

Resources for Further Exploration

- **Aging Clocks:**
 - Introductory level talk by Steve Horvath in 2020 at TEDx Berkeley, 14.5 min: <https://www.youtube.com/watch?v=LuQKXux8UIE>
 - Recent 2020 talk by Steve Horvath in NUS Medicine lecture series Healthy Longevity, hosted by Prof. Brian Kennedy, a 1 hr. program: <https://www.youtube.com/watch?v=w1cubSfCVbM>
 - Recent research and review articles comparing clocks for accuracy, utility, and possible mechanisms of aging:
 - Z Liu, M E Levine, et al, 2020, Underlying features of epigenetic aging clocks in vivo and in vitro, Aging Cell
 - Wolfgang Wagner, 2017, Epigenetic aging clocks in mice and men, Genome Biology
- **Talks on aging research interpreted for a broad audience**
 - National University of Singapore (NUS) School of Medicine, webinar series Healthy Longevity (started late 2020 and now has 9 great recorded talks and counting), hosted by Prof. Brian Kennedy, formerly with the Buck Institute: <https://medicine.nus.edu.sg/cet/healthy-longevity/> and on Youtube
- **Talks and interviews on aging science and lifestyle, esp. nutrition**
 - Rhonda Patrick, PhD website, Found My Fitness, <https://www.foundmyfitness.com/>, and Youtube channel
- **Aging Research News**
 - Lifespan.io provides aging science news, education, and opportunities to fund seed research projects: <https://www.lifespan.io/>

Resources for Further Exploration

- **Critical Science-based Reviews of Lifestyle and Dietary Supplement Practices (frequent new developments in this arena, so you do need help here!) and other topics in health and aging**
 - Dr. Brad Stanfield, MD (young physician in New Zealand) Youtube channel: <https://www.youtube.com/channel/UCpcvPcHJVOkO9Qp79BOagTg>
 - The Sheekey Science Show Youtube channel by an English biochemist and Ph.D. candidate at Cancer Research UK - Cambridge Institute. (p53 & senescence): <https://www.youtube.com/c/TheSheekeyScienceShow/featured>
- **Recommended Books**
 - Lifespan by David Sinclair
 - The Secret Language of Cells by Jon Lieff, MD (see also his WEB Blog on Searching for the Mind: <https://jonlieffmd.com/blog>)
 - Livewired by David Eagleman
 - The Cancer Code by Jason Fung, MD
 - Aging is a Group-Selected Adaptation by Josh Mitteldorf (and his science blog Aging Matters: <https://joshmitteldorf.scienceblog.com/>)
 - Breath by James Nestor
- **Business Development News**
 - Longevity Technology <https://www.longevity.technology/>