

Longevity Health Sciences The Phoenix Conference 1st Edition

[#longevity health sciences](#) [#phoenix conference](#) [#aging research](#) [#medical innovation](#) [#healthcare summit](#)

The inaugural Longevity Health Sciences conference in Phoenix brings together leading experts to discuss cutting-edge research and advancements in health and aging. This first edition event aims to foster collaboration and share insights into extending healthy lifespans.

We provide downloadable materials suitable for both online and offline study.

We appreciate your visit to our website.

The document Longevity Health Phoenix is available for download right away.

There are no fees, as we want to share it freely.

Authenticity is our top priority.

Every document is reviewed to ensure it is original.

This guarantees that you receive trusted resources.

We hope this document supports your work or study.

We look forward to welcoming you back again.

Thank you for using our service.

This document is one of the most sought-after resources in digital libraries across the internet.

You are fortunate to have found it here.

We provide you with the full version of Longevity Health Phoenix completely free of charge.

Longevity Health Sciences The Phoenix Conference 1st Edition

Longevity Science Singapore Conference & Opening of NUHS Centre for Healthy Longevity | AM Session - Longevity Science Singapore Conference & Opening of NUHS Centre for Healthy Longevity | AM Session by NUS Medicine 5,760 views 1 year ago 3 hours, 37 minutes - The NUHS Centre for **Healthy Longevity**, commemorated the opening of the centre with the inaugural **Longevity Science**, ...

Longevity Science Singapore Conference & Opening of NUHS Centre for Healthy Longevity | PM Session - Longevity Science Singapore Conference & Opening of NUHS Centre for Healthy Longevity | PM Session by NUS Medicine 6,842 views 1 year ago 3 hours, 19 minutes - The NUHS Centre for **Healthy Longevity**, commemorated the opening of the centre with the inaugural **Longevity Science**, ...

Health Matters 2023: Food as Medicine - Eat Well for Longevity and Health - Health Matters 2023: Food as Medicine - Eat Well for Longevity and Health by Stanford Medicine 36,208 views 9 months ago 52 minutes - How do your food choices affect your **health**, and **longevity**? Learn how the diversity of your gut microbiome directly impacts your ...

Middle Eastern Vegetable Salad

Mediterranean Roasted Vegetables

Hummus Sauerkraut Salad

Brian Kennedy - Health, Ageing and Longevity Conference Apr 2022 - Brian Kennedy - Health, Ageing and Longevity Conference Apr 2022 by Longevity Dividend 340 views 1 year ago 10 minutes, 11 seconds - Brian Kennedy talks about how the **science**, of ageing has changed and how recent tests on biomarkers are showing wonderful ...

... EVENTS **Health**,, Ageing and **Longevity Conference**, ...

What are the latest changes in the ageing research scene?

Can you introduce us to the new science of ageing?

How does your team conduct ageing research?

What are your predictions for longer lives over the next ten years?
What challenges have you faced with clinical studies?
How can different fields work together on ageing and longevity?
How does the Singapore Health District Project fit within your agenda?
Dr. Peter Attia — The Science and Art of Longevity - Dr. Peter Attia — The Science and Art of Longevity by Tim Ferriss 329,958 views 1 year ago 2 hours, 16 minutes - Peter Attia, MD (@PeterAttiaMD), is the founder of Early **Medical**, a **medical**, practice that applies the principles of Medicine 3.0 to ...
Start
How and why Peter's muscle mass has increased significantly.
Why the long wait for Outlive: The Science and Art of Longevity?
Objective, strategy, and tactics.
From Medicine 1.0 to Medicine 3.0.
Randomized control trial results: guidelines, not gospel.
Revisiting why and how one should increase their medical literacy.
Avoiding scientific method misconceptions.
Austin Bradford Hill.
Observational study versus randomized control trial.
Are sleep trackers downgrading the quality of our sleep?
Under what conditions does Peter feel alcohol might be worth its downsides?
Continuous glucose monitors (CGMs).
Underutilized metrics and tools for expanding health and lifespan.
Strength.
Rucking around and finding out about VO2 max.
Finding the zone two sweet spot.
How skinning and rucking have upped my endurance.
Rucking vs. weighted vests.
Are neurodegenerative diseases preventable?
Helping your doctor understand and embrace Medicine 3.0.
How much is an ounce of prevention worth to you?
Early cancer screening.
Outlive chapters.
The chapter on emotional health that almost didn't make the book.
Peter's 47 affirmations.
Parting thoughts.
Young Forever: The Emerging Science of Longevity with Dr. Mark Hyman at Summit Palm Desert - Young Forever: The Emerging Science of Longevity with Dr. Mark Hyman at Summit Palm Desert by Summit 154,009 views 1 year ago 51 minutes - Dr. Mark Hyman reimagines aging and explains how the hallmarks of aging underlie all age-related diseases. Through **science**, ...
A Longevity Masterclass: Emerging Science & Timeless Wisdom of Healthy Aging | Rich Roll Podcast - A Longevity Masterclass: Emerging Science & Timeless Wisdom of Healthy Aging | Rich Roll Podcast by Rich Roll 333,286 views 1 year ago 1 hour, 35 minutes - 00:00:00 - Opener 00:00:59 - Introduction 00:02:51 - Dan Buettner 00:11:12 - David Sinclair 00:20:02 - Dr. Alan Goldhamer ...
Opener
Introduction
Dan Buettner
David Sinclair
Dr. Alan Goldhamer
AD Break
Dr. Matthew Walker
Dr. Valter Longo
Sergei Young
Peter Diamandis
Dr. Rangan Chatterjee
Chip Conley
Mike Fremont
Outro
239 The science of strength, muscle, and training for longevity | Andy Galpin, Ph.D. (PART I) - 239 The science of strength, muscle, and training for longevity | Andy Galpin, Ph.D. (PART I) by Peter

