



*Surrounded by reminders  
of long healthy life*

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**Travel or Relocate Anywhere**

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### ***Objective***

- Solve the problem of biological aging for very long healthy life

### ***Some Successes***

Contact me for others, and precise results and description of each specific biomarker test

- Personal age management program  
Aging Intervention Program – System, Therapies, Metrics  
<https://www.aginginterventionfoundation.org/AgingInterventionProgram.pdf>
- Plan to Get A Great Many More Healthy Years - Maybe as long as we choose  
<https://www.aginginterventionfoundation.org/PlanForManyMoreYears.pdf>
- Umbilical Cord Plasma
  - Worked with world class scientist to acquire, administer and measure results of umbilical cord plasma infusions
  - Results from two subjects - Myself: after one 100 mL infusion objective measurements shifted toward youth. DNA methylation (DNAm) age reduced by 1.8 years, numerous inflammation measures (reduced from 9-25%), cognitive/mental, physiological  
The scientist: more aggressive infusions resulted in DNAm age reduction of 4.5 years
- Senolytics – Dasatinib plus Quercetin
  - Developed new lab test process to evaluate results of senolytic therapy  
Located world class scientists at a major Southern California University, worked with them, provided funding and managed the project to develop a novel test showing changes in gene expression after therapy
  - Administrated small study. Four subjects took the lab test, then dasatinib plus quercetin (2 high dose, 2 low-dose), then re-tested. According to the test, 2 high dose subjects and one low dose subject showed significant shift toward youthful gene expression, and 1 low-dose subject showed partial shift toward youthful expression improvement.
- Peptides – Now enrolled in peptide bioregulator study. Will have early results approx. 5/2021, long term results late 2021.
- Aging Metrics
  - Emerging organization offering a suite of biomarkers and objective measures and software systems - only to researchers working on innovative and potentially most productive solutions for aging.
  - Includes biomarker and therapy tracking system (under development), and proteome clock described next.
- Proteome clock

- Expanded on the work of Beniot Lehallier, Tony Wyss-Coray and others to create a functional clock, and ran it on data for 64 subjects demonstrating a working prototype.
- Now overcoming obstacles to bring it to widespread use among scientists to help them develop innovative aging intervention therapies
- Plasmalogen
  - Outstanding improvements in cognitive/mental and exercise stamina tests, and subjective well-being and youthfulness
- High Intensity Interval Training (HIIT)
  - Three year reduction in phenotypic age using calculation developed by Morgan Levine (using spreadsheet tool devised by John Cramer “Levine/Cramer spreadsheet”)
- Novel therapy intended to upregulate oxytocin for multiple benefits
  - Cultured lactobacillus reuteri 6475 in yogurt, consumed 1 cup 2x daily
  - “Levine/Cramer spreadsheet” phenotypic age reduced 4.6 years
- Evaluate NAD Biomarker Test Suppliers
  - Gathered each supplier’s sample submission requirements for blood sample (tube, processing, freezing and shipping requirements) for draw lab
  - Created two phase plan – 1) Blind (no names or birth dates) submission to labs to assure low variability of test results, and find out supplier responsiveness and what it would be like to work with them years into the future. 2) Test results of before and after NAD treatments.
- Early “experiment” and lesson that formed a foundation for future work emphasizing safety and partnering with competent medical professionals  
1999 Testosterone, megadoses of multiple nutritional supplements and multiple “anti-aging drugs” often from questionable sources
  - This overly aggressive and naïve program making me sick, even though it was under the supervision of an MD who had a great presentation and who I trusted. The MD later lost his license.
- Numerous others – biomarkers, exosomes, NAD and NAD enhancement supplements, Alpha-Ketoglutarate (AKG), nutritional supplements and Kaufmann protocol, cognitive and life enhancement.

