-indium/>

This field will send the correct amount of all the monatomic metals above to the user.

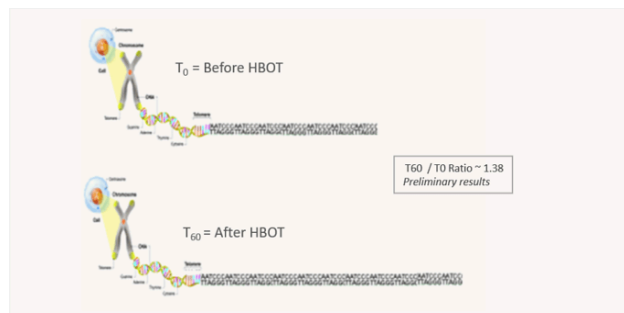
Hyperbaric Oxygen Treatment

Hyperbaric oxygen treatments can stop the aging of blood cells and even reverse the aging process in healthy aging adults, according to a recently published study from scientists at Tel Aviv University (TAU) and Shamir Medical Center.

The researchers found that a unique protocol of high-pressure oxygen treatments in a pressure chamber can reverse two major processes associated with aging: the shortening of telomeres (protective regions at both ends of every chromosome) and the accumulation of old, malfunctioning (senescent) cells.

The researchers exposed 35 healthy adults aged 64 or over to a series of 60 hyperbaric sessions over a period of 90 days. Each participant provided blood samples before, during and at the end of the treatments as well as a week or two after the series of treatments concluded.

They then analyzed immune cells in participants' blood and discovered a lengthening of up to 38 percent in the telomeres.



Telomeres before and after hyperbaric oxygen therapy. Image courtesy of Tel Aviv University

“Today, telomere shortening is considered the ‘Holy Grail’ of the biology of aging,” Efrati says.

“Researchers around the world are trying to develop pharmacological and environmental interventions that enable telomere elongation. Our HBOT protocol was able to achieve this, proving that the aging process can in fact be reversed at the basic cellular-molecular level.”

This field will **mimic** the hyperbaric oxygen treatment safely and effectively.

<https://www.wionews.com/science/israeli-scientists-go-backward-in-time-by-successfully-reversing-ageing-by-25-years-344816>

Biotin (Vitamin B7)

Biotin cleans the blood, but it needs oxygen to do it (the oxygen will come from the hyperbaric oxygen treatment part of this field). It is very important here to have the necessary biotin to clean the blood from all the de-aging that will be happening. This field will give the body the biotin it needs to constantly clean the blood.

“It is the research I was involved in at the University of Wisconsin forty years ago that prompts this insight. At that time, we had the ability to reverse 36 out of 38 basic parameters of aging in rats. We could and did take very elderly rodents, shoot them up with a chemical cocktail, and have them back, zipping around their cages and mazes like youngsters - and that was forty years ago, but two factors eluded us. The rats all eventually succumbed to toxemia of one kind or another. Their blood went bad. Two factors explain why ---- (1) unnatural exposure to un-modulated EM fields in the controlled laboratory conditions, lack of oxygen, leading to incomplete oxidation, and build up of waste products, and (2) lack of biotin, one of

the then-barely known or noted B Vitamins. Biotin cleans up the most dreadfully polluted water --or blood-- and does so in no time, if there is access to oxygen.”

<https://annavonreitz.com/allroadsleadtooxygen.pdf>

C60 -Fullerene (carbon 60)

It is an extremely powerful anti-inflammatory and anti-oxidant. This field will send morphic carbon 60 to the whole body at the right dose. The field directs the energetic signature of **C60** to the body at optimal levels.

<https://www.forbes.com/sites/rebeccasuhrawardi/2021/04/30/this-nobel-prize-winning-molecule-could-be-the-best-thing-for-anti-aging/?sh=764ae8186ada>

Induced MOTS C 25 mg

Is a mitochondrial-derived peptide composed of 16 amino acids encoded by the 12S rRNA region of the mitochondrial genome. MOTS-c has been shown to improve glucose metabolism in skeletal muscle, which indicates its benefits for diseases such as diabetes, obesity, and aging.

This field will send **MOTS C** to the body at healthy levels.

AMPK Activation

AMPK is an energy sensor that, when activated in certain tissues, has many beneficial effects on our bodies. It stimulates the metabolism, improves insulin sensitivity, decreases inflammation, and improves muscle performance. AMPK is also involved in several longevity pathways and may promote healthy aging. This field will activate **AMPK** in abundant levels. Resveratrol, quercetin and curcumin all activate AMPK.

BPC 157

Is considered to be a cutting-edge treatment for anti-aging, and it has a variety of benefits that few other treatments can compare with. For example, this substance is very useful in the realm of cellular repair, especially when repairing tendons and injuries in the body. Studies have shown that BPC-157 supports the healing of various tissues, including muscles, tendons, joints, nerves, the intestinal tract, the stomach, and skin.

BPC-157 is a remarkable peptide that helps alleviate joint pain, improve joint mobility while accelerating recovery from injuries. It also increases vascular flow to the tendons and ligaments to promote healing. It supports faster recovery from skin burns while increasing blood flow to damaged tissues. Since BPC-157 increases the production of collagen, you may see fewer wrinkles and brighter, more youthful-looking skin. This is why it's become a popular restorative treatment in recent years.

