

# Started Young and Sad

## Gil Blander

- At the age of 12 close relatives passed away
- I realized I am not immortal
- I wanted to “slow down the clock”
- I decided to commit my life to aging research



# The BioAmerican Dream!



## The best blood test you'll ever take



Recommend 609

By David Goldman @DavidGoldmanCNN

InsideTracker

Bloodwork

Nutrition

Food Basket

Order Test

David

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SORT BY RESULTS

Latest Test Dec 22, 2014

**Testosterone Group** | Sexual function & athletic performance

Because your SHBG is high and Testosterone and Free testosterone are low, your Testosterone Group level is low.

**Eat more**

- bran cereal
- almonds
- artichokes
- basil
- lima beans

**Very High**

**High**

**Good**

**Low**

**Very Low**  
Dec 22, 2014

- To increase testosterone levels and improve Testosterone Group levels, get adequate amounts of sleep. [Reference](#)
- To increase testosterone levels and improve Testosterone Group levels, lift weights and perform strength training. [Reference](#)
- To increase free testosterone levels and improve your overall Testosterone Group level, consider moving from a high-protein diet to a high-carbohydrate diet. [Show more](#) | [Reference](#)

PHOTO: INSIDETRACKER.COM

### Most Popular



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Bargain: Bacon is 25% cheaper now



Inside Tracker will give you the most informative blood test you'll ever take. Is it worth \$99?

