

Action Items -- What I'm Working On

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www.AgingIntervention.org/1_SmallStudyFormat.pdf

Last updated Aug 27 2019. Constantly updated. Check for updates.

SHORT version (details below)

- Managing **GRG email discussion forum**, special interest groups (microbiome, exosome and others) and potential partnerships.
- **Exosome small study** – Evaluated suppliers, biomarkers were selected. So far two core members of our group have had exosome infusions, with before and after lab, physiological and mental measurements. Includes scheduling/managing lab and phlebotomy, and personally administering physiological and mental measures. More to come.
- Our core group completed the **dasatinib plus quercetin (D+Q)** small trial. Initial reports showed positive effects, awaiting final report with rejuvenation score.
- I'm working on making an **innovative DNA expression test and reporting system**, developed by world class researchers at a top university, available to our wider community. This test was used in our recent D+Q small trial, and its applicable to all age reversal therapies, especially gene editing/therapy.
- **GDF-11** -- purchase, mixing and facilitating subjects' use.
- Advancing on **gene therapy** – multiple fronts.
- Assisting other groups and practitioners, like the Age Reversal Network and sometimes answering important questions in the forum
- **My personal age management program**. Completed “3 day cycle” (day 1 weight training, day 2 aerobics with high intensity interval training, day 3 partial day fasting, then repeat)
This includes measuring the results with lab biomarkers, physiological and mental measures
Now my CRP is at an all time low at .35. But LevineCramer physiological age is about the same as before starting, awaiting DNA methylation age.

Now taking beta-hydroxybuterate (BHB/ketones -- HVMN brand ketone ester, and possibly Longevity Edge “Keto-Gen”)

After that, exosome infusion
then other innovative therapies
then combinations.

See [THERAPIES – Lists of Aging Intervention Therapies](#) for more complete list of previous therapies.

- **Healthspan and longevity themed musical performance** designed to raise awareness of our mission, motivate, inspire and fundraise – and be a lot of fun.

- The above are the high points and there have been many other items and collaborations as they arose.

LONGER VERSION

Managing GRG email discussion forum, special interest groups (microbiome, exosome and others) and potential partnerships.

EXOSOME INFUSION SMALL TRIAL

Two core members of our group have completed the first phase of our exosome small study. Consists of pre-lab work and objective measures, exosome infusion, and follow-up tests. I handle details like scheduling lab and phlebotomist visits, traveling to subjects' locations and administering physiological and mental tests, and many details like scheduling phlebotomists, dealing with when phleb abruptly quits and screening new service, managing data etc.

D+Q SMALL TRIAL

Our core group participated in this small, controlled study. This included locating pharmacies, evaluating suppliers to evaluate purity and content of dasatinib, solving many problems and coordinating peoples' activities and tasks.

Final lab report on our D+Q small trial will be complete soon. Initial reports show positive effects in cell senescence and aging.

INNOVATIVE DNA EXPRESSION TEST AND REPORT

I worked with a world-class team at a lab at a top university to create an innovative and valuable lab test that measures cell senescence, aging, cancer markers and some others by isolating RNA as a measure of gene activity. We used it for before and after senolytics therapy to measure results.

The university lab did a great job creating it, – and the method can be adapted to other age reversal therapies, AND gene therapy. But having them do the testing and reports on an ongoing basis does not fit their program or environment.

So I'm considering feasibility of opening a lab to do the testing. I'm now evaluating demand, costs, and value in our age reversal programs.

Members of our close group would have access to testing. Maybe others in our wider community.

It could possibly be eventually offered as a commercial service, but would need to pass hurdles for FDA approval including validation testing etc.

I needed to understand the test and reporting process to be able to decide how to proceed. So last weekend I had them demonstrate and partially train me in the many steps of doing the test. It took 12 pages of notes, 82 photos of the various steps, and one short video of a pipetting process.

Each test takes about six hours to run individually, but there are considerable economies of scale if more are run simultaneously.

GDF-11 -- purchase, mixing and facilitating subjects' use.

GENE THERAPY

I am advancing on gene editing/therapy now rather than waiting a couple years.

I'm now part of the volunteer team assisting Liz Parrish and Mitch Fernandez of BioViva in a volunteer project to create a comprehensive gene therapy database.

OK, say you have gene therapy. Downstream measures like blood work, physiological tests, mental measures are important -- but how will you immediately know about gene activity?

Hence particular interest in **INNOVATIVE DNA EXPRESSION TEST AND REPORT** described above.