***Top Research and Therapy Development Interests*** in addition to core methods like conventional health care, nutrition, exercise, stress reduction among others

- Reset the epigenome (DNA methylation and others) to a more youthful biological age / cellular reprogramming -- possibly using Yamanaka factors and others
- Gene editing/therapy – greatest interest is knock-ins of youth enhancing genes
- More effective senolytics - therapies that remove senescent cells, which basically are old worn out cells that remain in the body causing problems
- Add youth enhancing factors found in young blood to older people, and
- Remove harmful pro-aging factors
- Restore mitochondria function



## *Approaches*

- Mainly focused on
  - The most immediate and important “fast track” use of therapies available now for longer, healthier life
  - Developing therapies to solve biological aging than currently available to get much greater healthy life
  - Biomarkers and other objective measures of biological and functional age
- Also works well in academic/institutional/mainstream medical environments
- Highly experienced in business

## *Top Skills and Experience*

- Active in biological age management since the 1970s
  - Collected broad range of skills for the purpose of solving aging
- Leads, and assists others, in age management programs
- High level experience in biomarkers and objective measures of aging
- Broad experience in business, specifically marketing and creating ethical win-win courses of action favorable to all ie highest level sales
- Experience or working knowledge in the main components of an organization – human relations, operations, marketing, finance and accounting
- Creates economy, efficiency and effectiveness in organizations
- Four years experience in clinical trials software
- Clinical trials reporting

Sample reports – Note: not real patient or company information - ALL NAMES AND DATA ARE MASKED:

- Clinical Trials

- <http://www.johnnyadams.com/1VisitHistory.htm>

- <http://www.johnnyadams.com/2VisitHistory.htm>

- <http://www.johnnyadams.com/3Complications.htm>

- <http://www.johnnyadams.com/5AttemptedVsAcheived.htm>

- <http://www.johnnyadams.com/7PatientsExceedingFollowupIntervals.htm>

- Data driven subreport (activities

- summary): <http://www.JohnnyAdams.com/SampleReportScreenShot.htm>

- Generic: [http://www.JohnnyAdams.com/JohnnyAdams\\_ReportSamplesHCIT.htm](http://www.JohnnyAdams.com/JohnnyAdams_ReportSamplesHCIT.htm)

- Experience in bioinformatics and protein informatics
- 20 years experience in data, databases, data analytics, software development and computer programming, Excel spreadsheet and other calculations, working knowledge of statistical packages



## *Personal Characteristics*

- Solves problems
- Gets results
- Outstanding communication skills
  - Concise, focused, crisp, effective, action oriented
  - Explains complex concepts in everyday language to people with varying levels of experience, and in terms of human and business benefits
- Outstanding interpersonal skills.
- People like me, and I work well in teams or alone

- Honest and can be trusted
- Learns fast
- Can take direction, or figure out what needs to be done and handle it so you don't have to think about it
- Thrives in entrepreneurial environment with multiple and often changing priorities
- You can count on me

## ***Education***

- **MBA** University of Southern California 1985 Core training and Entrepreneur Program. Wrote business plans, learned practical aspects of starting and growing businesses. Deans List, Albert Quon Community Service Award, George S. May Scholarship, CA State Fellowship.
- **BA** psychology, CSU Fullerton CA. Neuro-biological emphasis 1983
- **UCLA** Psychobiology 1978, one enriching quarter. Main interest was the electrochemical basis of consciousness. Also attended seminars at the NeuroPsychiatric Institute – fortunately they did not insist I remain there.
- Online HIPAA courses Certs: <http://www.johnnyadams.com/HIPAACerts.htm>
- Ongoing conferences and training in aging and other disciplines



