

# THE GREAT JOURNEY

The Path We Are On, The Journey Ahead

**AHF** 2023  
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AUGUST 7-9 | ORLANDO, FL

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# FISH TALKS

FOOD INNOVATION SERVICE HOSPITALITY



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# Aging Young: Turning back the biologic clock of time

***Mark Pettus MD***

***CMO Preventia Group***

***Associate Professor of Medicine***

***University of Massachusetts Chan Medical School***



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- Former Director Population Health and Community Care at Berkshire Health Systems
- Associate Professor of Medicine and former Associate Dean of Medical Education University of Massachusetts Chan Medical School
- Former President, Board of Directors National Wellness Institute
- CMO Preventia Group
- Chief Innovation Officer Novolux Light Technologies



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“The future ain’t what it used to be.”

Yogi Berra

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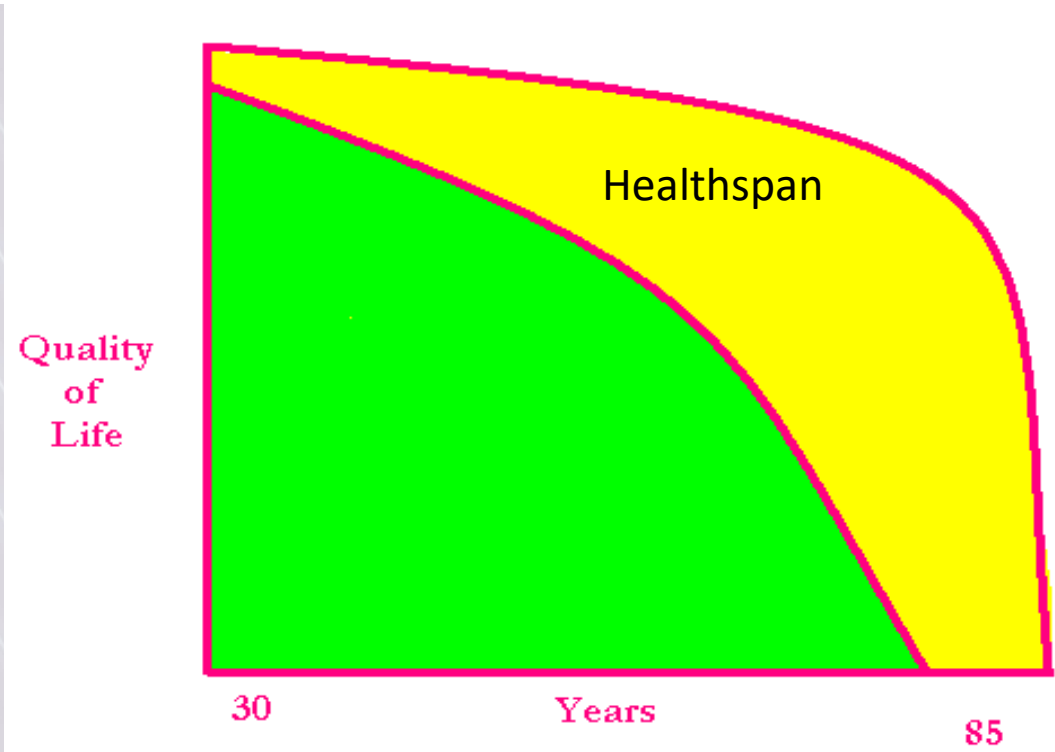
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SPECIAL ARTICLE ARCHIVE

# Aging, Natural Death, and the Compression of Morbidity

James F. Fries, M.D.