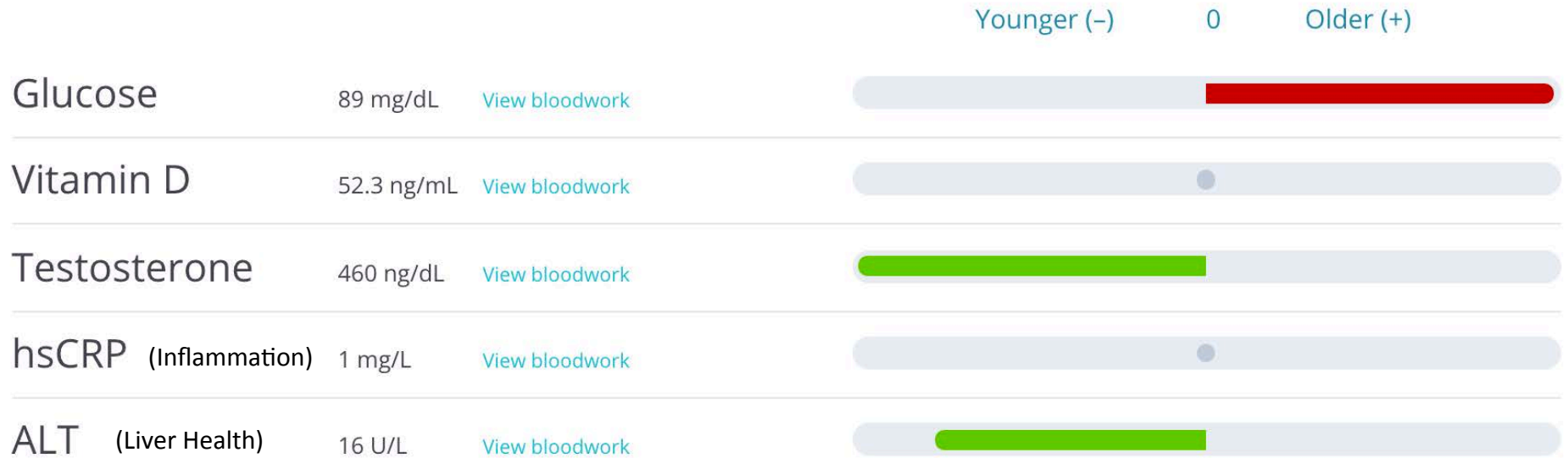
# Dreams Take Hard Work

## Gil Blander

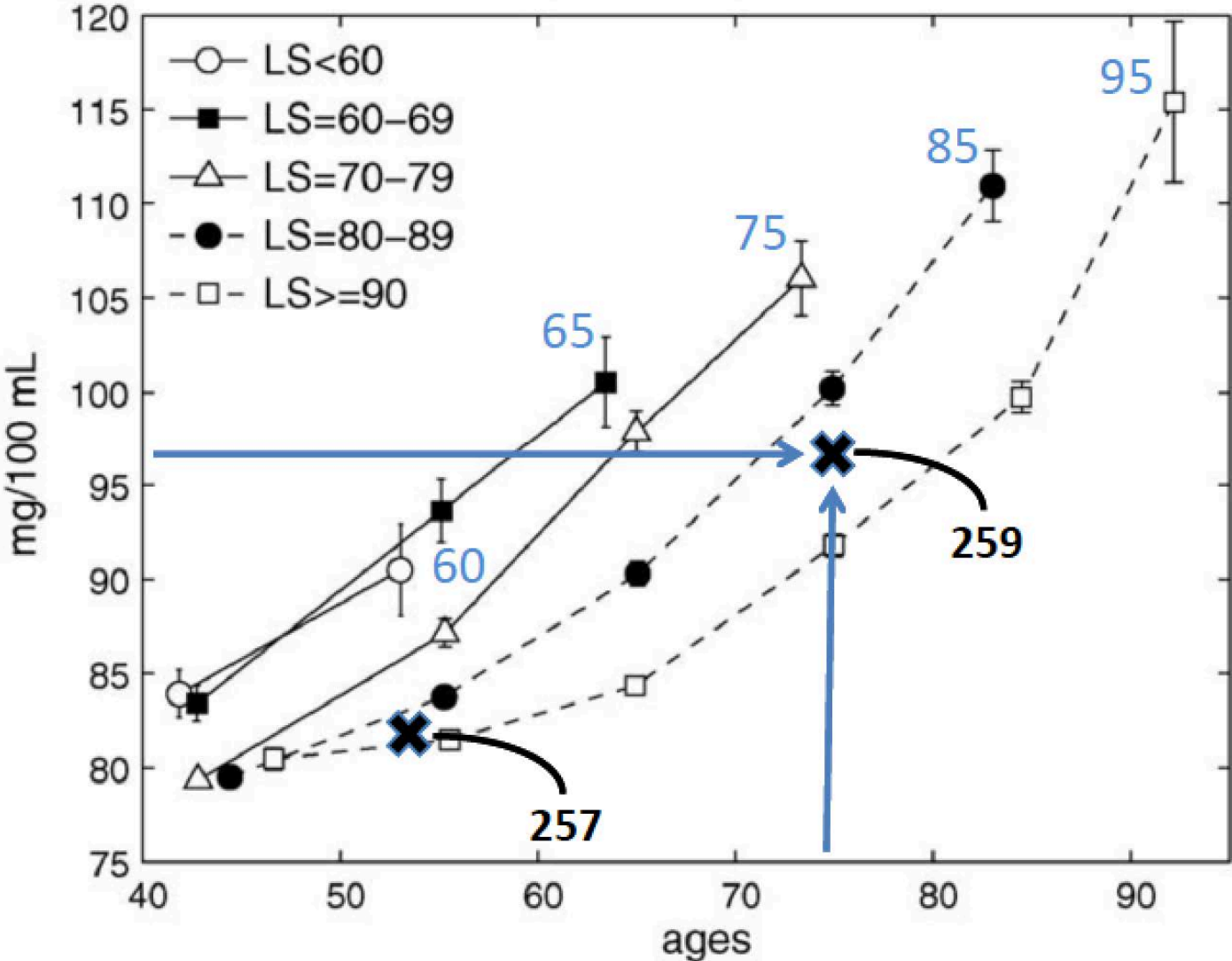
- Weizmann Institute (PhD Aging research)
- MIT (Post Doc Aging Research)
- Worked in several Biotech companies
- InsideTracker (Founder – CSO - InnerAge)