## ***Some Volunteer Activities***

- Vitality in Aging – assisted with biomarker selection and concept development at inception. Assisted with orienting subjects and conducted physiological testing at RAADfest 2019.
- Buck Institute of Aging, Gerontology Research Group, Aging Variants Database Project longevity gene analysis, Age Reversal Network, Crowdsourcing campaign (L. Stephen Coles M.D. Ph.D. cancer fund), Health Extension Salon online project proposal system
- Organizing committee for landmark aging intervention conference "Anti-Aging Drug Discovery & Development Summit" October 2002 San Francisco,
- Longevity Industry Landscape Overview 2017 Contributor
- Co-founder Gerontology Research Group (GRG) Email Discussion Forum <https://www.aginginterventionfoundation.org/EmailDiscussionForum.htm>
- Volunteered and created web sites for organizations active in age reversal and other activities relevant to solving aging
  - AgelessAnimals <http://www.AgelessAnimals.org>,
  - Supercentenarian Research Foundation <http://www.supercentenarian-research-foundation.org>
- UCI Brain Imaging Center, Olive Crest Homes for Abused Children, the United Way, Philant non-profit health care organization, former Secy/Treas for the Orange County Visual Basic User Group.
- Featured in the Orange County Register 2/95 <https://johnnyadams.com/NewspaperArticle.htm>
- Presentations to help disadvantaged kids 3/06 <https://johnnyadams.com/Volunteer/PressInfo.htm>
- Creator of musical and entertainment program "Johnny Adams & Friends for Charity".

## ***Advisory***

- Lifeboat Foundation Advisory Board, Member Life Extension Board
- Encyclopedia of Gerontology and Population Aging Advisory Board

## *Conferences, Meetings and Continuing Education*

**Continually upgrades knowledge.**

**I used to keep track but stopped in 2014. Here's up until then:**

Monthly Gerontology Research Group (GRG) meetings at the University of California Los Angeles. Bay Area Aging Meetings, last one May 28, 2014, What's Hot in Aging Research at USC Apr 23, 2014, Live to 120 Plus: Utopia or Dystopia March 8, 2014, Los Angeles, CA. Bay Area Aging Meeting Nov. 25, 2013, Stanford Univ. Gerontological Society of America Annual Meeting Nov 20-24, New Orleans, LA. Trans-NIH Geroscience Interest Group meeting Advances in Geroscience: Impact on Healthspan and Chronic Disease, Oct. 30-31, Bethesda, MD.

University of California Irvine Stem Cell Research Center Transplantation Techniques Course Lecture Series Oct 14-17 2013. Other stem cell lectures at UCI. Course "Leading High Performing Teams: Developing Successful Team Dynamics" Aug. 2 2013, "Managing Productive Meetings" Aug. 9 2013, Association of Fundraising Professionals meetings in Orange County, OneOC Accelerating Nonprofit Success meetings Three-day Grantwriting Workshop Feb. 2013. Other webinars on genomics, fundraising, social media, video production etc. Not so recent: Tissue Sampling and Analysis Workshop (Supercentenarian Research Foundation, Feb 23-25 2007), Integrative Medical Therapeutics for Anti-Aging Conference (Las Vegas NV, Oct 29-31, 2004), First Annual Phoenix Conference of Longevity Health Sciences (2003), Ellison Medical Symposium on Aging, Los Angeles Gerontology Research Group meetings, Symposium on Organisms with Slow Aging (SOSA). Bio2001 Biotechnology Conference (San Diego CA, June 2001), Protein Informatics (San Diego, 2001). Accelrys Advances in Computational Drug Discovery Seminar. Tripos Drug Discovery Seminar, Accelrys Accelerating Target Identification and Characterization.

Comprehensive Program in Computer Aided Drug Design (1 week program -- UCSD Extension, March 11-15, 2002). Comparative Protein Modeling, Molecular Interaction in Biological Systems, Bioinformatics. Small Molecule Formulation Development (May 15, 2002). Molecular Pharmacology and Drug Discovery I (May-June, 2002), Riding Biotechnology Waves (June 20-21, 2002), in-house presentations at Syrrx and others ongoing. Biotechnology courses UCSD. Though not continuing education, I attended a number of BioBrew events in San Diego to meet people and learn more about the biotech community.

