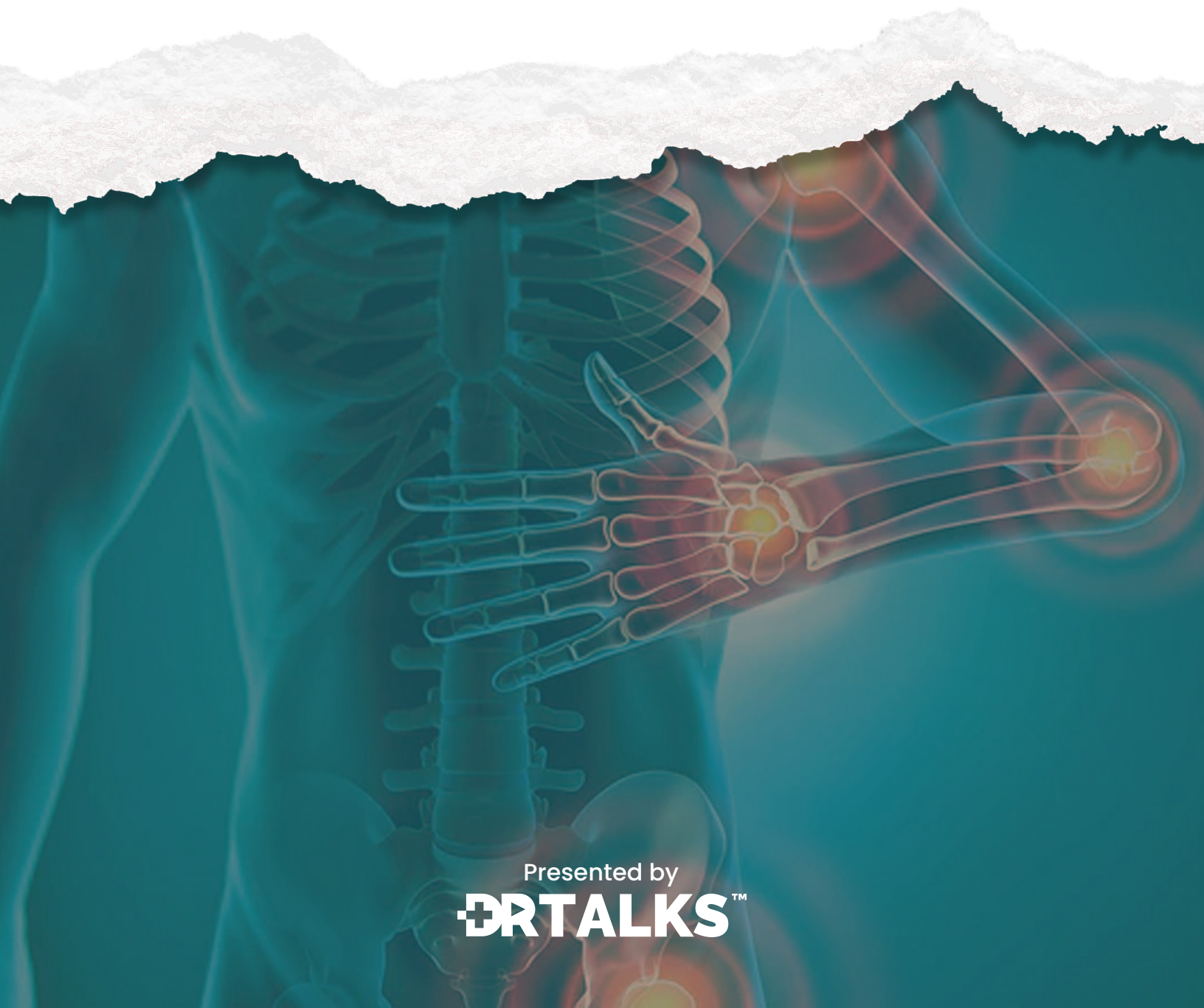


REVERSE INFLAMMAGING SUMMIT



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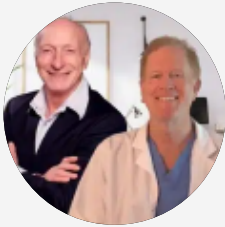
Welcome to the Reverse Inflammaging Summit

Thanks for joining us! You can use this handout to plan your experience and take notes on what you're learning from each expert.