# InnerAge – The Ingredients Run Through Your Veins



# Glucose = Elephant in Your Blood



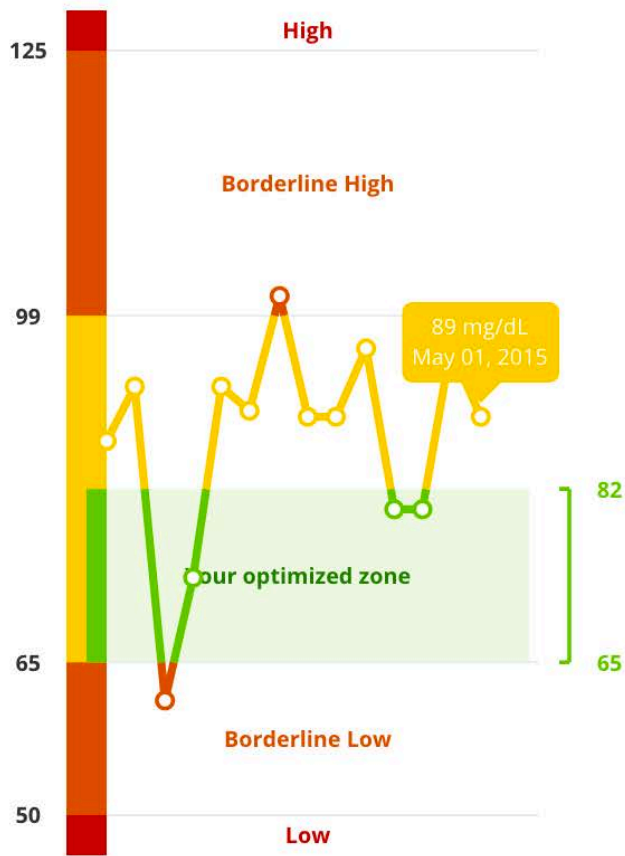
# Arsenal to Fight the Elephant



Glucose

Blood sugar

Latest Result 89mg/dL



RECOMMENDATIONS

SCIENCE

Read Blog ▶

## Eat more



Chia Seeds



bulgur



navy beans

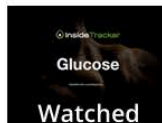


avocado



barley

More ▶



Learn more about Glucose [Share Video](#)



To lower blood glucose levels, exercise regularly. [Show more](#) | [Reference](#)



To decrease high fasting glucose levels, reduce body weight by 5-10%. [Reference](#)



To lower blood glucose levels, eat a diet rich in whole grains or cereal fiber. [Show more](#) | [Reference](#)



To reduce fasting glucose, consume green tea regularly. [Show more](#) | [Reference](#)



[How do you compare?](#)