## *Memberships, past and present*

Age Reversal Network, Gerontological Society of America, American Aging Association, Association of Fundraising Professionals, OneOC (Accelerating Nonprofit Success), Lifeboat Foundation, Gerontology Research Group (Executive Director)

## *Documents written*

- Aging Intervention Program - System, Therapies and Metrics  
<https://www.aginginterventionfoundation.org/AgingInterventionProgram.pdf>
- Plan to Get a Great Many More Years of Healthy Living - Maybe As Long As We Choose X  
<https://www.aginginterventionfoundation.org/PlanForManyMoreYears.pdf>
- Practical Methionine Reduction in Humans  
<https://www.AgingInterventionFoundation.org/PracticalMethionineReduction.pdf>
- Senolytics  
<https://www.AgingInterventionFoundation.org/Senolytics.pdf>
- Genomics Notes  
<https://www.AgingInterventionFoundation.org/GenomicsNotes.htm>
- Death and HouseCats  
<https://www.AgingInterventionFoundation.org/DeathAndHouseCats.pdf>
- Numerous informative posts to Gerontology Research Group email discussion forum

## *Professional Experience*

*Note: In order of relevance, not chronological*

**Aging Intervention Foundation** Newport Beach CA. CEO and Executive Director 2007 to present

- Managed small studies of age reversal therapies
- Biomarkers - evaluated and uses practical and low cost biomarkers. Handled many details like working with labs, and conducting and devising tests.
- Worked with the general public, scientists, physicians, technologists, reporters
- Fundraising – cultivated relationships with, and served the needs of, major donors. Skillful in the use of the FoundationSearch database <http://www.foundationsearch.com> (has current subscription)
- Communications including web sites, technical summaries, grant proposals and project budgets, social media, facilitating international cooperation, policies and procedures, videos, powerpoint presentations, practical scientific informational content for lay people, email/direct mail text and video creation, and locating, evaluating and selecting suppliers

**Gerontology Research Group** Los Angeles, CA. Volunteer 2000 to 2015, Executive Director 2015 to present

- Co-creator of email discussion forum connecting scientists, physicians, and highly informed lay people to solve the problem of biological aging
- Created software system to reformat world's oldest humans data
- Created Excel spreadsheet calculations and other scientific information for research studies published in journal *Rejuvenation Research*. Cited as co-author.
- Designed relational database for management and display of demographic information  
Edit page screen shot: <https://grg.org/SCManagementPage.htm>  
Report: <https://grg.org/WSRL/TableE.aspx>

**BioFutures LLC Boca Raton, FL** 12/20 to present

- Multiple action items, like biomarker selection and implementation (facilitate communicating details to draw lab, like tubes and shipping requirements and supplies), and screening test providers, evaluating programs and making recommendations, locating and evaluating providers of various services, telemedicine inception and consultant location and selection.

**CRS Clinical Research and Statistics/DataSite** Irvine, CA 11/97 to 06/01

Clinical Research Programmer Analyst

- Worked with customers and doctors to solve problems and build custom reports
- Database access using complex SQL statements to SQL Server and Access
- Created programs and queries to locate and clean up invalid data and update data based on customer requirements
- Developed and maintained web and windows clinical trial analysis and reporting, medical informatics, medical software and clinical outcomes systems. ASP, HTML, objects, Microsoft Visual Studio, Visual Basic, Visual Interdev

- Database design for normalization, referential integrity, etc.



### **Marketing Consultant Orange County CA 1985 to 1996**

Increasing success in marketing, market research and analysis, segmentation, communications, and virtually all aspects of locating opportunity and turning it into results. Developed skill set that complements that of scientists, administrators, financial and legal experts, and other professionals.

Created ethical win-win courses of action favorable to all -- i.e. highest level sales.

Main take home points: For results use methods developed by masters, and carefully create and deliver personally tailored messages to the few with a great need and who are receptive -- rather than trying to change someone's point of view or get anyone to do something they don't want to do.

**Omnimedical Paramount, CA 1979-1983** Medical device and services company specializing in computerized tomography (CT) brain scanners and medical services. Created training program for engineers, physicians and technicians from the US, Asia, Europe and South America. Developed quality assurance program to comply with FDA requirements, handled filings and in-house audits. Designed and implemented electrical testing program for hospital equipment.

**Syrxx, Inc.** (now Takeda San Diego) San Diego, CA Nov. 2001 to July 2002.

Bioinformatics/Protein Informatics consultant.