N Engl J Med 1980; 303:130-135 | July 17, 1980



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# Verdin Lab

Eric Verdin, MD  
President and Chief Executive Officer, Professor

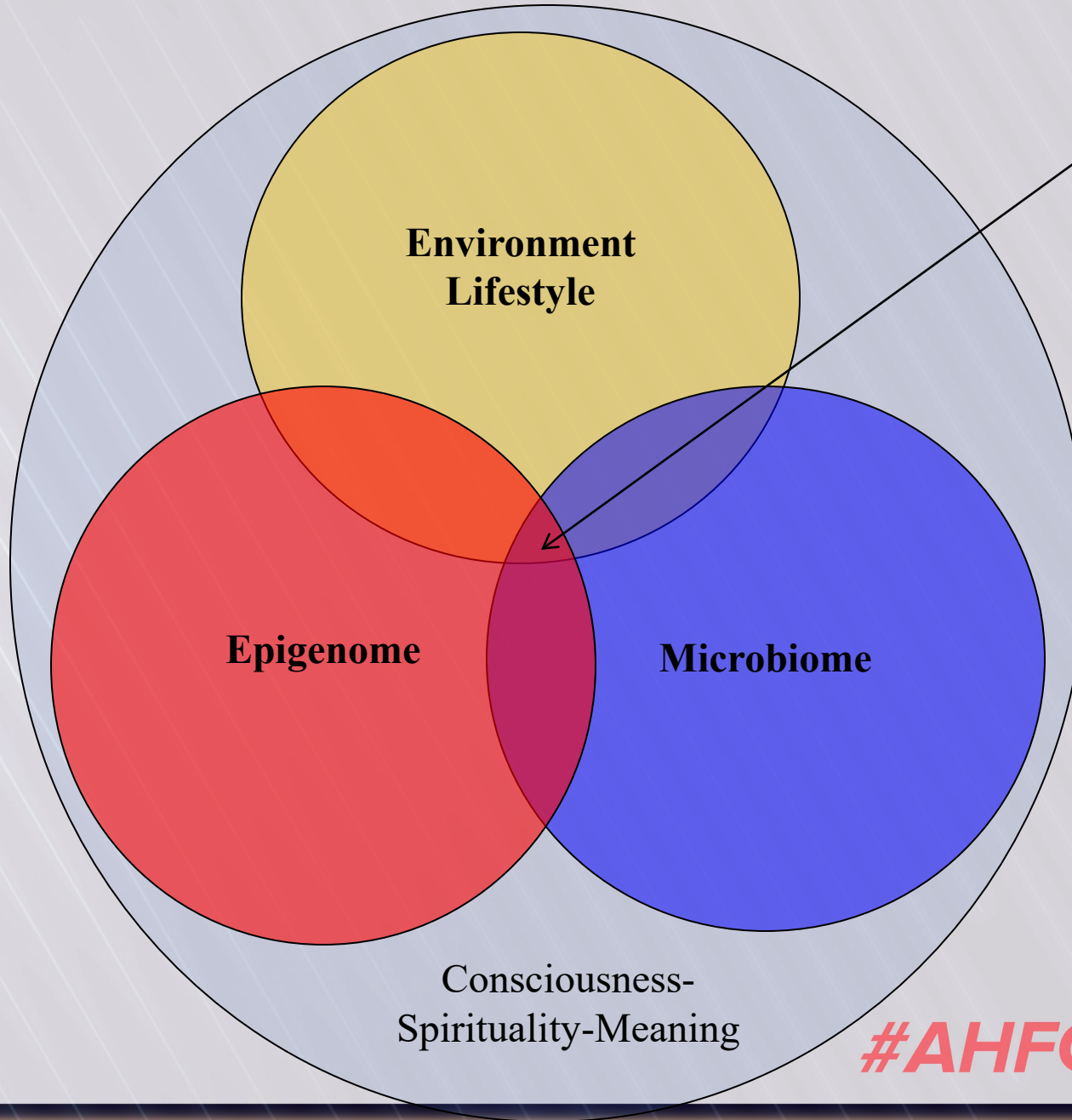


“Only 8% of what contributes to longevity can be traced to genetics. Over 90% of what contributes to longevity and healthy aging is lifestyle.”

Eric Verdin MD  
President and CEO, Buck Institute

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**Longevity  
Healthspan**

**Environment  
Lifestyle**

**Epigenome**

**Microbiome**

**Consciousness-  
Spirituality-Meaning**

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Sugar, Fructose and Carbohydrate-  
Dense Grains e.g. flour



Inflammation  
Altered neurotransmitters  
Insulin Resistance  
Weight and Metabolism  
Mitochondria-Oxidative stress  
HPA axis –Stress Response

