Introduction and Dr. Klatzu2019s Background

I personally believe that the potential for practical immortality, lifespans of 120 and beyond, could be available by 2029 if the pandemic issues were resolved.

We're very close to it. we have the technologies to improve lifespan dramatically. You have technologies, to counter cancer, heart disease, diabetes, Alzheimer's disease right now.

But we don't need breakthroughs. We need the implementation of technologies we already have. This is Dr. Talks. Well, Dr. Klatz, Ron Klats, it's such an honor to have you on this segment of Regenerative Medicine Summit.

Thank you so much for joining me. It is my great pleasure. Well thank you, so I'd like people to really understand who I'm talking to. Dr Klatze is a physician, medical scientist, futurist and innovator.

He coined the term anti-aging medicine. So, you are the father of anti aging medicine and is recognized as a leading authority in the new clinical science of Anti-Aging Medicine.

Dr. Klatz is the physician founder and president of the American Academy of Anti-Aging Medicine in 1984. Doctor Klats was a pioneer in clinical specialty of preventative medicine As a principal founder of the National Academy of Sports Medicine and researcher into elite human performance and physiology, Dr.

Klatz is a best-selling author and is columnist or senior medical editor to several international medical journals. Since 1981, Dr. Klatz has been integral in the pioneering exploration of new therapies for the treatment and prevention of age-related degenerative diseases.

He is the inventor, developer, or administrator of 100-plus scientific patents, including those for technologies for brain resuscitation, trauma and emergency medicine, organ transplant and blood preservation.

Today, Dr. Klatz helps to support aging-related biotech research and supervises postgraduate medical training programs for physicians from 120 countries.

You are busy. That's a lot to do. Yeah, it's kept me off the streets, out of the clubs at night, that's for sure. And so, and you are working on an incredible project.

I mean, right now, it's going to Dr. Klats, drklats.org and looking at the project there. It's at The World Center for Anti-Aging and Regenerative Medicine.

What is your vision for that? Because I'm looking the images, It just looks incredible. Well, anti-aging medicine is a true medical specialty. It's a, you can call it anti aging, regenerative medicine or functional medicine, or next generation medicine.

Precision medicine but it's all anti ageing medicine and what it is, is it the next-generation of medicine? It is the medicine that is designed to cure you and to reverse aging not simply to palliate your diseases, as unfortunately modern traditional medicine has become in the Western world.

And in every specialty of medicine, there's a center of excellence, a Center where the best people are trained, where research is actually performed, these are the ground zero for each of the medical specialties.

We all know Sloan Kettering for cancer and you know, the Mayo Clinic for orthopedics and the hospital for special surgery in New York and there's Will's Eye Hospital.

Building a World Center for Anti-Aging Medicine

There's dozens and dozens of centers of excellence for every medical specialty, including podiatry, proctology, aesthetic surgery, for ever medical speciality except anti-aging medicine and it's now time to create such a center where all the different aspects of anti aging medicine, whether they be hormone replacement therapy or stem cells or regenerative medicine, very focused and advanced physical therapies, whether it be implants or senolytic drugs or, you know, growth factors, hormones, washing the blood from away from impurities, whatever the technology be that's being applied by anti-aging medicine.

Physicians today, it can all be done under one roof. And unfortunately, that's not the case in the world right now. You cannot go anywhere in world and get the full spectrum of anti-aging medicine.

And you'd have to go to this clinic, this like best doctor, and that doctor and other doctor. So when people come to me and they say, Dr. Klantz, where do I go?

I want to get a complete anti aging medicine program. I say there is no place. That's the purpose of the World Center for Anti-Aging Medicine. Hopefully there's a.

There's someone out there who wants to change the future of healthcare and who want to be the patron saint of this new medical specialty and, you know, is willing to write a check.

So far, not too many people called me, but maybe after this call, maybe, after the show, someone, your audience will say, Hey, that's an idea. I'd like to part of that.