# My QS Quest

# Activity

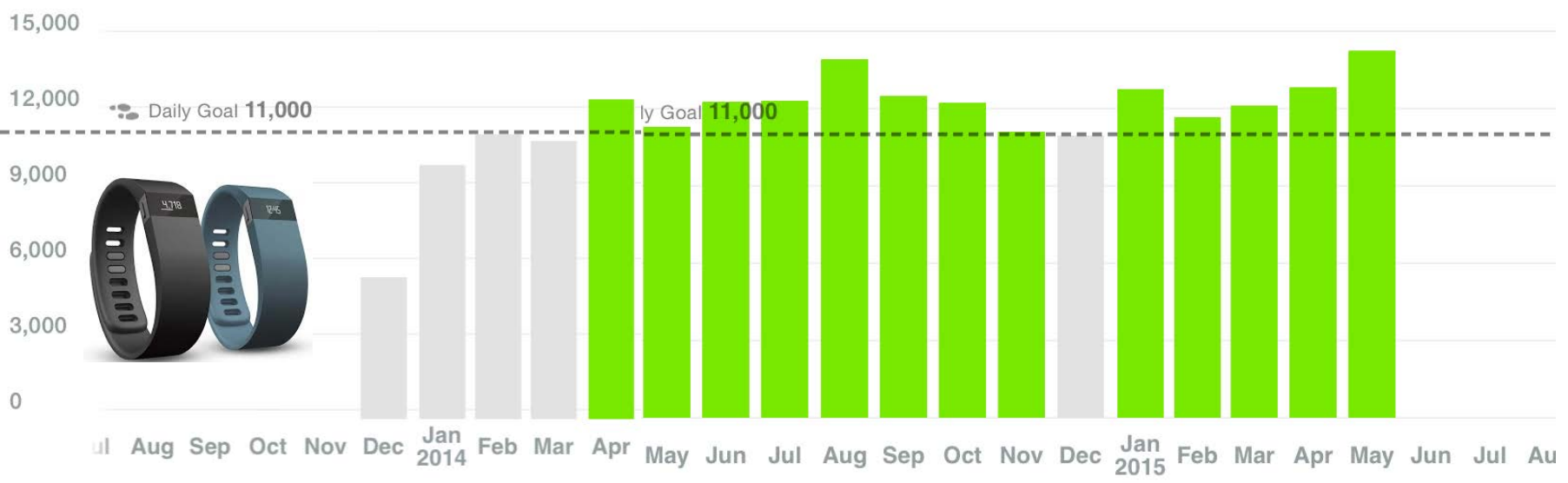


To lower blood glucose levels, exercise regularly. [Show more](#) | [Reference](#)

Steps

- 1d
- 1w
- 1m
- 3m
- 1y

- 1d
- 1w
- 1m
- 3m
- 1y





# Weight

✱ To decrease high fasting glucose levels, reduce body weight by 5-10%.



Glucose: 89 96 80

# Fiber

🍏 To lower blood glucose levels, eat a diet rich in whole grains or cereal fiber.



## Chia Seeds

- ▲ Raises levels of:  
DHEAS
- ▼ Lowers levels of:  
Glu Tg

Chia seeds are high in fiber and healthy fats, and help to regulate glucose levels.



## Raspberries

- ▼ Lowers levels of:  
WBC CRP Glu Ca K

Although they taste sweet, raspberries are lower in sugar than some fruits and a good source of fiber.



## Flaxseed

- ▲ Raises levels of:  
Ca Mg Tes HDL  
DHEAS
- ▼ Lowers levels of:  
Chol LDL WBC CRP  
Tg

Flaxseed has both soluble and insoluble fiber which can help lower blood sugar levels.

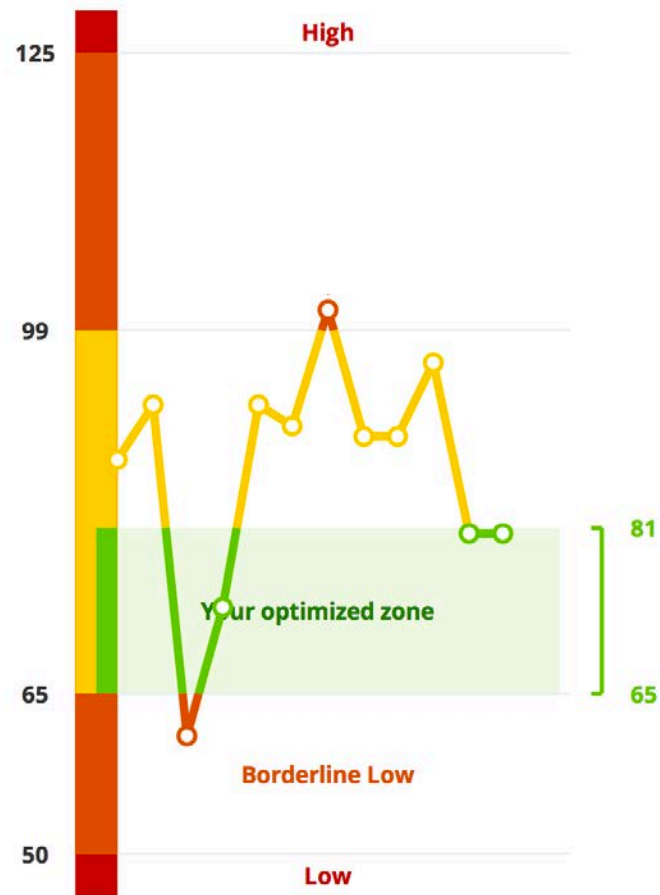


## Oatmeal

- ▲ Raises levels of:  
Fer Hb Mg Cr Tes
- ▼ Lowers levels of:  
Chol LDL WBC CRP  
Tg

The soluble fiber in oatmeal digests slowly, reducing the effect of the carbohydrates on blood glucose.

