

The Future of Longevity Medicine

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Abstract

Discovering and activating the Foxo genes and the Sirt2 genes gave us hope that we could possibly extend our lives. These genes are thought to be responsible for great health and a long life-the kind of health where people can drink and smoke to their delight, yet reap no consequences. Whereas people without this gene sufferer premature health consequences despite eating healthy and exercising. Activating these genes are like activating an internal maintenance team that fixes any damage in our body before bad health sets in. Longevity medicine is a rapidly developing area that combines advanced customised preventive medicine with profound indicators of ageing and longevity. Biogerontology, geroscience and precision, preventative and functional medicine are all rapidly expanding fields within the topic.

Keywords: Longevity medicine; Vitamins; Health; Future; Natural products

Introduction

With recent breakthroughs in artificial intelligence and machine learning, biomarker research and medication development have yielded a plethora of methods for early detection and prevention of communicable and non-communicable diseases, many of which are still completely unknown to the worldwide medical community. This ignorance is primarily due to a lack of structured, pedagogically designed instructional resources geared to specific audiences, especially physicians, biotechnologists and public health experts. Longevity and good ageing as a major focus for healthcare will surely have a significant impact on primary, secondary and tertiary prevention. As a result, it is critical that practising doctors have access to suitable education in longevity medicine through a legitimate curriculum.

Bridging the gap between health-care practitioners and interdisciplinary professionals, such as academic biogerontologists, artificial intelligence experts, computer scientists and informaticians, is critical to the development of longevity-focused medical practises. Customised courses on the most

recent advancements in longevity medicine and how to apply this information in practise are required for health-care providers [1]. Patients do not have enough access to health-care practitioners who have received adequate training in longevity medicine and can manage a patient from a longevity medicine perspective.

Literature Review

Viable longevity education with practical translation can thus ultimately enhance health-care systems around the world and reduce disease occurrence by training health-care personnel to address the most prevalent and biggest factor to disease, unhealthy ageing. Longevity medicine integrates best practises from numerous sectors and employs cutting-edge technology such as deep learning and artificial intelligence to assess a patient's biological age over the course of their life. Longevity doctors are looking for strategies to close the gap between current parameters (current biological age) and optimal maximal physical performance parameters (the ideal biological age projected by deep learning).

When scientists discovered resveratrol and rapamycin we had glimpses of turning these genes on in animals and other primitive life forms [2]. But translating this information to humans has been more difficult. It is my belief that we must be our own superintended. Our minds must be the supervisor of the maintenance teams. The maintenance workers must be whole foods, amino acids, medicinal oils, vitamins, minerals, nutraceuticals and drugs. We must use our minds to control our health and to mimic these longevity genes. We must use all the tools in our tool box if we want to extend our lives.

We must use medicinal diets first, natural products second, drugs and hormones third. It should all be based on medical studies and in alignment with what the medical experts say. Finding optimal health and slowing the aging process down is like cracking the code that opens up a combination safe full of energy, feeling good, looking good, pleasant mood, restful sleep and improved libido. The combination is different for every person because our health is so individualized. These are 10 areas where we can intervene with natural products to bring us back into alignment with the vibrant health of our youth [3]. These are the ten combination codes we must find for ourselves.

Discussion

One

To maintain excellent health our vitamin levels must be in the perfect range-not too high and not too low. Who is at risk of falling out of the perfect zone. I write about signs and symptoms that can manifest when these individual and specific levels fall out of range. What are overt symptoms and sub-clinical symptoms of vitamin deficiencies. Sub clinical vitamin deficiencies mimic signs of old age, but are not. They include frequent colds and infections, low energy levels, brain fog and other mysterious symptoms. Overt symptoms of deficiencies are obvious signs that the doctors can detect [4]. Signs such as rickets, scurvy, neurologic damage, pellagra and anemia to name a few. We must dispel the myth that more vitamins are better. When a low vitamin level is restored to normal, miraculous things happen. When a normal vitamin level is elevated, good things rarely happen and sometimes bad things happen.

