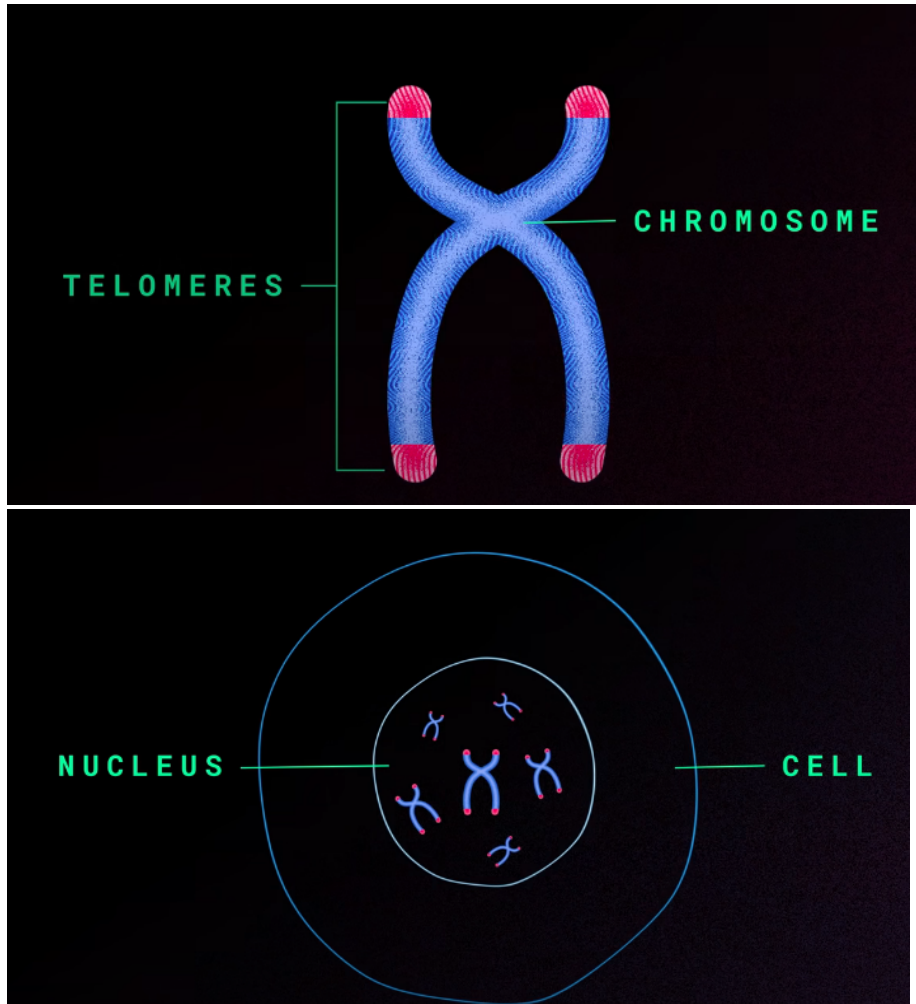


Reversing Aging

While the world wrestles with the coronavirus and climate change, there's another challenge facing humanity: aging. As we live longer lives, more of our final years are marked by poor health, which means increased suffering and higher healthcare bills. But some scientists believe we might be able to solve this problem, and make later life more enjoyable.

https://www.youtube.com/watch?v=a5_JgBRi6UU

As we get older, the telomeres, the protective caps of chromosomes, get shorter until they no longer protect the chromosome and that is when cells begin to die.



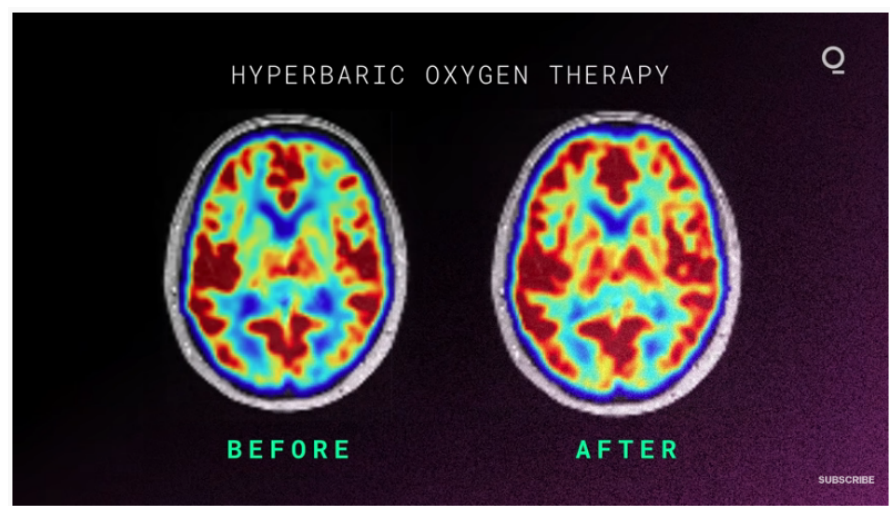
Barometric Oxygen Therapy

The most powerful trigger in our body that can stimulate stem cells is **Hypoxia** (lack of oxygen). When there is a lack of oxygen, it serves as a signal to the body that there was hypoxia and now there is a problem. Let's start to replicate. Unfortunately, triggering hypoxia is unhealthy.

It was discovered that the body would respond the same way as experiencing hypoxia if we had a sudden change in oxygen levels (a fluctuation), bringing the oxygen level up and back down. Bringing the level from high to low is being interpreted by the body as hypoxia.

Increasing pressure allows more oxygen to enter lungs. If we increase pressure and then decrease pressure to normal levels, it was discovered to trigger the same response as hypoxia which triggers your body to create/replicate stem cells.

Cerebral Blood Flow increases during hyperbaric oxygen therapy.



We can enhance our own innate defences against disease by:

- don't smoke
- eat less often, skip a meal
- become exhausted from running (become hypoxic)
- lifting weights
- eating the right foods - olive oil, wine, organic food, stressed food, less or no meat.

You can increase your NAD(??) levels by

- eating less often
- fasting

If there is one thing you can do in mid life that can increase your NAD levels it would be fasting.

It is no so much about what you eat or how much you eat, it is more about **when you eat**. Don't always give in to those hunger pains. There are some bodily processes that only function when you are hungry (**Autophagy**). Autophagy is the body's way of cleaning out damaged cells, in order to regenerate newer, healthier cells.

Conclusions

In the short term, we should look at changing our lifestyle until a time when we can reverse aging with treatment.

References

Reference	URL
Meet The Scientists Trying to Reverse Aging	https://www.youtube.com/watch?v=a5_JgBRl6UU
A Cure for Ageing?: David Sinclair at TEDxSydney	https://www.youtube.com/watch?v=vCCdmGKtxPA