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**Subject: *Innovative Therapeutic Plasma Replacement, Therapeutic Plasma Infusion, and Therapeutic Plasma Exchange***

Last update: Feb 25, 2024 4:40 pm Eastern time



I'm Johnny Adams. My mission is to solve the problem of biological aging for more years of healthy life.

Some therapies and methods I'm interested and active in include resetting the epigenome toward youth (cellular reprogramming), gene therapy and editing, AI, senolytics, microbiome, mitochondria, VSELs, peptides, biomarkers and others.

But having a long history of working with plasma initiatives, there is evidence **plasma therapies** have the **very best potential** as **age management** and **reversal therapies** available today.

That's why I'm personally heavily invested in this. **In addition to helping others and making the world a better place, I want access to the therapies for myself and loved ones.**

Plasma contains a vast number of components ranging in the thousands. Some of the **main categories** of the in plasma from young individuals believed to have potential beneficial effects in older people are multiple types of each of the following categories:

- Extracellular vesicles/exosomes
- Stem cells and progenitor cells
- Cytokines
- Growth factors
- Metabolites
- Nutrients
- miRNAs
- Regulatory proteins – hormones, enzymes
- Electrolytes
- Albumin
- Antibodies

→ It could be expected that this full range of complementary and balanced components found in plasma would be far more effective than one molecule, or even several in combination.

And there is evidence these therapies assist in early **dementia** and **Alzheimer's**.

We will conduct a study in humans, and make the results, and the therapies, **accessible** and **affordable** at the **lowest possible cost**.

**My background in plasma and other therapies:**

<https://www.aginginterventionfoundation.org/JohnnyAdamsTPRTPITPE.pdf>

**Video describing the project (TPI arm added after created):**

<https://vimeo.com/900836832>

Some journal articles describing **research** and **some successes** are at the bottom of this document.

This can be looked at as an extension of earlier parabiosis experiments where the circulatory systems of an old mouse and young mouse were connected. The old mouse received blood, and plasma from the young mouse - and the young mouse received the blood and plasma from the old. **The old mouse became biologically younger, and the young mouse became biologically older.**

[Megan Scudellari](#)

[Nature](#) volume 517, pages426–429 (2015)

DOI <https://doi.org/10.1038/517426a>

**There's disagreement** about whether **youthful factors** in the blood from the younger helped de-age the old mouse, or whether **removing pro-aging factors** resulted in the shifts towards youth.

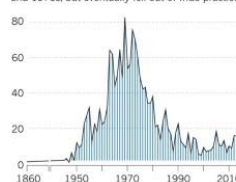
**That's one of the questions we expect to shed some light on.**

### *Share and share alike*

Parabiotic experiments, in which two animals share a common bloodstream, were first attempted in the 1960s. By connecting animals with different qualities or conditions, scientists can investigate how blood factors, such as cells, proteins or hormones, influence health. In recent years, a few researchers have looked at heterochronic (old and young) mouse pairs to understand how young blood helps to repair many tissues.

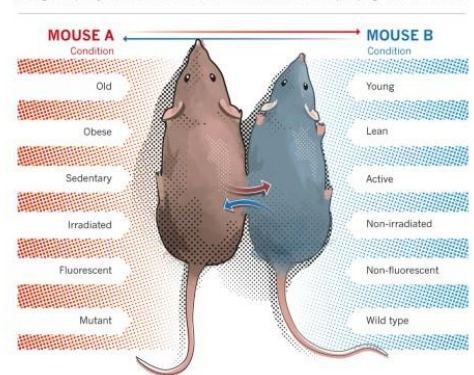
#### *Publications on parabiosis*

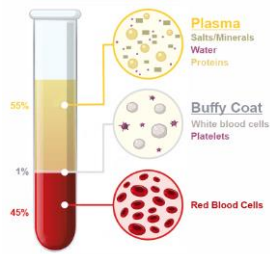
Parabiosis gained popularity during the 1960s and 1970s, but eventually fell out of wide practice.



#### *A simple surgery*

A veterinary surgeon will anaesthetize the animals, peel away a thin layer of skin along their sides and stitch or staple the exposed surfaces together. Wound-healing processes join the bloodstreams through a capillary network, and in one to two weeks, the animals are pumping each other's blood.





Plasma is the liquid component of blood. It makes up about 55% of the total volume.

This project has three variations.

**1) Therapeutic Plasma Replacement (TPR)** – Remove plasma from seniors and replace with thoroughly screened plasma from donors in their early 20s.

**2) Therapeutic Plasma Infusion (TPI)** – Infuse seniors with thoroughly screened plasma from donors in their early 20s (no plasma removal).

**3) Therapeutic Plasma Exchange (TPE)** – Remove plasma, replace with saline and albumin followed by IgG for immune system.