# Glucose – Mid Term Report

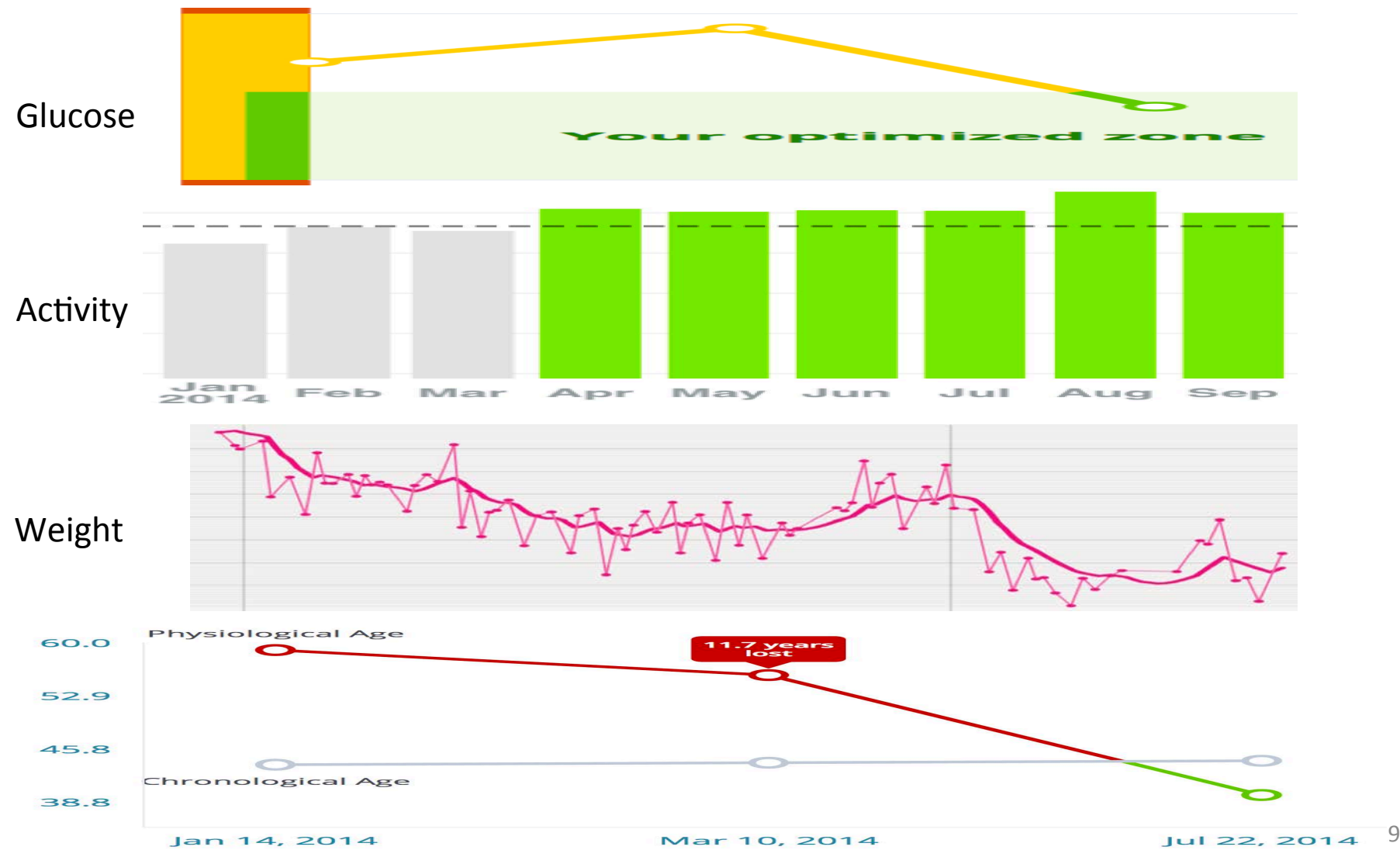


# InnerAge – Mid Term Report I Will Live Forever!!



# InnerAge – Mid Term Report

## I Cracked the Code – I'm