# Pace of Aging With Bioregulators: From Ep #394 Peptides Cut Mortality In HALF! Transcript

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## Pace of Aging and Epigenetic Results

But we also can figure out now what we call a pace of aging. In other words, we can compare a person's biological aging to a standard calendar year aging, and so we determine if you're in a situation where your epigenetic age is accelerating and you are aging biologically faster than your calendar aging This is my results.

Again, people can't see this, but in 2020, again, I'd been on the peptides for four or five years. My pace of aging was 0.92. In other words, i was aging each year 8% slower than my calendar aging.

in 2021, it improved a little bit and I was, aging 9% lower. 2022, I was ageing 11% And my last test, the latter part of this last year, 2024, I was aging at 0.79, which is 21% slower than my calendar aging.

And that's because of the peptides. Yeah, exactly. I mean, that is notable. This one is kind of a before and after. Again, like Mark, this is someone else in the program where at their baseline testing, he was ageing 12% faster.

than his calendar age, and then about two years later, he was aging 10% slower, so a significant turnaround. And I won't go into this one, Nathalie, it's a lot of detail that shows basically over a period of a year, huge improvement in this person's…

Huge wins. Huge, big wins here.

## Before-and-After Biological Age Improvements

I mean, this is a person who started off at a DNA methylation age nine years older than their chronological, one year, they were now only three years older than their chronological age.

So is that the right person? Am I looking at the thing? Yeah, no, you're looking correctly. Look at what we call the immune age, that's that secondary test.

The DNA extrinsic, yeah. He had a really good epigenetic immune, age 10 years less than his age but then look a year later, he was now 18 years Wow. And his pace of aging went from 12% faster to 10% slower.

That's a massive delta. Yeah, and I would say this is pretty typical. I'm going to show you in a moment a slide that has the results for the whole 124, but this, you know, not cherry-picked, this pretty much what we saw.

This is what we call symphony age. This particular lab, again, technology advances and so forth. So what this lab was doing was they were able to then take 11 of the organs and systems and determine an epigenetic age for each one of those 11 systems, and chart them.

And so the person's current age was 63, but they identified that there were one, two, three, four, five, six of including his lungs, musculoskeletal, inflammation, kidney, and hormone age, that were a number of years older than his chronological age.

And he had a couple of them that where much younger, like his liver was four years younger than current age And so we're able to break it down at this point and this is incredibly helpful to me because when I'm putting together the protocol based on telomeres and epigenetics, I can target then for this individual I would be using more of the lung peptide Musculoskeletal, inflammation, so forth, kidney and so on.

The metabolic, even like the pancreas, the liver.

## System-Specific Epigenetic Age Breakdown

Yes, all that. So it gives me some tools that I can be very specific when I'm creating these protocols. Although, just one thing that's really interesting to me is that his liver age is four years younger, but his metabolic age, it's six years higher.

Significantly, yeah. Yeah, interesting. So, but now what's again, you know, technology advances and so a lab called Generation Lab where I'm actually doing the beta testing now.

They've, they have a 25 page clinical study peer reviewed and they've been doing this for a little while. But I don't take that by itself. I've got to do my own testing.

But they're giving you a pace of aging by system. That's pretty dramatic. Versus the last test that was giving a global pace in aging, which is also very helpful.

In terms of targeting your attention on different systems, this would definitely give you some insight. It does, and again, it gets incorporated into the protocols that I put together.

Outside of the peptides, of course, people having this information can do other interventions and be focused elsewhere in terms of what they can, in those that are elevated or faster aging.

I know that your audience can't see all this, but there are 19 different systems and organs that they've been able to determine an epigenetic age of and mark those that are aging at a faster speed than those who are younger.

This person was 44, I think, as I recall. I was his chronological age. Is this a man? Yes, it's a man. So then why would they get a reproductive system age on ovaries and uterus?

Let me take a look and make sure it is a male. Just a second. No it has to be a woman. Because he's a pretty remarkable guy. Yeah, he is. I just grabbed one of what we call the system age breakdown sheets.

Actually, we threw this in this morning. Well, I'd be curious. On the reproductive system, what they would say on a postmenopausal woman versus a premenapausa woman, because post menopause, I don't know how meaningful it would be that your system ages older.

## Group Study Results and Mortality Risk

You would think that it'd be just by virtue of the fact that's it's pretty much out of its prime years. Yeah, I'm going to connect you up. I think you're going find this fascinating.

But this is just how, as we all know, this how technology works. It just gets more specific and broader, more detailed, and more accurate and so forth.

So we're beta testing this one. And if the beta tests turn out the way I they will, then we'll be switching our whole system over to them. So the epigenetic study, 124 participants, the average decrease for the whole group in epigenetic age was 4.67 years.

Now, that doesn't sound very impressive when we're looking at telomeres, you know, where you get 20, and so forth, but if you're getting a 4,67 we would say epigenetic age benefit based on harvest work and so forth, that can turn into a 50 or 60%. I think this one turns into 56% decrease in all cause mortality risk.

I'm not aware of anything out there that actually can match that. Yeah, no, it's pretty dramatic. And you know, obviously it depends. If the person was showing up 10 years older and now they're only five years old, Obviously, you're going to be better off if you are below the line, if your younger than your chronological age, but it still represents a massive decrease in risk and hopefully gives you the impetus to kind of keep moving so that you can get below that line.

Yeah, absolutely. And notice, because this was a more recent clinical study, we did the cutoff at two years. if a person's on it for four years, what's their result going to be?

## Reframing Aging Expectations

And you're right, the people who are at risk are those who have an older epigenetic age than their chronological. And to able to reduce that by more than 50% is just really remarkable.

So the review of both the telomere and the DNA methylation or the epigenetic age is that in the Telomeres, over a three-year period of time, we were able to lengthen people's telomeres by almost 22 years.

And epogenetically over two-years period time we we're able reduce their epigene age significantly, but more importantly, reduce the all-cause mortality risk by 56%. It's pretty sweet.

So this slide just shows the kind of what we call current aging expectations. This is how people view aging. They start off as an infinite young person, middle-aged, and then they start declining and they're frail and so forth.

Cavinsen and I don't believe that this is everyone's fate. We think that with the bioregulators, and also when I say the bio regulators, you still have to do a lot of other things to be healthy, as you and have talked about.

Thank you. You've got to clean up the diet and so forth. But this how Professor Cavinson and see things where a person hits middle age, they start getting older, They clean up their life with bioregulators and diet and all the other technical things that are becoming available and they end up having extended life by 10 or 15 or 20 more years.