Experts believe exchanging plasma with saline removes harmful pro-aging components, and that the body re-creates new and better functioning components like the cytokines, small vesicles, stem cells and progenitor cells, and others like described for TPR

Albumin has been shown to have detoxifying and antioxidant effects.

**For me, TPE** obtained the **best objectively measured**, and **subjective results** of **any age reversal therapy I have ever had** – and I’ve had a lot. Lab and functional results were positive and quantifiable. And I felt younger and became more interested in the kinds of vigorous activities I was active in my 20s and 30s. I’m expecting that adding plasma from young donors to be even better.

Objective and subjective results for TPR, TPI and TPE have been reported. This merits a further well-designed and rigidly executed clinical study.

Our study intends to answer some of these questions – and eventually improve the health and well-being of humanity.

The protocol includes safety measures, and blood and laboratory, cognitive tests, physical tests, and subjective evaluation before and at intervals after treatment.

I plan to make plasma **accessible** and **affordable** at the **lowest possible cost**.

### **SOME TEAM MEMBERS**

Dr Joseph Purita will be our first study site physician. Dr Purita has an outstanding background in age management medicine.



As our Operations Director, Deborah Oneil is a key person on our team. She has 30 years experience in plasma collection, blood banks, and labs.

Both are caring and compassionate professionals.

### **NEXT STEPS**

Most of the groundwork is in place. Institutional Review Board (IRB) has been approved. Team members have been engaged, facets of the operations have been specified, budget has been planned, etc.

***To participate in the clinical study  
and receive these plasma treatments,  
contact me.***

And if you are a ***physician*** or ***have a clinic and would like to provide these valuable therapies to your patients, don't hesitate to make contact.***

If you are interested in providing ***funding*** please contact me.

Note: I have already put in significant amounts of my own money – and precious TIME – to make this happen.

**John M. “Johnny” Adams**

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## **REFERENCES**

### ***Webinar***

**"Young Blood for Old Brains and the Quest to Slow Brain Aging"**

Tuesday, February 27, 2024 11:30 AM Eastern Standard

Speaker: Tony Wyss-Coray, Ph.D.

D.H. Chen Prof. of Neurology & Neurological Sciences and Director,  
Phil and Penny Knight Initiative for Brain Resilience, Stanford  
University

Registration link:

<https://event.on24.com/wcc/r/4468137/3F2C156E0118D85CC0C5C09415C2B073?partnerref=eblast3>

### ***Clinical Trials***

<https://clinicaltrials.gov/search?term=young%20plasma>

### ***Research***

#### ***Cognitive/Dementia/Alzheimer's***

**Preclinical Assessment of Young Blood Plasma for Alzheimer Disease**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5172595/>

**Safety, Tolerability, and Feasibility of Young Plasma Infusion in the Plasma for Alzheimer Symptom Amelioration Study: A Randomized Clinical Trial**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6439869/>

**Young Blood Plasma Administration to Fight Alzheimer's Disease?**

<https://www.liebertpub.com/doi/10.1089/rej.2017.1940>

**A randomized, controlled clinical trial of plasma exchange with albumin replacement for Alzheimer's disease: Primary results of the AMBAR Study**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7984263/>

**Platelet factors attenuate inflammation and rescue cognition in ageing**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10468395/>

**Young blood plasma reduces Alzheimer's disease-like brain pathologies and ameliorates cognitive impairment in 3xTg-AD mice**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7278124/>

**PubMed search**

<https://pubmed.ncbi.nlm.nih.gov/?term=young%20plasma%20dementia&page=3>

***General Aging***

**Aging and age-related diseases with a focus on therapeutic potentials of young blood/plasma**

<https://link.springer.com/article/10.1007/s00210-023-02657-5>

**Circulating plasma factors involved in rejuvenation**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7746393/>

**Plasma-Based Strategies for Therapeutic Modulation of Brain Aging**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6694331/>

**Plasma from Young Rats Injected into Old Rats Induce Antiaging Effects**

<https://www.liebertpub.com/doi/10.1089/rej.2020.2354>

**The effect of aging on the bone healing properties of blood plasma**

[https://www.injuryjournal.com/article/S0020-1383\(21\)00426-5/fulltext](https://www.injuryjournal.com/article/S0020-1383(21)00426-5/fulltext)

**Young plasma ameliorates aging-related acute brain injury after intracerebral hemorrhage**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6522807/>

**Undulating changes in human plasma proteome profiles across the lifespan**

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7062043/>

**Old plasma dilution reduces human biological age: a clinical study**

<https://link.springer.com/article/10.1007/s11357-022-00645-w>

**PubMed search**

<https://pubmed.ncbi.nlm.nih.gov/?term=young+plasma+aging>

## **Clinics**

<https://www.youngplasmastudy.com/>

<https://maxwellclinic.com/therapeutic-plasma-exchange/>

***To participate in the clinical study  
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then contact me.***

***And if you are a **physician** or **have a clinic that would like  
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