Attia MD 1,065,705 views 1 year ago 2 hours, 55 minutes - Andy Galpin is a Professor of Kinesiology at California State University at Fullerton, where he studies muscle adaptation and ...

Intro

Andy's path to expertise in exercise

Contrasting strength, power, and force production and how they inform us about training for longevity

Muscle energetics: Fuels that provide energy to muscles, and the importance of protein

The structure and microanatomy of muscle, muscle fibers, and more

Energy demands of skeletal muscle compared to other tissues in the body

How a muscle contraction works and why it requires ATP

Muscle fibers: modulation between fiber types with movement and changes in fibers with training and aging

Andy's study of twins demonstrating the difference in muscle fibers between a trained and untrained individual

Microanatomy of fast-twitch and slow-twitch muscle fibers

Factors that determine one's makeup of muscle fibers and how adaptable they are with training

Hypertrophy and what happens at the cellular level when a muscle grows

How athletes quickly cut water weight and the rehydration process

Different types of athletes

Training advice for a hypothetical client who's untrained and wants to add muscle and functional strength for longevity

Changes in muscle and muscular function that occur with aging

Training plan for the hypothetical client

What drives muscle hypertrophy?

How to properly incorporate isometric exercises into a workout

Additional training tips: movement patterns, how to finish a workout, and more

Ways to incorporate high heart rate exercise into a workout plan

Global Aging and Longevity Science | Colin Farrelly | TEDxQueensU - Global Aging and Longevity

Science | Colin Farrelly | TEDxQueensU by TEDx Talks 14,351 views 4 years ago 16 minutes - By 2050 there will be over 2 billion persons over the age of 60. Colin Farrelly is a political philosopher who has published 2 books ...

Introduction

The Success Story

How do we do it

Biological Warranty Period

Naked Mole Rat

Centenarians

Carmen Dell'Orefice: I'm 91 but I look 59. My Secrets of Health, Sex and Longevity. Anti aging Foods

- Carmen Dell'Orefice: I'm 91 but I look 59. My Secrets of Health, Sex and Longevity. Anti aging

Foods by Healthy Long Life 4,101,321 views 11 months ago 10 minutes, 11 seconds - Meet Carmen

Dell'Orefice, the world's oldest model, who exudes a timeless grace that has captivated the fashion world for over ...

Start

Carmen Dell'Orefice Skincare Routine

Carmen Dell'Orefice Diet Routine

Carmen Dell'Orefice Daily Exercise Routine

Carmen Dell'Orefice Breathing Exercise

Carmen Dell'Orefice view on good love life

Top 3 Supplements All Longevity Experts Are Taking Every Day! 2024 Update - Top 3 Supplements

All Longevity Experts Are Taking Every Day! 2024 Update by Wellness Messiah with Rimon 508,761 views 6 months ago 20 minutes - This video will show you three supplements everyone needs to take and why. Not just for **longevity**,... but for **health**,. This will ...

Intro

Omega3 Marine

Will You Live Longer

Magnesium

Vitamin D

Vitamin D3 and K2

Micro Mineral Complex

Subscribe

I EAT Top 3 Vitamins to CONQUER AGING! 100 yo Harvard Doctor John Scharffenberg - I EAT Top 3 Vitamins to CONQUER AGING! 100 yo Harvard Doctor John Scharffenberg by Healthy Long Life 2,460,499 views 6 months ago 9 minutes, 36 seconds - Timestamps 0:00 Start 0:17 Who is Dr John Scharffenberg? 0:47 Dr John Scharffenberg's Exercise 1:48 What Dr John ...

