Epigenetic Methalation Study: From Ep #394 Peptides Cut Mortality In HALF! Transcript

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Introduction to Epigenetic Methylation

Okay, then we went on to the epigenetic methylation study. It became possible to measure using epi-genetic technology, and I'll explain in a moment briefly what epigeneetics are all about.

But it became possibly commercially about 2020, so that's when we added this study, And without going into all the details, it's all genes that are related to longevity being turned on or turned off.

And what we find is that the gene status of genes that are turned on that were are related to helpful with longevity reflects itself in a younger biological age for people.

And we know that what affects the the genetics of those genes are things like diet, stress, exercise, their sleeping pattern, climate, literally, nutraceuticals, peptides, et cetera.

In other words, everything that we do affects the, what we call the epigenetics of gene expression. One person said to me, it's sort of like that the genes, are like our computer hard drive and the epic genetics is the software and software can be changed.

How Epigenetics Affects Biological Age

So that's sort of a short course in epigenetics. The key here is that if you have a younger epi-genetic age, in other words, more genes that are related to longevity turned on than off, basically that will translate into a young biological age.

This just shows how we do the measurement and so forth. We'll just kind of skip through this. It's based on DNA methylation patterns that we can actually measure at this point.

And what's interesting here is that if you have a situation where you're, call it your biological age based on epigenetics, if your epigene age is older than your chronological age, Dr.

Stephen Horvath at UCLA and other scientists, we're able to figure out and report with numerous clinical studies that if your epigenetic age is older than your chronological age, you're in trouble.

You've got significant mortality risk over time. And so these are a couple of charts that show the increase in mortality risks based on having an older epigene age than a younger.

The converse of that is that, if you have a genetic age as measured, is less than your chronological age, you have a decreased mortality risk. And without going into all the detail in these slides, I show if you're seven years above your Chronological Age, You have an 82% increased mortality.

Mortality Risk and Epigenetic Age Testing

Risk compared to your same age peers. On the other hand, if your seven-years below your chronological age, you have a 50% decreased mortality risk. So the goal in the clinical study was to make an assessment of people's epigenetic age and then use the peptides at different dosages to reduce their epigeneic age.

I know that people can't see the colors and so forth until they get to YouTube, but the chart that is sort of red, raspberry, and the increase mortality risk, the other one that's kind of green and a decrease, our goal is to get all the people out of the red into the green.

So some test results. These are mine again. But I had been on the peptides for about four or five years before this testing became available. And it was September of 2020. I was 73 years of age at that point.

Again, I'd been in the peptides four, five, years. This lab called it TrueAge. Basically, my epigenetic age was 69, or four years less than my chronological.

That translates into about a 28 to 30% reduced risk of all-cause mortality. Great place to be on baseline, but again, I've been on the peptides. Most people, particularly Americans that we test as bait lice, are three to five years older than their chronological age, which puts them in increased mortality risk.

So a couple years later, two years, later I retested and I was at that point 75. And my epigenetic age was 65, so I was now 10 years less with a significant reduced.

And I think my last test, I don't think I have it in this set. I'm 21 years younger than my chronological age epogenetically.

Personal Test Results and Family Longevity

That is remarkable. And once again, I'm going to point you guys, the listeners back to one of the earlier episodes where you talk about one the drivers to you doing this work right at the very beginning.

You mentioned it very briefly at beginning of this podcast is that longevity was not a quality in your lineage. your family lineage and so people will then understand never mind how impressive these I mean your results are impressive regardless but they become even more impressive when we understand the backdrop of your Family history.

Yes unfortunately all the men going back a long long time because we have we do a lot of research and so forth, genealogical research. They all died in their 50s and 60s, all of them.

My father had his first heart attack and they all die from heart disease. He had this first attack at 57 and died of heart diseases at 64. And I'm now coming up on 79. You're doing all right.

Yep. I am grateful every morning when I just wake up and I realize, ah, I'm breathing again. And I get another day. Amazing. We have someone here who saw some really impressive results.

Yeah. What we have here is, this is Mark, one of the participants. It's just a sample. You know, didn't take the best and so forth, but on his baseline, His chronological age was basically 63, and this is very typical.

Participant Outcomes and Health Improvements

His intrinsic age, as this lab called it, which is his age epigenetically, was, basically, 70. So he was seven years older. which translates to about an 80% increased risk.

Two years later, after being on the program, his age now is 64 and a half, basically, but his epigenetic age has been reduced to 48 years. He's 16 years younger than his chronological age.

Do you know Mark well? Does he feel better? Like people will want to know, like the test is all fine and dandy, but does he, is this showing up at all in his life?

Do you know? Or is that not data that you were necessarily collecting? I talk to these people a lot of emails and text messages and so forth. It's such a subjective thing.

I can say this, is that people's labs, because again, they're mostly doctors and they share their labs. Their labs are enhanced significantly and when I ask them how they are doing, some of these have now been on the study for seven, eight years.

They say, I've never felt better. But again, it's a subjective thing. But what I do hear is that they don't have anywhere near, you know, most of these people are, a great deal of them are 60 to 80 years old.

I dont hear about any real medical problems. Once in a while something will come up where, kidney labs will have gotten deteriorated a little bit, but we get quickly in with the kidney peptides and fix that.

These people, the healthiest group of people that I've ever come across. Even they went through COVID and I think probably 5% of the people even just came down with COVID.

Nobody died, nobody had any serious. And there were even four or five of individuals, doctors who had to get vaccinations in order to be able to practice medicine and so forth.

So everybody came through the whole COVID thing intact, as far as I know.