Yeah, that's awesome. So in your view, I mean, what are the benefits? I means, if you would sum up what anti-aging medicine really is, you know, What would that be?

Anti-Aging medicine is an umbrella term for advanced preventive medicine. It's anything that has to do with the early detection, prevention, treatment and or reversal of aging related disease.

And so it's a very wide, wide scope that anti-aging medicine contains. And, so whether it be advanced procedures in neurosurgery or orthopedic surgery or aesthetic surgery, whether would be hormone replacement therapy, weather it'd be metabolic interventions, or even immune therapies, because as we age, we lose our immunity Anything that reverts our bodies back to a more youthful, higher performance, basically a healthier time in your life.

This is anti-aging medicine and anti aging medicine affects both the quality of the human lifespan as well as the quantity of human life span. So the, cause a lot of people that think, well, you know, anti-aging that sounds like, people in Beverly Hills, all the rich people cost a lotta money.

But from my understanding is that preventative and anti aging medicine actually would cost less because it's cheaper to prevent and it is cheaper address things ahead of the game rather than dealing with our common or our model that we have now, which they call healthcare, but it's disease care.

It is, you know, dealing with diseases when they show up. So it is a late stage intervention when you have to put forth a lot of effort rather than addressing it ahead of time, Which is what anti-aging and, and you now sounds to me preventative medicine is.

Yeah, absolutely correct. America spends more money on healthcare. than any country in the world by a huge factor, a factor of at least five, more like eight times more than most Western countries.

And we're still a number of 48, 49, as far as longevity in world. So we are not getting our money's worth. Our money is not being spent on prevention.

My money has not been spent for the cure. I might have spent it on expensive pills. and expensive procedures and late life care that really does very little to improve the life and the quality of the patient.

We've got things really bass-ackwards in Western healthcare. In my opinion, for the last 30, 40 years. Anti-aging

medicines is trying to reverse some of that.

And I think that we've been very successful in doing quite a bit in the last 30 years since 1991, when the American Academy of anti-ageing medicine got its start.

I love that and I'm A4M, American academy of, of ant aging medicine. What, what you have brought forth and the knowledge of this and how important this kind of therapy is tremendous.

What I'd like to address also is that, you know, the healthcare that we're having right now, I mean, looking at the pharmacopoeia, that people think that real medicine, if we are going to have a strong impact, then we need pharmaceutical drugs.

Preventive Medicine vs. Disease Care

And so the pharmacy that that have here in the United States compared to what is available, talk to me a little bit about that. Well, what we have is we the Drug of the Month Club.

I'm not against pharmaceutical companies. And I believe in scientific medicine. What I am not in favor of is pushing a drug simply because it's on patent and you can make a lot of money with it.

There are at least 50,000 drugs that are approved and are part of the USP or the United States Pharmacopeia. If you walk into any Walgreens or CVS or chain pharmacy in America, you'd be hard pressed to find a pharmacy that has more than three to 500 drugs on its shelves.

most of them a lot less. And the majority of drugs that they fulfill prescriptions for are about 50 or 60. Most doctors don't know off the top of their heads more than 30 drugs.

So how does that work? If a doctor only knows 30 and a pharmacy only stocks 500 drugs, out of 50,000 drugs available are proven, are part of the USP, US pharmacopeia, and that's just the United States.

If we go over to Europe and other parts of world, their pharmacopoeia is over a hundred thousand drugs. we're looking at another 150, 200, there are at least 300,000 drugs that are available, that aren't scientifically categorized, could are scientifically formulated and that our available to any hospital or almost any doctor in a standardized format.

So who's doing good medicine? How could you be doing medicine if you've only have access to 30 out of 300,000 drugs. And I'm not saying you should be using more drugs, actually I was saying we should use less drugs because there's a lot of problems with drugs I think overall people are better off with natural therapies more so than pharmacological therapies but I am all for whatever works whether it be natural or synthetic.

But my point is that there is a lot more to healthcare than is being offered in Western medicine. And we need to understand that and open our eyes and demand better.