Assisting other groups and practitioners, like the Age Reversal Network and sometimes answering important questions in the forum.

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PERSONAL AGE REVERSAL PROGRAM

Last week I completed my personal trial consisting of this regimen over the last two months with lab and other objective measures before and after:

3 day cycle --

Day 1 weight training

Day 2 aerobics with high intensity interval training

Day 3 partial day fasting

Repeat . . .

Now my CRP is an all time low at .35 (scale is 0 to 3.0), however Levine/Cramer phenotypic age was about the same as before starting this segment, awaiting DNA methylation results.

Now taking beta-hydroxybuterate (BHB/ketones -- HVMN brand ketone ester, and possibly Longevity Edge "Keto-Gen")

Includes measuring the results with lab biomarkers, physiological and mental measures.

After that exosome infusion

then other innovative therapies (includes GDF11, rapamycin and others)

then combinations.

for more complete list of previous therapies see [THERAPIES – Lists of Aging Intervention Therapies](#)

HEALTHSPAN AND LONGEVITY THEMED MUSICAL PERFORMANCE

Designed to raise awareness of our mission, motivate, inspire and fundraise – and will be a lot of fun.

The above are the high points, there have been many other items and collaborations as they arose.

OK, so far we're using available therapies to slow biological age so just patching things up. But in about 2022 the program will be kicked up multiple notches by working on NEW BLOCKBUSTER therapies like gene therapy, new technologies to reset the epigenome to a more youthful biological age, nanotechnology, synthetic body components.

If you would like to be a part of our core group advancing on solving biological aging, then bring your time, talents, financial resources or contacts and call me at (949) 922-9786, or email JAdams@AgingInterventionFoundation.org or JAdams@grq.org

Short term plan (since 1999 and into the future about 2-3 years):

Refine therapy program, combinations and dosing to gain added years or a decade or two.

Test and evaluate aging intervention therapies for ongoing use.

Some past examples: umbilical cord plasma, senolytics (dasatinib plus quercetin), oxytocin, hormones, conventional methods and others.

Near term future: exosomes, rapamycin, others.

Biomarkers/objective measures will be applied to determine the best personal programs.

Long term plan starting approx. 2021-2022:

Initiate major program and/or partner with others on development of NEW therapies that will allow us to stay youthful and healthy, and making the world a better place, for as long as we choose – more than a few years or a couple decades.

Includes gene editing, nanotechnology -- and this will seem highly visionary and extreme, and even bizarre -- full body transplant with lab-grown bodies (obviously this one is very long term). And many other innovative advances yet to be conceived.

My mission is to solve biological aging.

Longer version: Slow and ultimately reverse age related decline for more years of healthy living.

This will be accomplished by evaluating, testing and creating aging intervention therapies.

Info:

Most important info -- CORE documents

SYSTEM – Self Directed Age Management/Small Study Format

https://www.aginginterventionfoundation.org/1_SmallStudyFormat.pdf

THERAPIES – Lists of Aging Intervention Therapies

Includes list of therapies I have used and brief summary of results. More Detail is available.

https://www.aginginterventionfoundation.org/1_UpcomingPersonalTherapies.pdf

MEASURES – Biomarkers, objective measures of aging therapies

https://www.aginginterventionfoundation.org/1_BiomarkerPersonalPracticalBasicList.pdf

My Activities

https://www.aginginterventionfoundation.org/1_JohnnyAdamsActionItems.pdf

My Background

<https://www.aginginterventionfoundation.org/JohnnyAdamsBackgroundSummary.htm>

Web site www.AgingIntervention.org

I collaborate with other groups, and lead the Gerontology Research Group email discussion forum, and facilitate communication among researchers, solutions creators and the public throughout the world, and provide education on how to stay healthy while new technologies are being developed.

<https://www.aginginterventionfoundation.org/EmailDiscussionForum.htm>

Occasionally I'll write up useful references

Organizations to Follow Progress

<https://www.AgingInterventionFoundation.org/OrganizationsFollowProgress.pdf>

Practical Methionine Reduction in Humans

<https://www.AgingInterventionFoundation.org/PracticalMethionineReduction.pdf>

Genomics Notes

<https://www.AgingInterventionFoundation.org/GenomicsNotes.htm>

Conferences, Meetings and Organizations -- this one is dated

<https://www.AgingInterventionFoundation.org/ConferencesMeetingsAndOrganizations.pdf>

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