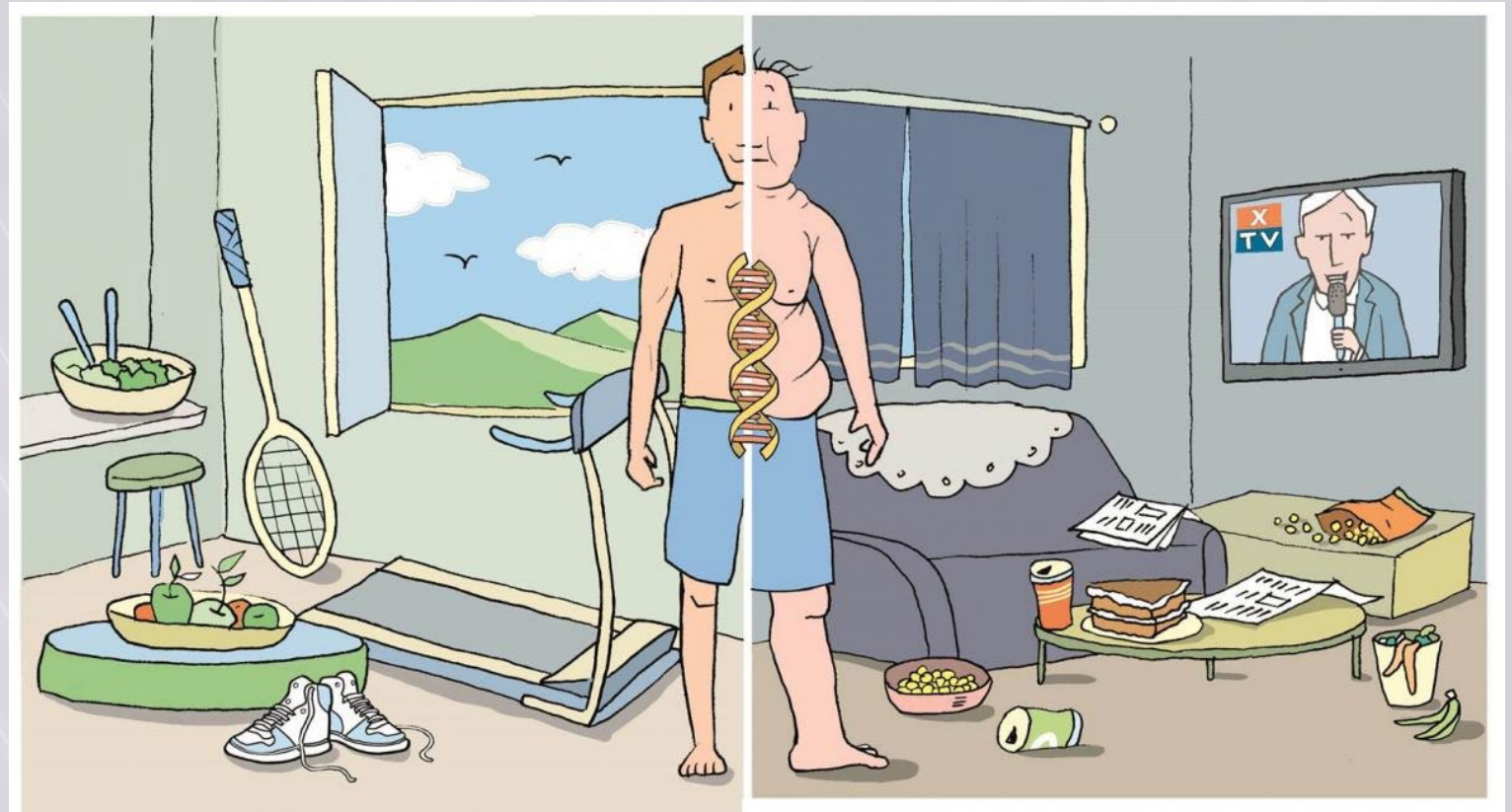
High-Quality Plant-Based Carbs

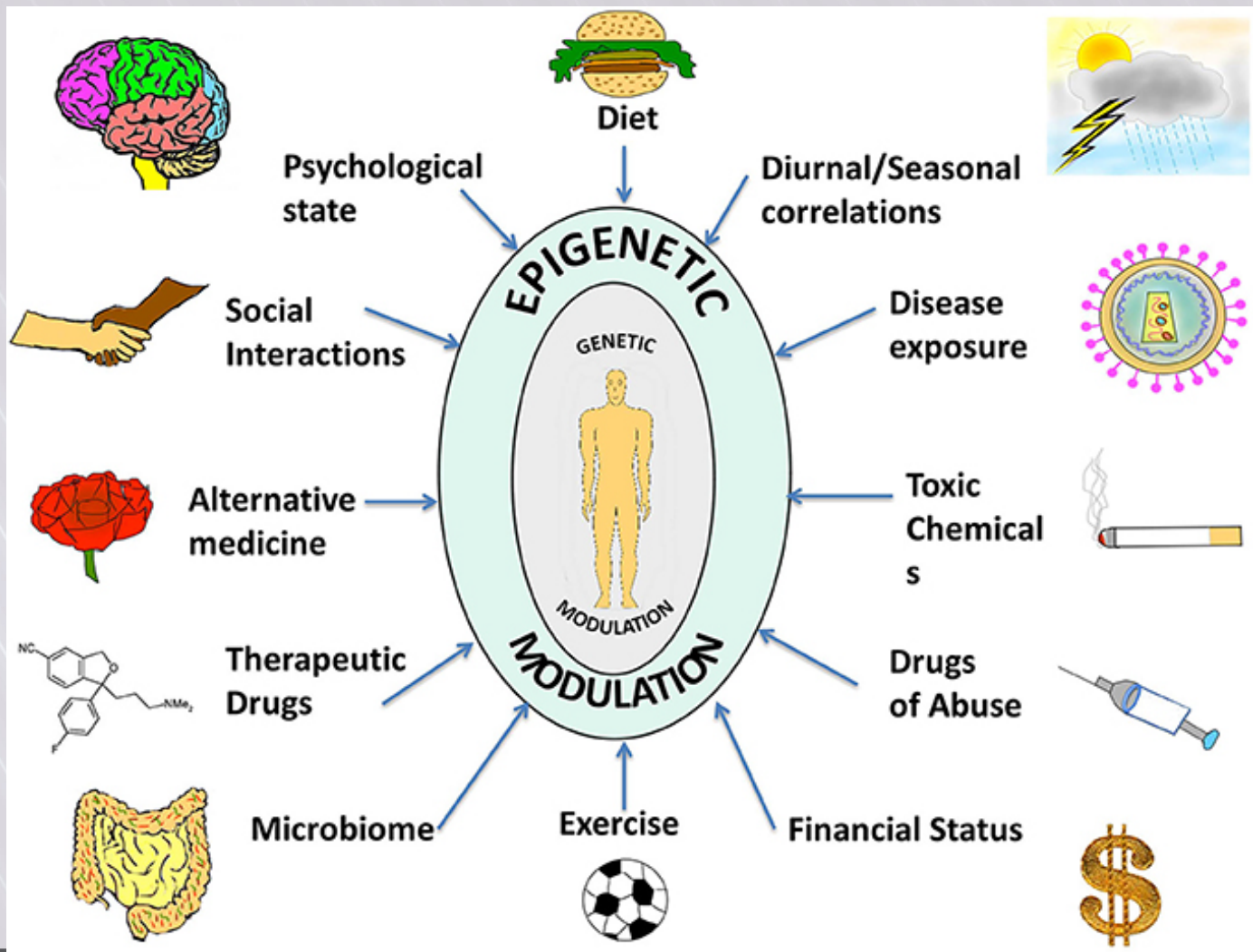


Oral and Gut  
Microbiome

Protection from:  
Inflammation  
Diabetes  
Cancer  
Obesity

Epigenetics:  
A life with many  
possibilities.