Immortal



# Wait!!! Maybe I'm not Immortal – I Aged 18 Years in One Year

55.5

InnerAge



45.1

Chronological Age

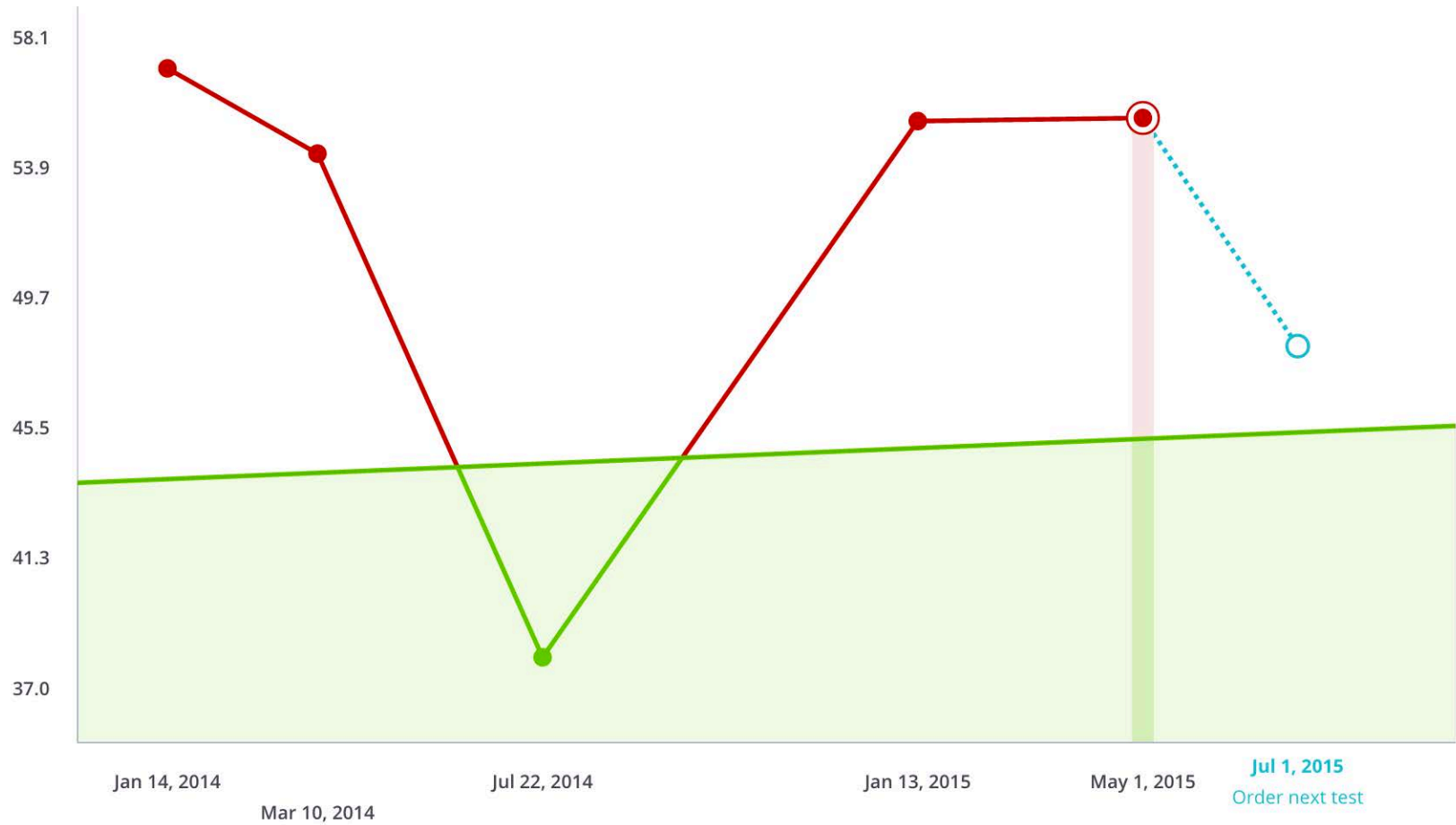
It's time for a  
change, Gil.