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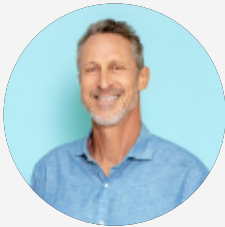
Day 1 – April 25th, 2023
Starting at 6pm Eastern / 3pm Pacific



Robert Lufkin, MD and Dr. Stephen Sideroff

Inflammaging And The Mind/Body Approach

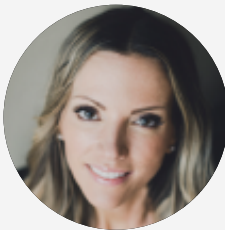
Notes:



Mark Hyman, MD

Young Forever: The Emerging Sciences Of Longevity

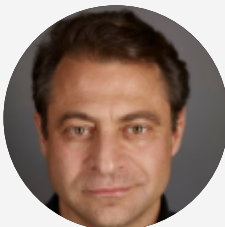
Notes:



Dr. Kelly Halderman

9 Hallmarks Of Aging

Notes:



Peter Diamandis, MD

The Future Of Longevity

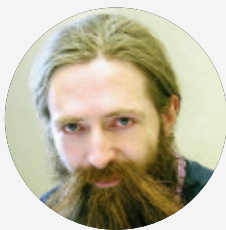
Notes:



Robert H. Lustig, MD, MSL

Sugar: Metabolic Dysfunction

Notes:



Aubrey de Grey, PhD

Rejuvenation Biotechnology To Reverse Inflammaging

Notes:



Eric D. Gordon, MD

Aging Is Another Chronic Illness

Notes:

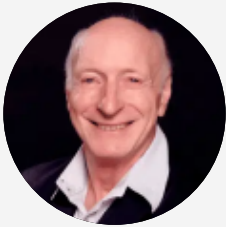


Rakesh M. Suri, MD, DPhil

Challenges Ahead: Longevity And Inflammaging

Notes:

Day 2 – April 26th, 2023
Starting at 6pm Eastern / 3pm Pacific



Dr. Stephen Sideroff

The Power Of The Mind In Healing And Longevity

Notes:



Bruce H. Lipton, PhD

The Biology Of Belief – Empowering Lessons

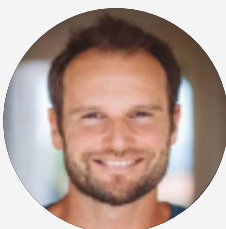
Notes:



Dr Joe Dispenza

The Healing Power Of The Mind

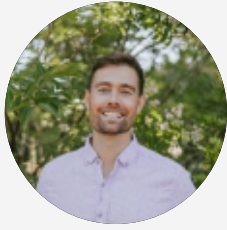
Notes:



Ari Whitten, MS

Beat Fatigue, Supercharge Mitochondria And Unlock All-Day Energy

Notes:



Austin Perlmutter, MD

Neuroinflammation & What To Do About It?

Notes:



James Strole

Immortality Is In All Of Us

Notes:



Jeffrey Becker, MD

Unlock The Promise Of Brain-Mind-Soul Medicine

Notes:



Daniel F. Kelly, MD

Neuroplasticity: Psychedelics And Psychedelic-Assisted Therapy

Notes:

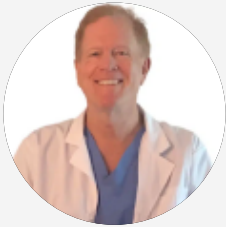


Stephen Porges, PhD

Trauma And The Polyvagal Theory

Notes:

Day 3 – April 27th, 2023
Starting at 6pm Eastern / 3pm Pacific



Robert Lufkin, MD

How Nutrition Drives Inflammaging

Notes:



Dr. Andy Manganaro

The Power Of Preventive Health Screening

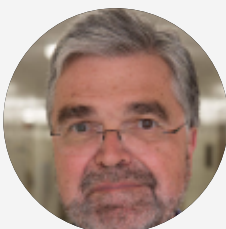
Notes:



Tim Peterson, PhD

The Science & Economics Of Infectious Disease And Aging

Notes:



Emeran Mayer, MD

Your Microbiome: The Gut-Brain Axis And Longevity

Notes:



Joel Kahn, MD, FACC

How To Reverse Inflammation And Heal From Heart Disease

Notes:



Kamyar M. Hedayat, MD

Preventing Alzheimer's Dementia With Functional Lab Testing

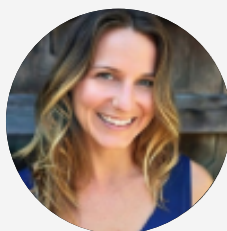
Notes:



Dale Bredesen, MD

Why Alzheimer's Is Becoming Optional

Notes:



Heather Sandison, ND

Reverse Alzheimer's And Delay Dementia

Notes:

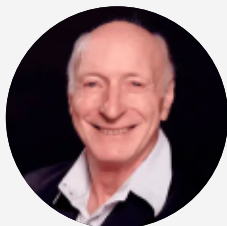


Christopher M. Palmer, MD

Brain Energy: The Metabolic Theory Of Mental Illness

Notes:

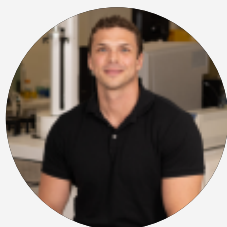
Day 4 – April 28th, 2023
Starting at 6pm Eastern / 3pm Pacific



Dr. Stephen Sideroff

Measurement Of Health And Aging

Notes:



Ryan Smith

DNA Methylation To Measure Biological Age

Notes:



Gordan Lauc, PhD

Glycans As Biomarkers On Ageing And Disease

Notes:



Alex Zhavoronkov, PhD

AI & Your Biological Clock

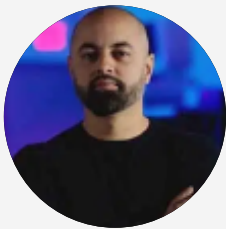
Notes:



Michael Dubrovsky

Emerging Technology: At-Home Blood Testing

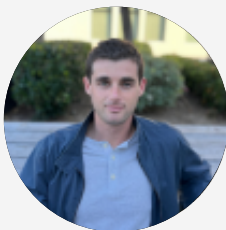
Notes:



Kashif Khan

Your Individualized Risk Assessed By Your DNA

Notes:

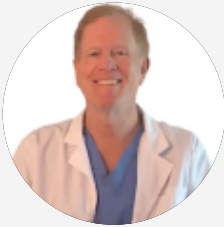


Danny Grannick

Good Health & Your Oral Microbiome

Notes:

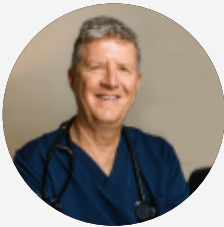
Day 5 – April 29th, 2023
Starting at 6pm Eastern / 3pm Pacific



Robert Lufkin, MD

Exercise And Sleep To Reverse Inflammaging

Notes:



Isaac Eliaz, MD, MS, LAc

The Survival Paradox And Its Effect On Inflammaging

Notes:



David Perlmutter, MD, FACN

Diet And Inflammaging: Beyond Gluten And Sugar

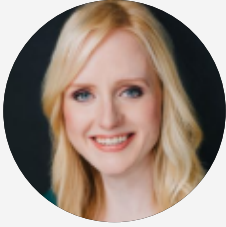
Notes:



Joseph Antoun, MD, PhD, MPP

Fasting & Fasting Nutrition For Healthy Aging

Notes:



Megan Ramos

Intermittent Fasting For Type 2 Diabetes Reversal

Notes:



Kara Fitzgerald, ND, IFMCP

Biological Age: A Younger You

Notes:



Lori Shemek, PhD, CNC

Anti-Inflammatory Nutrition Strategies

Notes:

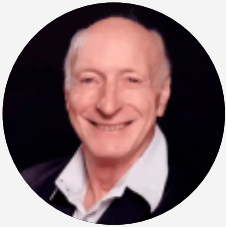


Tina Woods, MBA

A Vision For Quantum Healthy Longevity

Notes:

Day 6 – April 30th, 2023
Starting at 6pm Eastern / 3pm Pacific



Dr. Stephen Sideroff

Supplements To Enhance Your Health

Notes:



Sandra Kaufmann, MD

Kaufmann Program: 7 Tenets Of Cellular Ageing

Notes:



Joseph Mercola, DO

A Deep Dive Into Inflammation & Heart Disease

Notes:



Catharine Arnston

The Healing Energy Benefits Of Algae

Notes:



Kevin Ellis

Inflammation X Bone: How To Protect Against Osteoporosis

Notes:



Nathan S. Bryan, PhD

Nitric Oxide: The Longevity Molecule

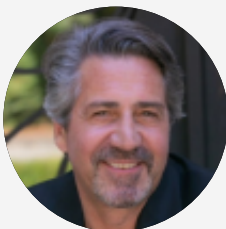
Notes:



Brian Vaszily

How To Prevent Common & Dangerous Toxins

Notes:

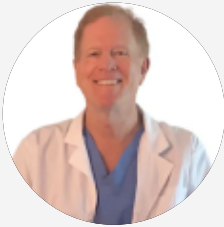


Andrew Salisbury

Can You Drink Coffee For Your Health?

Notes:

Day 7 – May 1st, 2023
Starting at 6pm Eastern / 3pm Pacific



Robert Lufkin, MD

Reducing Stress To Fight Inflammaging

Notes:



Nir Barzilai, MD

Delay Aging And Protect Against Age-Related Diseases

Notes:



Matt Kaeberlein, PhD

Targeting Biological Aging With Rapamycin

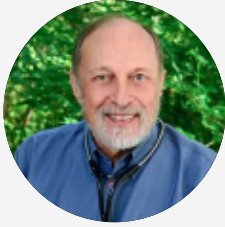
Notes:



Sajad Zalzala, MD

Real-World Data Of Longevity Focused Therapies

Notes:



William Pawluk, MD, MSc

Pulsed Electromagnetic Fields And Longevity

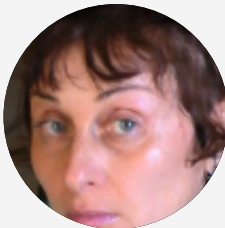
Notes:



Joseph Peter Errico

Inflammaging: Your Nervous System & Innate Immune Cells

Notes:



Irina Conboy, PhD

Reversing Biological Age With Plasma Dilution

Notes:



Elizabeth (Liz) Parrish, MBA

Gene Therapy To Treat Biological Aging

Notes:

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