BPC 157 is also believed to help with the regeneration of organs such as the liver. BPC 157 can reduce pain and inflammation, allowing you to push harder while protecting you from any potential damage to your body. BPC-157 helps reduce inflammation in the joints and other areas of the body, allowing you to move more freely and without pain.

Taking BPC 157 regularly can help improve muscle strength, endurance, and power output over time, making it a great choice for those looking to take their performance to the next level. Studies have also shown that taking BPC 157 regularly can enhance brain function, which could be beneficial for those looking to improve their focus and concentration. It resolves neuronal damage and prevents memory, locomotor and coordination deficits. Furthermore it also plays a positive role in modulating serotonergic and dopaminergic systems.

BPC 157 has been shown to be successful in the therapy of GI tract, periodontitis, liver and pancreas lesions, and in the healing of various tissues and wounds. Taking BPC 157 regularly can also help boost your immune system functioning, making it easier for you to fight off illnesses and stay healthy all year round. As you can see BPC-157 is an exceptional compound for all-round healing, recovery and rejuvenation of the body and brain.

The field directs the energetic signature of **BPC-157** to the body at optimally high levels.

5 Amino 1MQ 100 mg

5 Amino 1MQ is actually a tiny molecule that disrupts the function of the enzyme called NNMT. NNMT stands for nicotinamide N-methyltransferase. NNMT is actually an enzyme that acts to slow down fat cell metabolism. It increases **NAD+** levels in the body. You already know how amazing **NAD+** can be to your overall health and anti-aging power. Besides increasing the **NAD+** levels in your body, this also activates the **SIRT1** gene which is also known as the "longevity gene" as explained earlier that slows down aging.

This field will send **5 Amino 1MQ** to the body at healthy levels.

<https://www.genemedics.com/5-amino-1mq>

GPLD1 Booster

Groundbreaking new analysis by scientists on the University of California, San Francisco (UCSF) zeroes in on an exercise-induced protein referred to as "GPLD1" that's produced within the liver and enters the bloodstream after cardio exercises; this single protein seems to have exceptional brain-boosting advantages. As the authors clarify: "Reversing brain aging may be possible through systemic interventions such as exercise. We found that administration of circulating blood factors [GPLD1] in plasma from exercised aged mice

transferred the effects of exercise on adult neurogenesis and cognition to sedentary aged mice.”

In this research, a cohort of older, sedentary “couch potato mice” who got a transfusion of GPLD1 shortly grew new “adult-born neurons” within the hippocampus and skilled the cognitive advantages of exercise with out exercising. These findings (Horowitz et al., 2020) have been revealed on July 10 within the journal Science.

Klotho Gene Booster

All living organisms age and die. In ancient Greek mythology the Moirai or Three Fates, Klotho (or Clotho), Lechesis and Atropos, were the daughters of Zeus and Themis and determined the duration of life. It was believed that Klotho spins the thread of life, Lechesis determines its length and Atropos cuts it. The klotho gene (symbol, kl) is named after the Moirai who spins the thread of life.

Klotho is an anti-aging single-pass membrane protein predominantly produced in the kidney, with shedding of the amino-terminal extracellular domain into the systemic circulation. Circulating levels of soluble Klotho decrease with age.

It has been noted that mice with overexpression of Klotho have had an extended and healthier life span, on the opposite side, mice deficient in Klotho experienced a speeded up aging process. **This field will boost the expression of the KLOTHO gene.**

PTEN Gene Booster

PTEN, has been shown to be an effective suppressor of cancer and a contributor to longevity. This report will review, in depth, the associations between PTEN and other molecules, its mutations and regulations in order to present how PTEN can be used to increase longevity.

This field will boost the expression of the PTEN gene.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3836169/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5423463/>

CISD2 Gene Booster

CISD2 is one of the few pro-longevity genes identified in mammals. Genetic evidence from loss-of-function (knockout mice) and gain-of-function (transgenic mice) studies have demonstrated that CISD2 is essential to lifespan control. **This field will boost the expression of the CISD2 gene.**

<https://www.mdpi.com/1422-0067/23/22/14014>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8583758/>

Cryotherapy

Cryotherapy has anti-aging benefits. This field will mimic cryotherapy, but without the side effects of freezing temperatures.

<https://longevitylive.com/miscellaneous/anti-aging-benefits-whole-body-cryotherapy/>

<https://cryomed.pro/faq/solutions/cryotherapy-for-aging-prevention/>

Alpha-Ketoglutarate Booster

Alpha-ketoglutarate is a key metabolite in the tricarboxylic acid (TCA) cycle, and its levels change upon fasting, exercise, and aging. This field will boost Alpha-ketoglutarate throughout the body.

<https://www.sciencedirect.com/science/article/pii/S1550413120304174>

<https://www.sciencedirect.com/science/article/pii/S1550413120304228>

Resveratrol and Oleic Acid

Both activate the very important sirt 1 gene for you. Resveratrol also activates AMPK.