Take control and reach **your potential**

Your InnerAge is 55.5. Since your chronological age is 45.1, this means that you are 10.4 years older than your chronological age indicates. If you continue improving your InnerAge, you can potentially lower your Optimal InnerAge to 31.2 years. If you neglect your InnerAge, it can reach up to a Potential Worst of 70.1 years.

Share 

# InnerAge – It Got and Stayed Bad



# Weight

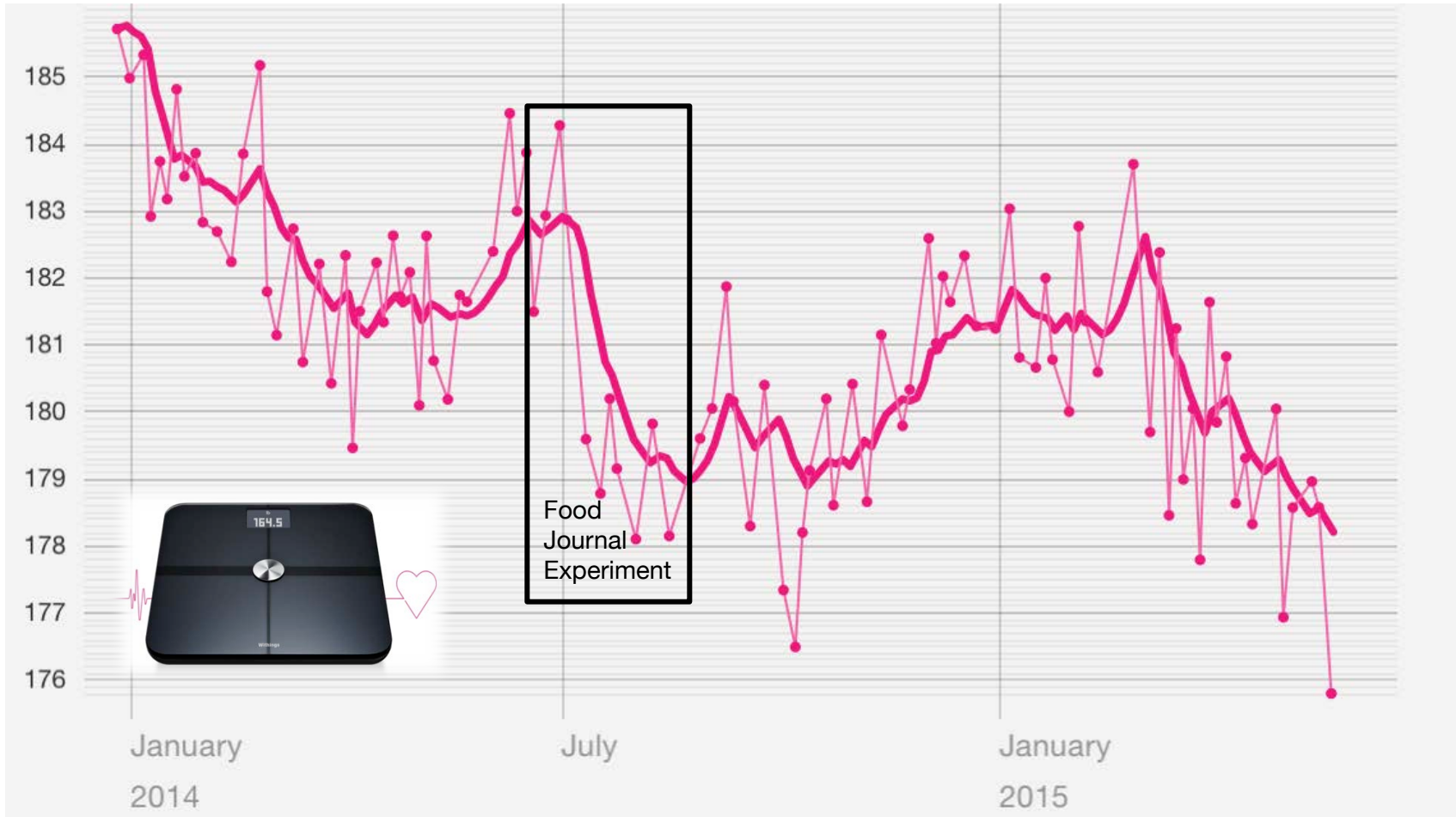
- ✱ To decrease high fasting glucose levels, reduce body weight by 5-10%.