Yeah. I think that's a key is to developing these organizations that you have to drive forth innovation drive forth knowledge to then prevent a lot of these diseases that we seemingly don't have any solutions for like cancer, like diabetes, cardiovascular disease to kind of find what to do at its root.

So in your, with your broad knowledge of anti-aging and being kind of the, being the father of Anti-Aging, what are you seeing taking place in that space that is innovative, that, is, driving this technology forward?

That is the cutting edge, you know, we should be looking at that we're not seeing. Well, I don't mean to correct you, but I have a slightly different opinion.

I think there are effective therapies for cancers that have not been promoted. for diabetes that are not being promoted. And so none of these diseases is a death sentence, including Alzheimer's disease.

in these methodologies and these drug therapies and the prognosis or their progression or the philosophy of healthcare and where we're going. And we are going very far, very quickly.

Because if you remember when we got started in 1991, life expectancy was lower than it is today, and it's been increasing constantly until the onset of COVID, where things have gone backwards, unfortunately.

But COVID aside, once COVID is resolved, we're going to see a continued uptick in life expectancy in many countries around the world.

Drug Access, Natural Therapies, and Healthcare Gaps

Life expectancy is pushing 85 years of age now, of some countries as much as 90 years of age. And I personally am predicting life expectancies. I'm predicting the age of practical immortality as soon as perhaps 2029. That's because of the new technologies that are in the laboratory with genetic therapies, stem cell therapies and all the drugs, better understandings of how to undermine the processes, the degenerative processes of age.

And when we achieve the age of immortality, life expectancies will rocket past 100 to perhaps 120, perhaps even further. That's within the not too distant future.

the pharmaceutical companies and the governments get out of the way and allow the technology that's already in the laboratory, it's working in laboratory animals, be applied to people for that purpose.

Tell me a little bit about that. What kind of technology is that? Do you have the ability to talk about it a bit? Sure. tons of published research on senolytic drugs and its effect on aging in rodents and in other species.

The same is true with drugs that help to control blood sugar metformin trials are out. All these different studies, you know, metabolic treatment of cancer, Alzheimer's disease, all these studies are showing improvements in life expectancy if you were to extrapolate from animals to people of two to five years to 10 years, sometimes 20 years.

Even in dogs and puppy dogs, Purina did a study some time ago where they took young beagles and they put them on a very clean diet and a diet very high in antioxidants.

They found a 20% increase in life expectancy in beagles. Seeing a, you know, a twenty, thirty, forty percent increase. In life expectancy in rodents is very, very common in the scientific literature.

And when you look at people, there are, well, if you just look these communities that are following an anti-aging lifestyle, those are the communities where you're seeing people who are living, that you don't living well past 80, 85, 90. If you look at the blue zone, and you can extrapolate from, you know, what is it that you're doing?

You're living in a clean environment, they're getting lots of sun, again, lots exercise and they were eating a high antioxidant diet. So, if it works for them, why wouldn't it work for you and me?

Yeah, exactly. And when you're talking about senolytic drugs, I mean, you mean then things like metformin, rapamycin, yeah, those types. So do you feel that that is something?

There's a whole rack of them coming out of the laboratory right now. yeah But that's okay. We can do it in people, we're seeing it already. There's a fellow by the name of Gary Knoll.

He is a longtime health writer. Like he's, a nutritional researcher, Gary Knoll PhD. And he published over the last few years, the number of studies where he took elderly people.

I think 70 plus groups of 20, 30 of them. to a ranch in Texas that he managed. He managed this environment. It was a controlled environment and he took these people who had, you know, they, these were not superstars, 70 year olds.

These were, not Olympians. these where your, your common, nursing home type 70s, something plus. You're old people. They had arthritis. they had diabetes, hypertension, heart disease, early Alzheimer's disease or dementia.

And he put them on a very strict high-nutrient diet and he'd put on an enforced exercise every day and yoga and, you know, an improved sleeping environment.