Two

Recognizing excessive oxidative states and correcting them with the right antioxidants before the damage sets in. What an antioxidant is. Imagine hydrogen peroxide poured onto an open wound. The liquid forms bubbles as it consumes the dead, infected flesh. The right amount cleans up the wound. But if the hydrogen peroxide solution is too strong and excessive, damage to healthy tissue takes place [5]. Our bodies normally make the perfect amount of natural hydrogen peroxide to keep our tissues clean. However, too much or too little of this natural hydrogen peroxide is not good. There are studies showing that in healthy individuals antioxidant use can have negative effects, but in certain disease states, especially diabetes, antioxidants can improve health.

Three

Systemic inflammation, the downward spiral of bad health and controlling it natural supplements. Many antiaging experts believe systemic inflammation accelerates bad health. It is also thought to be responsible for body aches, swelling, puffiness under the eyes, skin eruptions and redness-to name just a few things. There are natural products that have been discovered to reduce low-grade inflammation. I will discuss in detail.

Four

Energy: The essence of life and the natural supplements that are the building blocks of ATP, Adenosine Tri-Phosphate. As we age, scientists can measure a reduction in quantity of certain energy related chemicals in our bodies. Some doctors believe that restoring these energy related chemicals to normal will allow the body to make repairs, avoid disease, avoid bad health and strengthen the immune system. The epic article hallmarks of aging discusses mitochondrial dysfunction. In addition to that, we can learn from treating people with diseases that involve energy production such as congenital mitochondrial dysfunction, heart failure and certain brain related anomalies.

Five

Hormonally active natural products and longevity medicine. Hormones are like vitamins. They must be in the healthy zone. Levels that are too high or too low cause problems. Also, some hormones cause cell growth, others cause cell break down. With the passage of time we want continued cell growth to maintain bone mass, muscle mass, brain mass and strong tendons and internal organs. Too much cell breakdown is bad. Too much cell growth is also bad [6]. We need the right balance of cell growth to maintain a youthful homeostasis. Which natural products alter our hormone levels? Which are the most important hormones that affect our longevity: The parathyroid hormone and vitamin D, insulin, the growth and repair hormone, testosterone, estrogen, progesterone, DHEA and others.

Six

Gut the beginning of good health: Many doctors believe that a health gut is the foundation of good health. There are six ways our gut affects our health. Biochemical reactions take place, the immune system is located here, leaky gut contributes to systemic inflammation, latent infections or dysbiosis can occur here, toxin and waste removal, extracting the nutrients. Which natural products optimize the gut and keep it running in top condition.

Seven

Detox: Keeping the liver and kidney healthy and how toxins sabotage our health. Our bodies have four methods by which to remove toxins: The liver, the kidneys, the intestines and skin/hair/nails. These toxins are called enzyme and hormonal disruptors. They disrupt the biochemistry in our bodies and sabotage optimal health and energy production [7]. Also, what heavy metal poisoning looks like so that people can recognize if it occurs.

Eight

Fortifying the immune system and natural products and using natural products with antiviral properties to treat and prevent the common cold, flue and skin blister outbreaks. For a long healthy life, it is essential to have an immune system that is in perfect balance. An immune system out of balance is associated with autoimmune diseases and frequent infections. We must support and develop the immune system, but not throw it off balance with the wrong types of products.

We are fighting an invisible war against pathogens. We must first have a strong immune system and then use antivirals products to speed the recover and prevent viral infections in times of epidemics. Bacterial, fungal, parasitic and serious viral infections need drugs. But the common cold and flu viruses can be treated with specific products that are readily available on the market. People how to keep up with changing information about products coming on and off the market.

Nine

The mind body connection. The mind body connection is real and it goes both ways. A brain of fire with inflammation and other diseases will sabotage our thoughts and cause a downward spiral of physical health [8]. Which products keep the mind balanced with abundant neurochemicals and proper blood flow to the brain.

Ten

Appetite control, medicinal diets and blood sugar control. The best predictor of health and longevity is a test called hemaglobin A1c. This number is closely related to elevated blood sugar levels that damage our cells and tissues on a microscopic level [9]. Amino acids, medicinal oils, fiber products and probiotics help us take control of our appetite? Which products can affect insulin resistance, control and lower blood sugar levels [10].

Conclusion

It is my belief that there is no single product that will yield overall good health for everyone. Natural products yield good health by correcting a problem. How and when we can use natural products is a complex picture that is slowly coming into focus for us. As time passes, we will continue to gather more knowledge and information. I look forward to sharing my knowledge with the world and listening to their thoughts on the subject as well.

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