

AGE REBOOT: IS 90 THE NEW 40?

Our life expectancy has increased by two and a half years every decade! By age 16 your choices control 80-90 percent of which genes are turned on or off.

-Dr. Michael Roizen

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Dr. Michael Roizen from the Cleveland Clinic has released a book, titled *The Great Age Reboot*, where he speaks about how life expectancy is expected to increase and why we are expected to live longer. He claims that in the next 10 years, there is an 80% chance that 90 will be the new 40.

This research began with the Human Genome Projects. This study expected there to be 300 thousand genes, but they only found 22,500 genes. Seven years later, they found that we control which genes produce protein, meaning that our actions really do matter. We control the switches that control our genes through our lifestyle and diet. It was found that by age 16, your choices control about 80-93% of which genes are on or off. You want to prevent certain genes from turning on and encourage them to live longer and prevent diseases throughout your life.

There are numerous factors that affect which genes are turned on or off, including stress management, diet, lifestyle, and physical activity. By engaging in stress management, you can turn off proteins that cause inflammation. This can prevent many injuries and diseases from happening, including strokes and aneurisms.

Diet and lifestyle choices can also change which genes are turned on or off. A study was completed where over 50 participants change their lifestyle and diet. They were asked to quit smoking (if they smoked), eliminate five foods from their diet, complete 15 minutes of meditation daily, and walk 10 thousand steps per day. The study found that by engaging in a healthier lifestyle from doctor recommendations, the participants turned off genes that create several forms of cancer and turned on genes that are known to kill these forms of cancer.

Research also supports physical activity. When you stress your muscles, you turn on a gene that produces Irisin. Irisin goes to the brain and then turns on another gene called “brain derived neurotropic growth factor,” which increases the size of your hippocampal and increases memory functioning. This gene also turns on another protein that goes to the blood brain barrier, stops inflammation from going to your brain, and gets rid of old proteins.

In the next decade, researchers are expecting a 30-year jump in life expectancy. For almost 100 years now, our life expectancy has increased by 2.5 years every 10 years. So, if you are currently 75 years old, you were expected to only live until 60 when you were born; you have already beat your own life expectancy. As of now, research shows that you are expected to live until you are 82 years old, but you may live until you are 100 years old as medical research continuously improves.

Doctors stress going to the hospital as soon as you can after having a heart attack because you open your blood supply, which leads to your stem cells going to your heart from your bone marrow. Over a 6-week period, the stem cells grow into more heart cells and your heart begins pumping normally again. The problem is that most of us have either used up our stem cells or have a limit on the stem cells that are available. At age 30, our bodies don't get rid of old cells the way that they used to. Whenever you have an injury, your stem cells retreat to the injury to fix the problem. Donating your blood or plasma can help replace those cells.

Activities that can fix your stem cells:

- Stress management
- Meditation
- Maintaining friendships
- Eating healthy
- Moderate physical activity (not extreme physical activity)

- Regularly sleeping 6.6-8 hours a night

Dr. Roizen claims that medicine is advancing fast enough so that maybe some of the devastating diseases can be prevented. We have a repair system for almost everything in our body by turning on specific genes. When turning on these genes, we also repair our epi genes back to what they were when we were 18 years old. This means that the energy and vitality that you had when you were 18 will return to your body. This research was completed on mice and the results showed their skin, muscle, pancreas, and other functions progressively becoming younger. These mice also lived 50% longer than the mice that were not included in the study. Researchers also discovered that when all four genes were turned on, it resulted in cancer within the mice. But, when three of the four genes were turned on, they received a young mouse. Researchers are now doing a trial on humans to continue this research in medicine.

Dr. Roizen also found 40 things in humans that can change your rate of aging. Here is a list of some of the items that he listed:

- Manage stress
- 4 components of physical activity
- Speed of processing games (crosswords, Sudoku, etc.)
- Eat salmon or ocean trout daily
- Eat only when the sun is up
- Avoid snake oil foods
- Get enough sleep
- Take vacations
- Avoid toxins (tobacco, etc.)
- Drink coffee if you're a fast metabolizer
- Eat nuts
- Eat blueberries
- Take the FAB 15 + supplements
- Stay up to date on RX's for aging
- Do preventive procedures
- Enjoy an Infrared sauna 4 times a week
- Decrease inflammation
- Continue dental care
- Keep immunizations up to date

Lastly, Dr. Roizen gives five tips to prepare for the reboot of your body:

1. Change your attitude (positivity vs. negativity)
2. Only eat food you love and that loves your body back
3. Choose a team (people) for trust, honesty, knowledge, and curiosity
4. Add speed to your body through different smells, coffee, and drinking olive oil daily
5. Manage stress, including cultivating your posse and purpose

Remember, you are the best genetic engineer for your body. You must engage in and enjoy these activities to live a longer life, while also managing the effects of aging. Dr. Roizen released a book titled *The Great Reboot* if you want to learn more about how to handle the effects of aging.

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<https://www.youtube.com/watch?v=DSPQgOiRc-o>

2024 Longevity Summit

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