And after the course of two weeks, three weeks or four weeks these people tested five years, 10 years younger. It was amazing. These people who were walking with walkers or who needed assistance with walking threw away their walking sticks, threw their walker, and were running mini-marathons.

That's incredible. And not just that, but when you measured their blood pressure, those improved, their cognitive function improved. This was no drugs at all.

It's was simply environmental and supernutrition. So that, yeah, talking then about the senolytics, and the as senlytic for people that don't know are then agents that are able to clear out senescent cells, you know, that just kind of hanging out there, kind also termed zombie cells that triggering a lot of inflammation.

Longevity Research and Practical Immortality

These are cells that are supposed to die, but they're not dying because the immune system is not as functioning as well to clear them out. So these, the senolytic then help to clean these out, so there are a lots of pharmaceutical, it seems like by doing a high nutrition diet, you will then gain a huge amount of these senlytics just through your diet and through like you're talking about, carcumin, quercetin, facetin.

Yeah, but you can find the natural agents as well. Yeah. It's been a surprise to me as a clinician, as physician, that so many pharmaceutical agents have their analogous natural, natural food, you know, a natural foods source or a national substance where almost any drug has an analogues food equivalent.

And that's been a big surprise to me, how effective these natural foods are with things such as memory, such things, diabetes, and even cancer. Garlic, very effective, a very effect food for all sorts of things.

For blood pressure, protection from cancer, from cardiovascular disease, blood, vitamin E, Vitamin C, D for immunity, it affects hundreds of metabolic processes within the body.

I mean, it's astounding. And we have gone so far away from natural health in American medicine. It's criminal because natural healing is the best healing because there's no side effects or very little side effect as opposed to drugs, which are expensive.

They're hard to enforce compliance because patients don't like taking drugs and they're expensive. Whereas people are much more compliant with natural foods, natural substances, and natural vitamins.

And the natural vitamin are very effective. I know one of the studies they did, they rounded up all the longest living people in Europe and try to find a commonality.

And one of the commonalities was garlic. And so people hear something so cheap, inexpensive, available, and it's so powerful in supporting the anti-aging process.

Great blood thinner, killed pathogens, antioxidants to detoxify. I mean, it is amazing what just garlic in itself can do. That's true. This is not so hard.

I mean, yes, metabolism is very complicated. Aging is really complicated, but there is so much that can be done. Just simple, you know, just taking a walk after your big meal of the day, 15, 20 minute walk can lower your risk of cardiovascular disease and cancer by 20% or more, increase life expectancy dramatically.

improved sleep. These, you know, these things are available to all of us, just sleeping in a clean environment

where there's no background noise, where is no back ground lighting, or the electricity is not near the head of your bed because we're finding out that electrical frequency can affect the release of melatonin from the brain.

And we need melotonin. Melotonins protects against cancer. It's one of the most powerful antioxidants in the body. These sort of things are going back to a natural lifestyle.

Not that I'm against new drugs. I am all for new drug. Oh my goodness. Looking forward to that magic pill that's going to let me live to be 150. But until I get it, I want to work with what I got.

And there's a lot of things we have that work just fine if we're willing to open our eyes and to reach out and embrace them. Detoxification, another big thing because we live in a toxic soup.

We live in a toxic soup of poisoned air, poisoned water, poison food, radio frequency. We're getting something like 10,000 more times the amount of radiofrequency pollution into our bodies every day than our grandparents did.

I've just read that they're now giving COVID vaccine to cat. For what I don't know, but they're finding that many of the cattle are falling over dead because they are having autoimmune reactions to the COVID vaccine.

You know, we're, you know there's just, there is something wrong and it's up to us, us when I say us I'm talking about you and me, not the medical establishment, but us.

It's our body, it is our choice, its our life and we have to stand up for that if we are going to enjoy the benefits of anti-aging medicine which are already here.

You don't have to wait 100 years or 50 years, 20 years for them to manifest. They're already here. And if we can make it through the next 10,20 years they're going to be here in dramatic ways.