Start

Who is Dr John Scharffenberg?

Dr John Scharffenberg's Exercise

What Dr John Scharffenberg eats

5 Foods that Adventists eat for longevity

Dr John Scharffenberg's main source of protein

Top Fruit Dr John Scharffenberg LOVES to eat

No 1 Vitamin that Dr John Scharffenberg takes naturally

No 2 Vitamin that Dr John takes

No 3 Vitamin that Dr John takes

Secrets of Longevity - Dr.John Scharffenberg - Secrets of Longevity - Dr.John Scharffenberg by Weimar Church Media 28,263 views Streamed 11 months ago 1 hour, 29 minutes - Dr John Scharffenberg, a 100 year old scholar presents his secrets to **longevity**,.

Intro

Spirit of Prophecy

Health Behaviors

Exercise

Nutrition Guidelines

Fatty Acids

Omegas

Statins

HDL

LDL

Triglyceride

Carbohydrates

Lipids

Diabetes

Nutrition

Cholesterol

Excess exercise

How to REVERSE Diabetes & Hypertension with 100 Year Old Dr. John Scharffenberg & Doug Batchelor - How to REVERSE Diabetes & Hypertension with 100 Year Old Dr. John Scharffenberg & Doug Batchelor by Doug Batchelor 565,245 views 8 months ago 25 minutes - How to REVERSE Diabetes & Hypertension with 100 Year Old Dr. John Scharffenberg & Doug Batchelor (Part 2)

Stop eating between meals.

Exercise.

Vegetarian Diet.

LONGEVITY: The Science of Aging and How to Turn On Your Longevity Genes to Live Longer - LONGEVITY: The Science of Aging and How to Turn On Your Longevity Genes to Live Longer by Rajsree Nambudripad, MD 330,908 views 1 year ago 33 minutes - Dr. Rajsree Nambudripad, MD is board-certified in Internal Medicine and founder of OC Integrative Medicine in Fullerton, ...

Introduction

Lifespan vs. Healthspan

Outward Signs of Aging

Proactive and Preventative Approach to Health and Longevity

Key Lab Biomarkers

Chronological Age vs. Biological Age

Supercentenarians

Factor Influencing Longevity

Hallmarks of Aging

Epigenetic Clock

Sirtuins, AMPK, and mTOR

Autophagy

Time Restricted Eating

Gut Microbiome and Longevity

Inflammation and Longevity

Inflammaging

Sugar and Advanced Glycation Endproducts

David Sinclair, PhD and Information Theory of Aging

Yamanaka Genes (Fountain of Youth Genes)

The Future: Gene Therapy and Senolytics

Blue Zones

Diet: Key Principles

Intermittent Fasting

Exercise

Hormesis

Supplements to Improve Your Healthspan

Berberine for Insulin Resistance

Sleep

Minimize Exposure to Toxins

Relationships with People

Case Example: Mike

Key Points

The BEST NUTRITION DEBATE Of All Time? - The BEST NUTRITION DEBATE Of All Time? by PLANT BASED NEWS 219,006 views 4 years ago 15 minutes - This sizzling plant-based nutrition debate created so much controversy YouTube took it down. But with this exclusive re-upload ...

Dr. John Scharffenberg (Age 100) They Don't Want You To Know This | "MY FINAL WARNING TO YOU!!" - Dr. John Scharffenberg (Age 100) They Don't Want You To Know This | "MY FINAL WARNING TO YOU!!" by Healthy Ever After 151,774 views 7 months ago 11 minutes, 29 seconds - In this enlightening video, "Dr. John Scharffenberg (Age 100) They Don't Want You To Know This... MY FINAL WARNING TO YOU ...

Intro

Dr John Scharffenberg

Diet

Exercise

Walking

Long Term Goals

Optimal Health

Longevity

The 3 DAILY SUPPLEMENTS You Need To Look Younger & LIVE LONGER! | Dr. Mark Hyman - The 3 DAILY SUPPLEMENTS You Need To Look Younger & LIVE LONGER! | Dr. Mark Hyman by Dhru Purohit 97,234 views 1 year ago 1 hour, 16 minutes - Our food supply is dramatically less nutrient-rich than it has ever been, and it's taking a toll on our **health**,. A shocking 99 percent of ...