## *Aging has an Epigenetic Signature*



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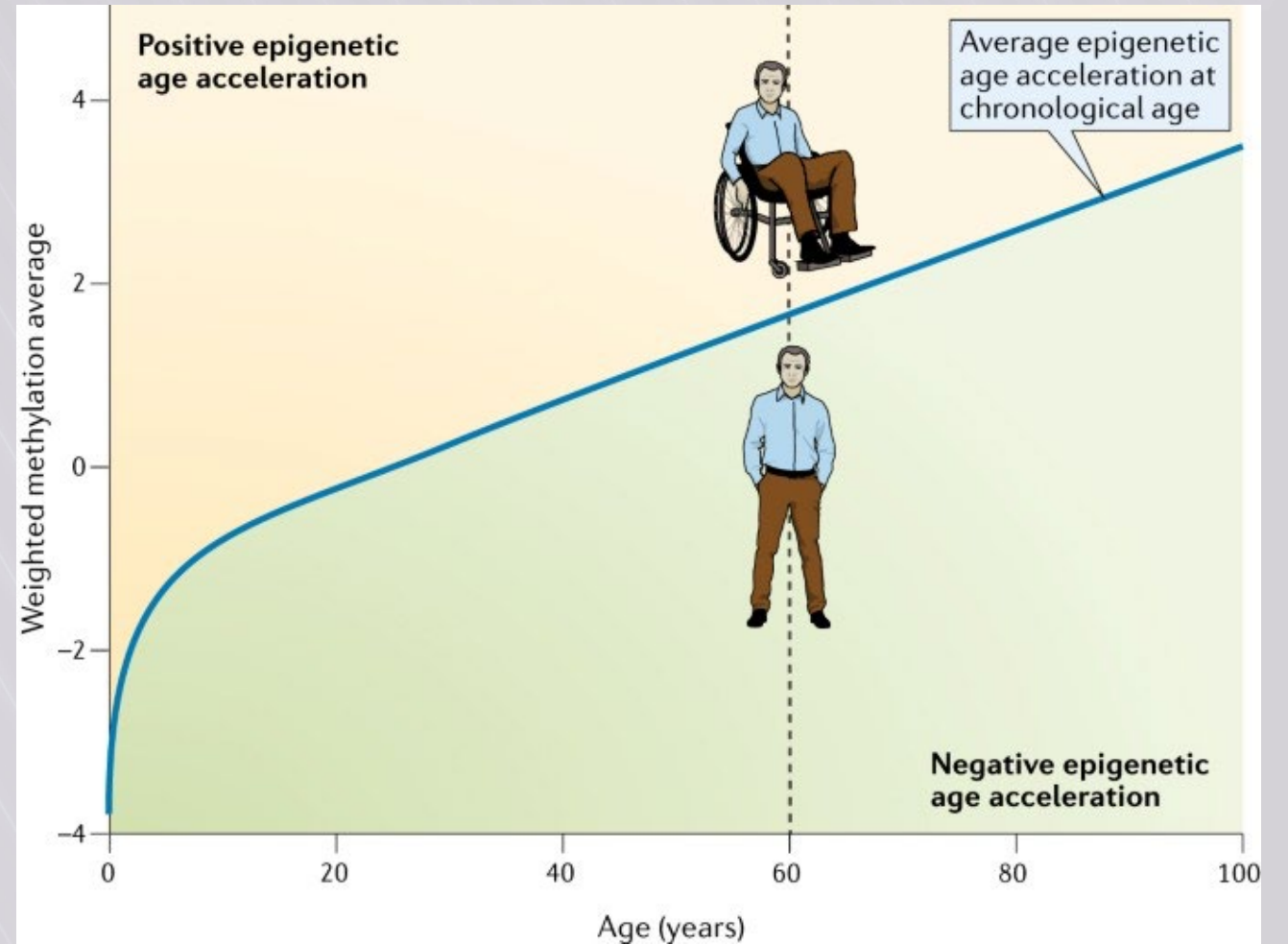
You are not a prisoner of your DNA