Yeah. I agree. And it is so ludicrous with some of these like the COVID vaccine for cattle or for children because there really is no studies, obviously, of the benefit, nor is there a study to show the real danger of COVID.

Senolytics, Diet, and Lifestyle Interventions

So it's just showing that the people with money, they have the ability to open up a new market. And they are able then to push their product onto that market to make more money.

Indeed. And what I haven't figured out yet is why those same people are not going after the anti-aging market because it's the biggest market of all. Everybody wants to live a longer, healthier, happier lifespan.

But it seems that it just the opposite is the intention of many of the people who are controlling the worldwide healthcare system. Talk to me a little bit about stem cells.

I mean, you mentioned that. What promise do you see with stem cell? What usage other than people? I know we do a lot of joint injections with them cells to regenerate joints, but systemically, what do see?

Well, stem-cells has been a bit of a disappointment so far. It's a longer road. I think any of us expected the results, as you say, for joints, connective tissue for hair growth, or wound healing.

Stem cells have been miraculous and very exciting. However, stem cells to reverse the cognitive dysfunction, neurological dysfunction. Spinal cord injuries.

Some people are making claims, but the literature has not yet supported these claims very strongly. You know, it's one thing for someone to say, Hey, I got this result or that result, or, you know I've cured one patient, one person or two or three or a dozen patients.

It's another thing to be able to stand up with that data in front of your colleagues in a scientific conference and have

your colleague's walk out shaking their head in agreement.

And that takes a lot of work and stem cells have not yet proven themselves effective for neurological disease as far as I can see, though I expect that with improvements and with time, we will get there.

There is some interesting work being done on Parkinson's disease with stem cells with intranasal administration. And I've spoken with three or four doctors who are doing that now and who were reporting a better than 50% results.

So I think we're just a little bit shy of being able to recommend stem-cells for neurological conditions. But for musculoskeletal conditions, absolutely.

And then we have other categories like exosomes, amniotic. I mean, where do they fit in in this whole picture? Well, they're kind of the same category as stem cells.

You know, exosomes are information. They're packets of DNA that are expressed from the placenta, and they're almost like a virus. And there are sometimes very growth factors, And they work in much the same way as stem cells do.

And we say virus is kind of the structure where you have the mRNA and it's a little package around that and able to penetrate cells and tissues easily.

So, I mean, the structured looks very similar. Exactly. And it gets into the cells, and they're signaling proteins. They tell the cell to do this or that or the other thing.

Hopefully, if you get the right exosomes, you're going to stimulate the cells to become more active in regeneration. And peptide therapy, is that something that I know you wrote the book that are read many, many years ago, you know, the HGH on human growth hormone and among all the other longevity books that you've written, they're tremendous.

What do you see within the field of peptides? I mean, are we seeing any more advancement there or have we gone as far as you feel we can? I think we're early on in peptide research.

Peptides are smaller than the hormones. They're essentially fragments of hormones, again, they act as signaling molecules, but not well studied because the You know, it's so darn expensive to study these things.

And so when you get away from the pharmaceutical based research laboratories, you're left with individual practitioners who don't have a budget to do these.

So they're more or less experimenting. So I'm not saying that they're not scientific, but they just don't have, you know, a research team. They only have themselves, their office, maybe one assistant.

And it's hard for them to come up with quick and reliable research that's publishable and that is able to be peer reviewed. Polypeptides. I think have a great future, but it's going to take a little bit of time because again, the pharmaceutical companies don't seem to be interested in them as they don' see these as easy to patent as drugs.

And talk to me a bit about the FDA approval process, because you kind of alluded to that. There's a lot of people, a medical doctor would say, well, that is not FDA approved for that reason.

Stem Cells, Exosomes, Peptides, and FDA Barriers

So what are the challenges for, like the peptides you mentioned, what is the challenge or an herb or whatever it may be to have it then become FDA approved or FDA recognized for a specific reason?

