

Regenerative Anti-Aging Medicine 2022

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Abstract

The pace and limits of aging are highly variable when measured on biological or physiological spectra. Aging (degenerative) changes in an organism stem from the status and patterns of cellular metabolism and related pathways. Those pathways which foster accelerated physiological aging are encouraged by the biochemical profiles of chronic inflammation. Some refer to this aging viewpoint as inflammaging. Strategies to biologically suppress chronic inflammation are inherently “anti-aging” in nature. Therefore, we have the ability and choice to influence our own pace of physiological aging. Such anti-aging approaches significantly overlap with regenerative medicine strategies through lifestyle, nutritional, physical, and environmental factors. Regenerative treatments fostering a more physiologically youthful, and anti-inflammatory biology are available and are expanding rapidly.

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Biography

Dr. Jeffrey D Gross, M.D. is a spine fellowship trained neurological surgeon, and champion of clinical regenerative medicine. His background includes education biochemistry (U.C. Berkeley), medicine (George Washington University), spinal biomechanics (University of New Mexico) and artificial intelligence, and his post-baccalaureate research include the fields of neural networks, biocomputing, biomechanics, molecular biology, and bio-photonics (U.C. Irvine).

Areas of clinical interest include regenerative medicine, advancing the field of extravesicular biology, anti-aging, spinal and joint regeneration, and cellular repair. He founded and is chief medical officer of an expanding and cutting edge regenerative medicine practice called ReCELLebrate in Nevada and California