Why Do We Need Supplements

Fish Oil

Essential Fatty Acids

Vitamin D

Vitamin K2

How Does Conventional Medicine View Supplements

Prenatal Vitamin

Hallmarks of Aging

Nad

Nad Is a Sirtuin Activator

Resveratrol

Mitochondrial Nutrients

Melatonin

Your Biological Clock

Liquid Biopsy

Dietary Restriction

When Is the Right Time To Take Supplements

Metformin for Longevity

Any Supplements That Can Help with Lowering Cholesterol Specifically the Small Particle Ldl

250 Training principles for longevity | Andy Galpin, Ph.D. (PART II) - 250 Training principles for longevity | Andy Galpin, Ph.D. (PART II) by Peter Attia MD 1,049,835 views 11 months ago 3 hours,

10 minutes - Andy Galpin is a Professor of Kinesiology at California State University at Fullerton, where he studies muscle adaptation and ...

Intro

Review of the function and organization of skeletal muscle

Review of muscle fiber types

Hypertrophy: changes in muscle fibers and the underlying mechanisms that make a muscle grow

Defining sarcoplasmic hypertrophy and how it relates to the number of reps in a set

Training for maximum strength: what we can learn from powerlifters and a hypothetical training plan

Ideal reps, volume, and load for the powerlifter

What should powerlifters do on their off days?

Are there consequences of powerlifting on long-term health?

Defining Olympic weightlifting: a test of power

Training principles of Olympic weightlifting

Tracking power output when training

Frequency of training for Olympic weightlifting

How post-activation potentiation (and the opposite) can improve power training and speed training

The Strongman competition: more breadth of movement, strength, and stamina

Training principles of Strongmen and advice for someone new to the Strongman competition

CrossFit: a combination of weightlifting movements, endurance, and circuit training

Learning from elite athletes, heart rate recovery, V02 max, and other metrics

Optimizing towards being a well-rounded athlete as opposed to a specialist

What we can learn from the sprinters about speed, acceleration, peak velocity, and technique

A training plan for the "centenarian athlete"

Debunking some training and exercise myths

Launch of the Healthy Longevity Global Grand Challenge - Launch of the Healthy Longevity Global

Grand Challenge by National Academy of Medicine 304 views 4 years ago 47 minutes - NAM

President Dr. Victor Dzau launches the NAM's **Healthy Longevity**, Global Grand Challenge in a reception following the 2019 ...

Achieving Healthy Longevity: NAM Grand Challenge

Two Components of the Challenge

Accelerator Awards: Partners to Date

A Vision for Healthy Longevity

Health & Ageing Conference 2021 (Day 2, Friday) - Health & Ageing Conference 2021 (Day 2, Friday)

by TheGenevaAssociation 116 views Streamed 2 years ago 3 hours, 7 minutes - Day 2 sessions at

the 2021 Geneva Association **Health, & Ageing Conference**, (#HealthAgeingConf21) will explore how life ...

Session 6: The 'so what' for life and health insurers?. GMT) with Jonathon Broomberg, Somesh Chandra, Catherine Foot, Hidehiko Sogano, Margaret-Mary Wilson, Adrita Bhattacharya-Craven

Keynote speech. GMT) with Andy Briggs, CEO of Phoenix Group

Session 7: The role of data – The good, the bad and the ugly. GMT) with Nigel Acheson, Stacy Borans, Alessa Quane, Timothy Shakesby, Leena Johns

99 Year Old Physician Reveals the Secret to Health and Longevity with Dr. John Scharffenberg -

99 Year Old Physician Reveals the Secret to Health and Longevity with Dr. John Scharffenberg by

CHEF AJ 636,942 views Streamed 1 year ago 1 hour, 27 minutes - Disclaimer: This podcast does not provide **medical**, advice. The content of this podcast is provided for informational or educational ...

Intro

Scharffenbergs

Sharpen Burger

Proper Time

Vegetarian Diet

Vegan Diet

Milk Allergies

Fat

DHA EPA

Longevity

Statin Drugs

Lifestyle

Saturated fat

Flaxseed

Iodine

Toilet

Prevention

Sugar

Lunch

Champion juicer

Best foods for cancer

Foods lowering cancer risk

Drinking water

Exercise

Tennis Court

Loma Linda

Lily Louis Vuitton

The 3 Daily Supplements Everyone Should Be Taking For Longevity | Mark Hyman - The 3 Daily Supplements Everyone Should Be Taking For Longevity | Mark Hyman by Mark Hyman, MD 1,976,882 views 1 year ago 1 hour, 18 minutes - Revolutionize your **health**, with your smartphone and the Levels device. Sign up for Levels today at: levels.link/markhyman Get my ...