So people know when a doctor says that this is a reason why it is not FDA-approved for that reason. Well, you

know, people have unfortunately bought into the notion It's not their fault they've been programmed, literally programmed to believe that something that FDA approved is good and safe and effective and isn't going to hurt you.

And the history of medicine is rife with FDA-approved drugs that turned out to be disastrous and that have killed tens of thousands of people or contributed to the deaths of tens and thousands So, simply because a drug is FDA approved doesn't necessarily mean it's completely safe, nor does it mean that it is completely effective.

Unfortunately, the FDA approval process is controlled in many ways by the pharmaceutical companies themselves. As a matter of fact, pharmaceutical company fund the F. D. A.

by as much as I think over half of the f.d.a.' 's budget comes from fees from the Pharmaceutical companies. Yeah, well anything else that you feel would be…

helpful for people to understand, get excited about anti-aging medicine and know what we have and what you're looking forward to with your scope of understanding of everything that's going on.

Can I ask a final note? Well, right now, the issue is getting past this worldwide pandemic because it's affecting not just quality of life, but quantity of life expectancy has been dropping for the last three years, maybe the four years because of it.

And there are many that believe that this pandemic did not happen naturally, which means there's an agenda. So if we don't get past this agenda of depopulation, well, I'm very sorry and saddened to say that I don' see much future for anti-aging.

However, i'm hopeful. that we will get past this, and anti-aging has a huge, bright future. There is so much in the laboratory that is working well. there is much clinically that's working.

When I got started with the American Academy of Anti-Aging Medicine in 1991, there was only a handful of doctors who practiced anything akin to anti aging medicine in United States or around the world, probably less than 100. Now there are hundreds of thousands of doctors who are doing this and treating tens of millions of people worldwide, maybe hundreds millions.

There is a huge industry now of an anti-aging mess that has grown up around these issues. So it's really the next great healthcare model and it is unstoppable if we allow it to flourish.

The future is very bright. As I said, I personally believe that the potential for practical immortality, lifespans of 120 and beyond, could be available by 2029 if the pandemic issues were resolved.

Uh, we're very close to it. We have the technologies to improve lifespan dramatically. They have technologies. To counter cancer, heart disease, diabetes, Alzheimer's disease right now, but we don't need breakthroughs.

You already have that breakthrough is we need the implementation of technologies we already. So the future in many ways is extremely bright. There are just a few roadblocks and in a way, unfortunately, they're large road blocks.

The powers that be roadblock. I don't say too much because Dr. Peter McCulloch, MD, one of the most prominent doctors in America, most highly published doctors America and Sherry Tenpenny, DO, a fantastic educator, are losing their licenses and their academic affiliations simply because they talk about these topics.

So I try to, you know, stay clear of political issues as best as I can.

Future of Anti-Aging Medicine and Closing Remarks

but from a scientific point of view and from my reality point-of-view and for my clinical point Find yourself an anti-

aging medicine doctor, hopefully one that's a member of the American Academy of Anti-Aging Medicine, and educate yourself.

And you will be able to do miracles with your potential healthcare. Because the technology exists, it's out there, It works and it is affordable. I love it.

Well, Dr. Klatt, has been such a pleasure, such an honor to have you. It's like regenerative medicines would not be complete without having the father of anti aging on it, so thank you so much.

Well, thank you. And just remember, if you're not part of the organization, you are probably missing out. So help out the A4M. If you happen to have an extra $50 million in your back pocket and you'd like to see the World Center for Anti-Aging Medicine come to pass, we'll even put your name on the building.

Let me know. And then people can go to drclaths.org and they can see, you know, there's a page here on the project to see that the beautiful, I mean, the vision is incredible.

So yes, whoever's listening, have a few million dollars in their back pocket to step up. I think that'd be great. Well, God bless you and congratulations with your seminar.

Looking forward to it all. really tremendous. It's mostly education. The secret to anti-aging is mostly, education and taking responsibility for your own health care and your health destiny.

So God bless you all. Thank you. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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