Resources for Further Exploration

• Aging Clocks:
  • Introductory level talk by Steve Horvath in 2020 at TEDx Berkeley, 14.5 min: https://www.youtube.com/watch?v=LuQKXux8U1E
  • Recent 2020 talk by Steve Horvath in NUS Medicine lecture series Healthy Longevity, hosted by Prof. Brian Kennedy, a 1 hr. program: https://www.youtube.com/watch?v=w1cubSfCVbM
  • Recent research and review articles comparing clocks for accuracy, utility, and possible mechanisms of aging:
    • Z Liu, M E Levine, et al, 2020, Underlying features of epigenetic aging clocks in vivo and in vitro, Aging Cell
    • Wolfgang Wagner, 2017, Epigenetic aging clocks in mice and men, Genome Biology

• Talks on aging research interpreted for a broad audience
  • National University of Singapore (NUS) School of Medicine, webinar series Healthy Longevity (started late 2020 and now has 9 great recorded talks and counting), hosted by Prof. Brian Kennedy, formerly with the Buck Institute: https://medicine.nus.edu.sg/cet/healthy-longevity/ and on Youtube

• Talks and interviews on aging science and lifestyle, esp. nutrition
  • Rhonda Patrick, PhD website, Found My Fitness, https://www.foundmyfitness.com/, and Youtube channel

• Aging Research News
  • Lifespan.io provides aging science news, education, and opportunities to fund seed research projects: https://www.lifespan.io/
Resources for Further Exploration

• Critical Science-based Reviews of Lifestyle and Dietary Supplement Practices (frequent new developments in this arena, so you do need help here!) and other topics in health and aging
  • Dr. Brad Stanfield, MD (young physician in New Zealand) Youtube channel: https://www.youtube.com/channel/UCpcvPcHJVOkO9Qp79BOagTg

• Recommended Books
  • Lifespan by David Sinclair
  • The Secret Language of Cells by Jon Lieff, MD (see also his WEB Blog on Searching for the Mind: https://jonlieffmd.com/blog)
  • Livewired by David Eagleman
  • The Cancer Code by Jason Fung, MD
  • Aging is a Group-Selected Adaptation by Josh Mitteldorf (and his science blog Aging Matters: https://joshmitteldorf.scienceblog.com/)
  • Breath by James Nestor

• Business Development News
  • Longevity Technology https://www.longevity.technology/