Lifespan is 50% Heritable by Dr. Mimansa MD Transcript

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Introduction to Longevity and the Live Panel

Hi, everyone. This is Dr. Mimamsa coming to you from MIMAMSA Longevity. I'm actually here in my clinic in Los Angeles today to do a live panel that's going to be on longevity, looking at the genome and trying to understand precision longevity and diagnosis.

Lungevity is a big word that really means increasing your lifespan, right, longevity.

What Longevity Means and Why It Matters

And there's a beautiful translation here about longevity You know, how do we live in a way that's sustainable, that allows our bodies to go back into a state of balance or homeostasis that then creates the opportunity to live a long time in the healthiest way possible?

Right? So it's not just about maximizing your lifespan all by itself. It's also about minimizing your health span during the years that we are actually alive in this planet, on this plan.

And there are some different ethical questions here that come up is that, is this natural? Is this something that you should be doing? Or is this fate that is written in our DNA something that we just need to be okay with?

Facing the Ethics of DNA and Health Data

And you need sit with that question for yourself and ask yourself whether or not this is something of interest to you, of course. But one thing I hear often from patients is that they are afraid to know what it is they should be thinking about.

And often looking at your blood or looking your DNA is like getting a report card. But I'll share with you from personal experience, both for myself and also working with others, that receiving your data, your genome or your lab analysis is actually extremely empowering because it gives you a map.

It's like when you go out for a drive, and you don't know where you're going, you know you have to get to a certain destination. You can drive around and take a lot of wrong turns.

Why Genetic and Lab Results Can Be Empowering

you know, take a lot longer to get to your destination, or you can have a clear map that tells you which way is gonna get you there most likely. Now, when you start down that route, are you gonna run into different bumps, different speed bumps different traffic lights, maybe congestion?

Absolutely, it's possible. And that's what we do in life. We're taking a route and things can happen and thinks can divert you and change your direction.

But we go back to the map and start to understand what to do. In that new direction, so I work with people's genomes.

Using Genomes as a Roadmap for Action

I've been doing this now for several years is unlocking the things that are in your genome that actually actionable and breaking this down in a way that is sustainable for you.

And your body. to actually implement some changes back into your life. I'm Dr. Memonza of Memonsa Longevity, and I created this practice to answer the question of how do we bring the best of science and the Best of Diagnostics and therapeutics that is available in the health and wellness space for supporting healthy longevity and use that in a way that's actually going to enhance our experience throughout our lives.

MIMAMSA Longevity and the Longevity Blueprint

And I draw from ancient wisdom, from the wisdom of the East, and combine it with the technology of The West and the scientific aspects of how we approach questions and diseases and how diagnose diseases in the body.

I'm a Western trained medical doctor, I have been doing functional longevity medicine for over 10 years. I've been working in nutrition and health for 25 years, and I am delighted to be able to offer the new Longevity Blueprint, which is a DNA analysis that looks at this roadmap that we're discussing and helps you implement very specific diet and lifestyle changes that are going to actually move the needle on your health and lifespan.

So join me as I share more with all those who are interested in learning about this program in a 15-minute free consultation.

Free Consultation and Closing Invitation

You can bring your questions. We'll get to know one another and see how I can help you find the best fit for your Health and Wellness needs. I'm Dr. Mimosa and I look forward to meeting you online.