Developed programs to process data to increase the effectiveness of biologists and crystallographers and improve the drug development process. Syrxx was the leader in the field of structural proteomics, the process of generating protein structures from genetic information leading to new drug discovery.

Perl, Visual Basic and Java programming, Unix and Linux environment, Oracle database with SQL Navigator. Molecular visualization and modeling tools. SQL\*XL Excel/Oracle interface.

Developed programs and utilized data from biological databases and web sites, processed protein data bank files and implemented programs downloaded from university and other public sources. Examples -  
 - Developed programs for high throughput processing of structures utilizing CE (Combinatorial Extension) and Sequoia for structural alignment and overlay, KSDSSP to generate helix and sheet records from PDB file to splice into PDB file. Stride program to generate fasta file from atom record file.

Coded perl programs to run sequence and structural alignment and overlay novel structure against the entire PDB or DALI domains, then parse out sequence and structure alignment scores, RMSD, equivalent matches and other results, then calculate other values, then insert results into Oracle database. Calculate center of mass and distance from PDB file, and to display each combination of RMSD. Used clustalw in combination other programs to align kinases on binding sites then overlay entire structures by reading transformation matrices and processing. Programs to batch download fasta formats from PDB, categorize kinases by domain. Processed data using Dali domains from BIOLIST entries on EBI/EMBL site at <http://pqs.ebi.ac.uk/pqs-doc/pqs-doc.shtml> (select "BIOLIST" near the bottom). Developed prototypes for annotation system to allow for custom annotation and review of PDB entries. (description was on [www.proteinscience.org](http://www.proteinscience.org), removed in 2002)

Created Oracle databases, stored procedures and views. Maintained and upgraded complex perl-cgi site. Used online databases like <http://www.pdb.org/>, <http://www.expasy.ch/>, <http://www.expasy.ch/prosite/>, <http://www.ncbi.nlm.nih.gov/>, <http://scop.mrc-lmb.cam.ac.uk/scop/>, [http://www.biochem.ucl.ac.uk/bsm/cath\\_new/index.html](http://www.biochem.ucl.ac.uk/bsm/cath_new/index.html) and others.

**Protein Data Bank** <http://www.pdb.org> San Diego, CA Bioinformatics Internship, Projects and Training 9/01 to 11/01 Developed program to calculate structural distance based on RMSD, equivalence, RMS cutoff and number of CA atoms. Analyzed and made recommendations for upgrade of protein modeling system. Designing new web pages (HTML, JavaServer Pages) for Protein Data Bank.

**Protein Kinase Resource** Volunteer 2001 – Redesigned search page for Netscape-friendly formatting. Aug. 2002 Created phylogenetic trees and Newick tree format files from fasta files from ClustalW, PHYLIP and Phylodendron web sources.

Note: In 2002 these links worked flawlessly. Today with security settings and issues some of them may not.

Sample curvogram: <http://www.JohnnyAdams.com/PhylodendronCurvogram.pdf>

Phylogenetic tree examples: <http://www.JohnnyAdams.com/PhylipTree.pdf>

and <http://www.JohnnyAdams.com/PhylodendronTree.pdf>

Newick tree file sample: <http://www.JohnnyAdams.com/NewickTreeFile.txt>

Created web links on nodes of tree: Go to <http://www.JohnnyAdams.com/Animalplotfile.pdf> -- click on "Dog" to go to a scientific reference.

Developed outline for computer aided drug design strategy for development of drug to replace only treatment currently available but has unacceptable side effects.



**Success Continuing Education** Newport Beach CA 12/07 to 5/13

Innovative company serving financial and insurance industries.

Software Developer and Computer Programmer

I chose to leave to solve the problem of aging. Took long lead time to locate and train replacement.