Intro

Why do we need supplements

What are enzymes

Origins of vitamins

Vitamin studies

Supplemental supplements

Supplements and conventional medicine

Longevity and supplements

Resveratrol

Best Vitamin for Brain Health

Biomarkers

Glucose Tolerance Test

Takeaways

The Essential Nutrients for Healthy Aging - The Essential Nutrients for Healthy Aging by University of Arizona Health Sciences 266 views 6 months ago 1 hour, 2 minutes - A **healthy**, diet is an important part of **healthy**, aging. Audience members will learn more about how nutrition protects **health**,, ...

Valter Longo, PhD | Fasting for Metabolic Health & Longevity | The Metabolic Link Ep.6 - Valter Longo, PhD | Fasting for Metabolic Health & Longevity | The Metabolic Link Ep.6 by Metabolic Health Summit 25,374 views 1 year ago 1 hour, 1 minute - On this week's episode of The Metabolic Link, we're sitting down with world-renowned Fasting and **Longevity**, Researcher, Valter ...

2023 Healthy Longevity Global Innovator Summit | Spotlight Session 1 - 2023 Healthy Longevity Global Innovator Summit | Spotlight Session 1 by National Academy of Medicine 64 views 5 months ago 14 minutes, 3 seconds - The National Academy of Medicine (NAM) held the third annual virtual **Healthy Longevity**, Global Innovator Summit on September ...

Can We Live 200 Years? The Science of Aging & Longevity | #555555 Can We Live 200 Years? The Science of Aging & Longevity | #555555 109,278 views 2 years ago 33 minutes - The panel of anti-aging and **longevity**, experts discussed major aging breakthroughs, the disease of aging and tips to live longer.

Murdock Mind, Body, Spirit Series: The Future of Personalized Health and Longevity - Murdock Mind, Body, Spirit Series: The Future of Personalized Health and Longevity by The Aspen Institute 1,520 views 4 years ago 1 hour, 7 minutes - Featuring Dr. Mark Hyman, director of the Cleveland Clinic Center for Functional Medicine. Hyman will discuss the new landscape ...

Introduction

A radical transformation

A paradigm shift

What are diseases

Environmental toxins

The future of medicine

Network medicine

New GPS

Isabelle

The Ultra Mind Solution

Food
Janice
Neuroplasticity
Early Dementia
Functional Medicine
The Love Diet
The Daniel Plan
Daniel and his wife
What to eat
Best diet for humans
Vegan vs paleo
Principles of eating
Regenerative agriculture
What we should be eating
Questions
Day 1: Launch of the Global Roadmap for Healthy Longevity - Day 1: Launch of the Global Roadmap for Healthy Longevity by National Academy of Medicine 296 views 4 years ago 28 minutes - Welcome Victor Dzau, NAM President Debra Whitman, AARP EVP and Chief Public Policy Officer Introductory Remarks - The ...
Why Are We Doing this Today
Social Determinants of Health
Dr Linda Freed
John Wong
Decade of Healthy Aging
What You Think Is the Best Possible Way this Initiative Can Impact How Society Perceives and Addresses the World's Increasing Longevity
Theoretical Approach of Longevity - Theoretical Approach of Longevity by UCTVSeminars 2,830 views 12 years ago 1 hour, 4 minutes - Keynote lecture at the Gerontological Society of America **meeting**, as Foundation IPSEN 2011 **Longevity**, Prize by one of the ...
Thomas Kirkwood
Life - a Sexually Transmitted Condition with an Invariably Fatal Outcome
Sex and Death - The Gloomy Legacy of Aristotle
Cellular Stability and Instability
The Three-Fold Secrets of Germ-Line Immortality
EVOLUTION OF LONGEVITY
Mechanistic Implications of Disposable Soma Theory
THE CENTRAL ROLE OF METABOLISM - RESOURCE ALLOCATION AND FITNESS
Stochastic (non-genetic, non-environmental) Variation in Nematode Aging Kirkwood & Finch Nature 2002 (data from Johnson 1990)
The Deep Mechanisms of Aging
Data and modeling indicate a positive feedback loop between DNA damage and mitochondrial ROS generation
AGING PROCESS AND ITS MALLEABILITY Kirkwood Cell 2005
Aging and Age-Related Disease Accumulation of Molecular and Cellular Damage
Candidate biomarkers (out of 74) associated at base- line with more than one health status variable 85+
Strategies to identify Human Longevity Genes (Schachter, Cohen, Kirkwood Human Genetics 1993)
Genome-wide association study (GWAS)-identified disease risk alleles do not compromise human longevity
Speed-bumps ahead for the genetics of later-life diseases
GENETIC MODELS OF ACCELERATED AGING
THE END OF AGE
Search filters
Keyboard shortcuts
Playback
General
Subtitles and closed captions
Spherical videos