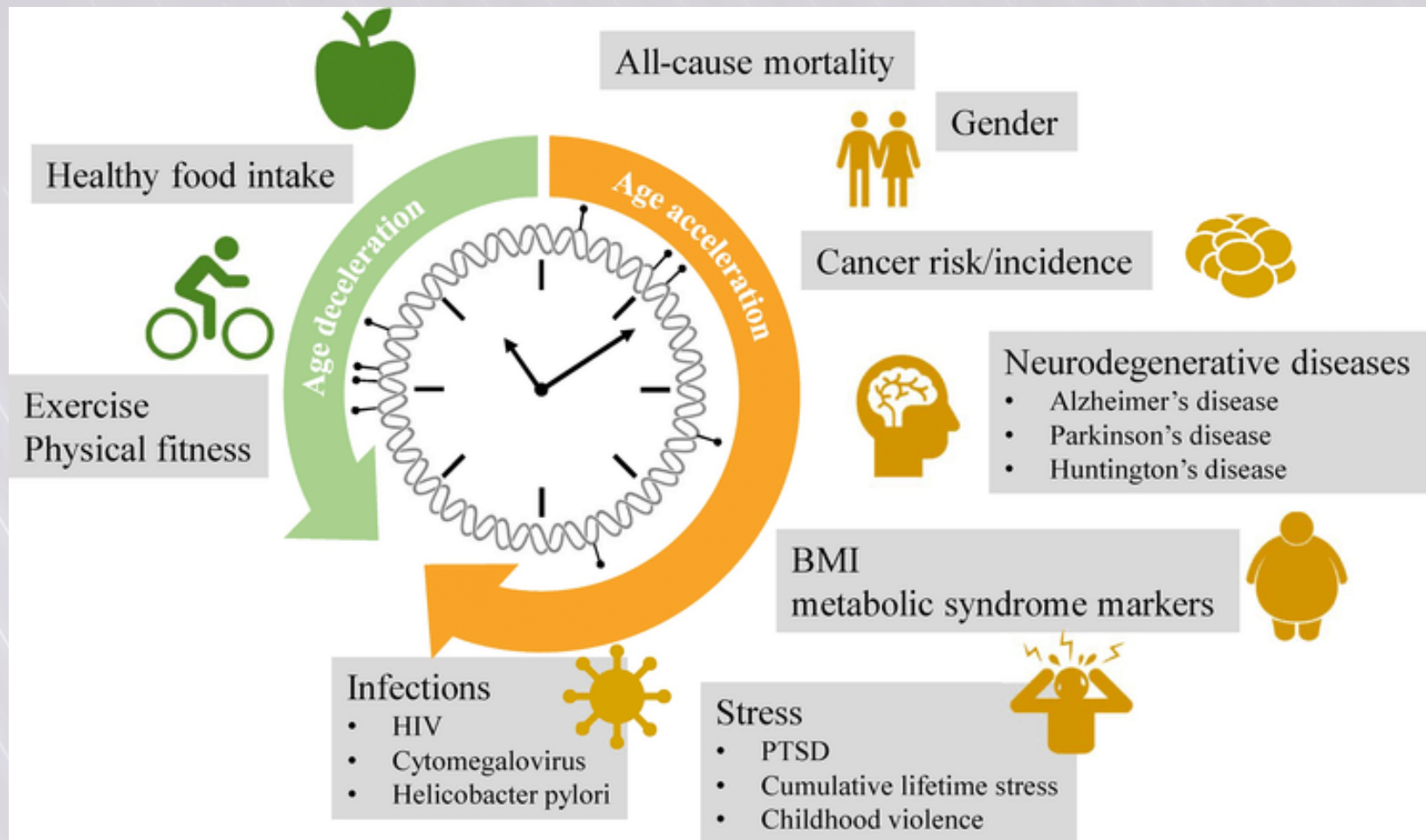
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## DNA methylation-based biomarkers and the epigenetic clock theory of ageing

[Steve Horvath](#) & [Kenneth Raj](#)





**Back to the future: Epigenetic clock plasticity towards healthy aging**

•January 2018 Mechanisms of Ageing and Development DOI:[10.1016/j.mad.2018.01.002](https://doi.org/10.1016/j.mad.2018.01.002)

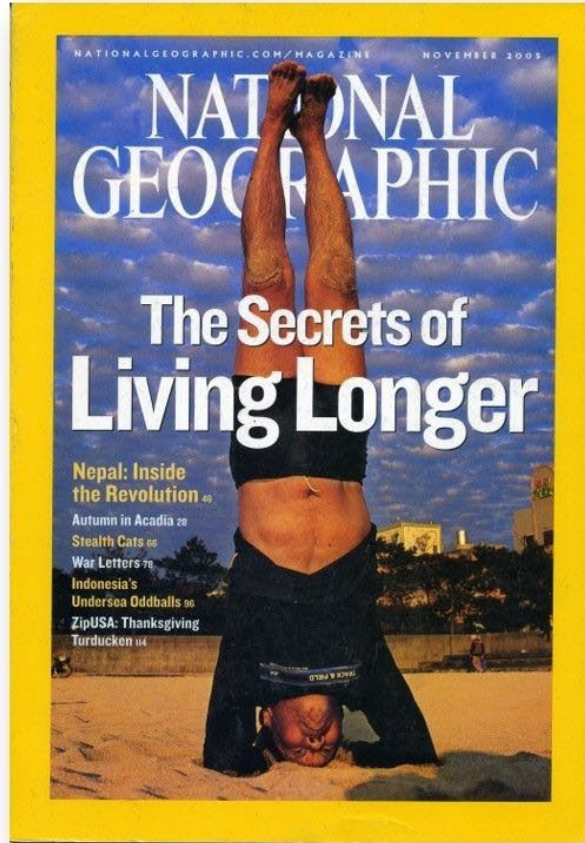


Epigenetic Reprogramming

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