- Was the technical foundation, helped the company grow, and satisfied major customers like Wells Fargo, Farmers Insurance, Transamerica
- Employee of the Month and Employee of the Year (one in a three way tie)
- Created reporting systems for high profile companies with demanding standards
- C# and VB.NET, ASP.NET and classic ASP programming, SQL Server, AJAX, 3-tier, Visual Studio, themes, populate PDF fields and automated HTML email from data
- Stored procedures, Views, Triggers, Dataset, ObjectDataSource, SQLDataSource, Gridview, Formview objects, calendar



- SQL Reporting Services, rds and rdlc with subreports in reportviewer. Converted Crystal reports to SSRS
- Customized sites to individual customers requirements
- Managed non-programmers and junior level programmers to handle database management and repetitive programming tasks at a lower cost
- Assisted in sales presentations and answered potential customers' questions -- and helped make sales
- Routine computer and network maintenance
- Handled situations of a growing enterprise – SEO (search engine optimization), installed Search feature, page and processing customizations for affiliates and customers, email marketing (and assuring business email doesn't get on spam lists), brought hosting from outside service to in-house, change code for new credit card processing vendors
- Many more – too many to list

**CivicaSoft** Newport Beach CA 9/06 to 10/07

Web site and software for city and county governments, and government entities.

Software Developer and Computer Programmer Advanced SQL Reporting Services reports with selection criteria pages and SQL Server

- ASP.NET and classic ASP programming with SQL Server. Emphasis on classic ASP conversions and getting existing classic ASP and new ASP.NET pages to work together in the same application
- Advanced SQL Reporting Services (SSRS) reports with selection criteria/filters
- Implemented Telerik RAD and Ajax Controls – required good understanding of .NET framework
- XML using datasets, XMLTextReader and SQLXMLBulkLoad and save to database
- Worked with outside customers to create reports detailing government services
- Implemented creative solutions to problems
- Many more – too many to list

**Bradshaw International** Rancho Cucamonga CA 9/2003 to 9/2006

\$250 million international company

Software Developer / Programmer

- Developed extensive ASP.NET web site using Crystal Reports, C#, VB.NET, Classic ASP, SQL Server, JavaScript
- Created reports for financial, price list and inventory reporting.
- Developed online budget entry and reporting system, shipment data entry and tracking system and reports with selection criteria/filters.
- Greatly enhanced existing classic ASP system and added new ASP.NET pages to work along with existing Classic ASP pages. This included an online product catalog with selection criteria/filters, and system to notify sales managers and management via e-mail when timeframes for action have been exceeded and action needs to be taken.

**Johnny Adams Aging Intervention** Newport Beach CA 03/03 to 09/03

Owner

- Designed web site to market e-book, products and services with shopping cart.

- Opt-in e-newsletter development with popunder signup window.
- Search engine optimization, keyword and metatag development with demand and profitability analysis, pay-per-click search engine marketing, developed link popularity.
- Traffic analysis and programmed tracking links to analyze results.

**RealPage, Inc. (Realhound)** Laguna Beach, CA 09/02 to 03/03

Computer Programmer

- Real estate property management software with Access Visual Basic programming.
- Reports, developed OCX system from VB app to automatically load from web and process.
- Verisign authentication, SSL.

**Software Consultant** Newport Beach, CA 06/01 to 09/02

Computer Programmer

- ASP (Active Server Pages), Visual Basic, JavaScript, reporting, COM+ objects, SQL Server, Oracle.
- Perl programming in Unix/Linux environments
- Designed and coded wrapper programs to do scientific calculations
- Real estate software, medical software and bioinformatics, molecular visualization and modeling tools
- Worked as part of teams to make the client really happy with our work, routinely beat projected deadlines

**PayUSA** Santa Ana CA 05/96 to 11/97

Financial services (payroll) company

Programmer

- Developed systems for national distribution to clients
- Worked with people from other departments to develop design specification, prepared platform analysis and programming standards
- Programmed complex code, SQL statements, validation and reports
- Leadership role to bring product through full life cycle
- Wrote design specification, coded payroll system. Visual Basic 4.0, Access, R&R Report Writer

**Musician (While studying to become a music therapist and after)** 1970 to 1975

- Musical and singing performances for private parties, restaurants and other establishments
- Managed bookings, negotiated contracts and handled business affairs

