

## **Upcoming Therapies I Plan to Test and Combine As Part Of My Own Self Directed Age Management Research**

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[www.AgingIntervention.org/1\\_UpcomingPersonalTherapies.pdf](http://www.AgingIntervention.org/1_UpcomingPersonalTherapies.pdf)

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**Upcoming Therapies I Plan to Test.**

**WHAT ARE YOURS?**

**MY LIST IS BELOW, but first**

**Everything should be done under physician guidance and approval.**

### **Personalization, Dosing and Combinations**

Different people can experience a wide range of responses to different therapies.

What works in one person may not work in another – and another may experience a negative effect.

And personalized dosing can be important.

Re combinations – it's good to effect multiple aging systems. Sometime therapies with the intended effect or target that don't work individually will work when combined -- or will work better when combined.

And it would probably be desirable to combine different therapies with different effects or targets on aging systems.

Dosing becomes even more important, as sometimes therapies that worked well with no side effects, will now result in side effects. For example, they may compete for the same clearance pathways resulting, in effect, to something like overdoses.

To be determined – order of therapies. For example, first senolytics to clear old cells (including stem cells) THEN any stem cell therapy.

**MY LIST “here are now” – YOUR list would be specific to YOU, and certainly may be more advanced**

- Umbilical cord plasma  
One source: [www.clinicaltrials.gov/ct2/show/study/NCT03229785](http://www.clinicaltrials.gov/ct2/show/study/NCT03229785)
- An new, innovative and proprietary anti-inflammatory mix created by one of our advanced associates
- Senolytics – To start, dasatinib and quercetin. Consider fisetin, Senex, EMIQ, FOXO4-DRI, theaflavins and a number of others.
- Exosomes
- NAD – infusion, patch, RealNAD, nicotinamide riboside, other NAD precursors and supplements

- C60
- Increase metformin from 500 mg 2x daily
- GCSF granulocyte-colony stimulating factor
- Rapamycin
- Fasting – partial day, 5:2, DASH diet, fasting mimicking diet  
[www.valterlongo.com/fasting-mimicking-diet-longevity](http://www.valterlongo.com/fasting-mimicking-diet-longevity)
- Microbiome -- probiotics and prebiotics – monitor with uBiome or others. I started paying attention to this when heard microbiome affects DNA methylation, now hearing about from many sources
- Reduce calories, measure inflammation and immune effects.
- GDF11
- Stem cells
- Antibiotic -- azithromycin, minocycline or other
- MitoQ
- Platelet rich plasma
- Methylene blue
- J147
- Multiple nutritional supplements and prescription meds – attention paid to combinations and dosing
- Revisit hGH
- Among many others.

#### **LATER – UNDER DEVELOPMENT**

- Exosome/extracellular vesicles therapies -- compare older adult plasma extracellular vesicles (EVs) with 18-25 year old and cord plasma EVs. Design or extract ones in young for injection into old (simpler, mass produced, injection rather than infusion).
- Gene editing, gene therapy
- Nanotechnology -- nanobots to repair cellular components and DNA, and remove debris.
- Take some of our own cells, grow them up in quantity, isolate the mitochondria from them (maybe after testing for low mutation load), and inject them back into ourselves
- Very long term – and this is way out there -- Lab grown bodies for full body transplant (head onto new body).

#### **NOT ON THE LIST**

##### **No plan B – it's do or die.**

- Cryonics.
- Upload the mind into a computer. Reasons why this is not such a good idea would take up too much space here. You're welcome to contact me to discuss, or google "arguments against uploading mind into computer"  
[https://www.google.com/search?q=arguments+against+uploading+mind+into+computer&rlz=1C1CHBF\\_enUS723US723&oq=arguments+against+uploading+mind+into+computer&aqs=chrome..69i57.9273j0j7&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=arguments+against+uploading+mind+into+computer&rlz=1C1CHBF_enUS723US723&oq=arguments+against+uploading+mind+into+computer&aqs=chrome..69i57.9273j0j7&sourceid=chrome&ie=UTF-8)

OK, maybe transplant the brain into a device or onto a robot body would work. But personally, I'll take a regular body -- enhanced to withstand disasters like assaults and plane crashes etc.

**Enough visionary, for now working on the MY LIST “here are now” above.**

**What therapies are you planning?**

**Let me know at [JAdams@AgingInterventionFoundation.org](mailto:JAdams@AgingInterventionFoundation.org)  
or call (949) 922-9786**

Misc. reference

<https://www.colorado.edu/today/2018/03/28/pill-staves-aging-its-horizon>

Protocol statement: <https://clinicaltrials.gov/ct2/show/NCT02921659?term=Nicotinamide+Riboside&rank=6>

Abstract: <https://www.ncbi.nlm.nih.gov/pubmed/29599478>

PubMedCentral: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5876407/>

Published paper: <https://www.nature.com/articles/s41467-018-03421-7>