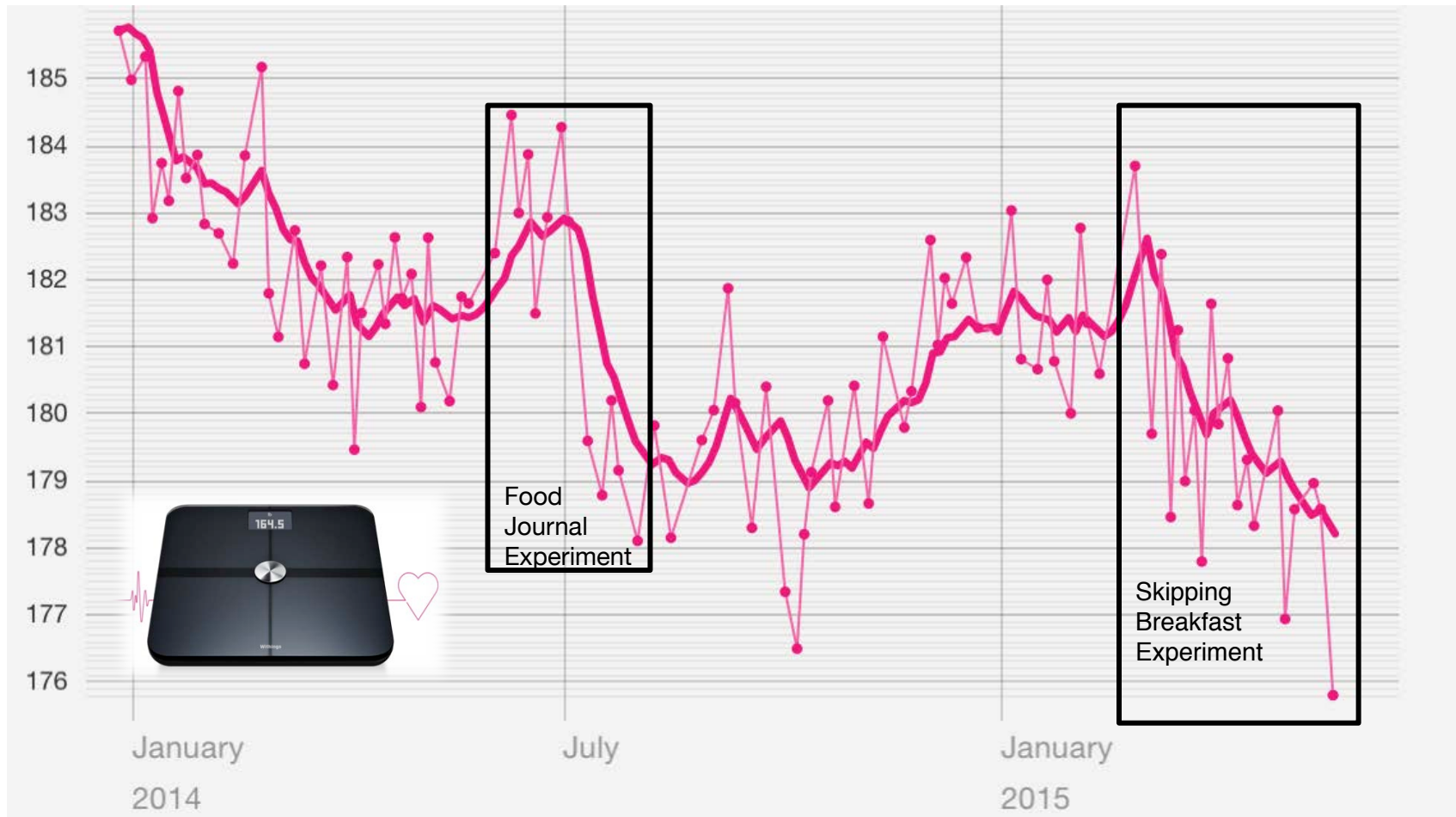
# Weight

✱ To decrease high fasting glucose levels, reduce body weight by 5-10%.



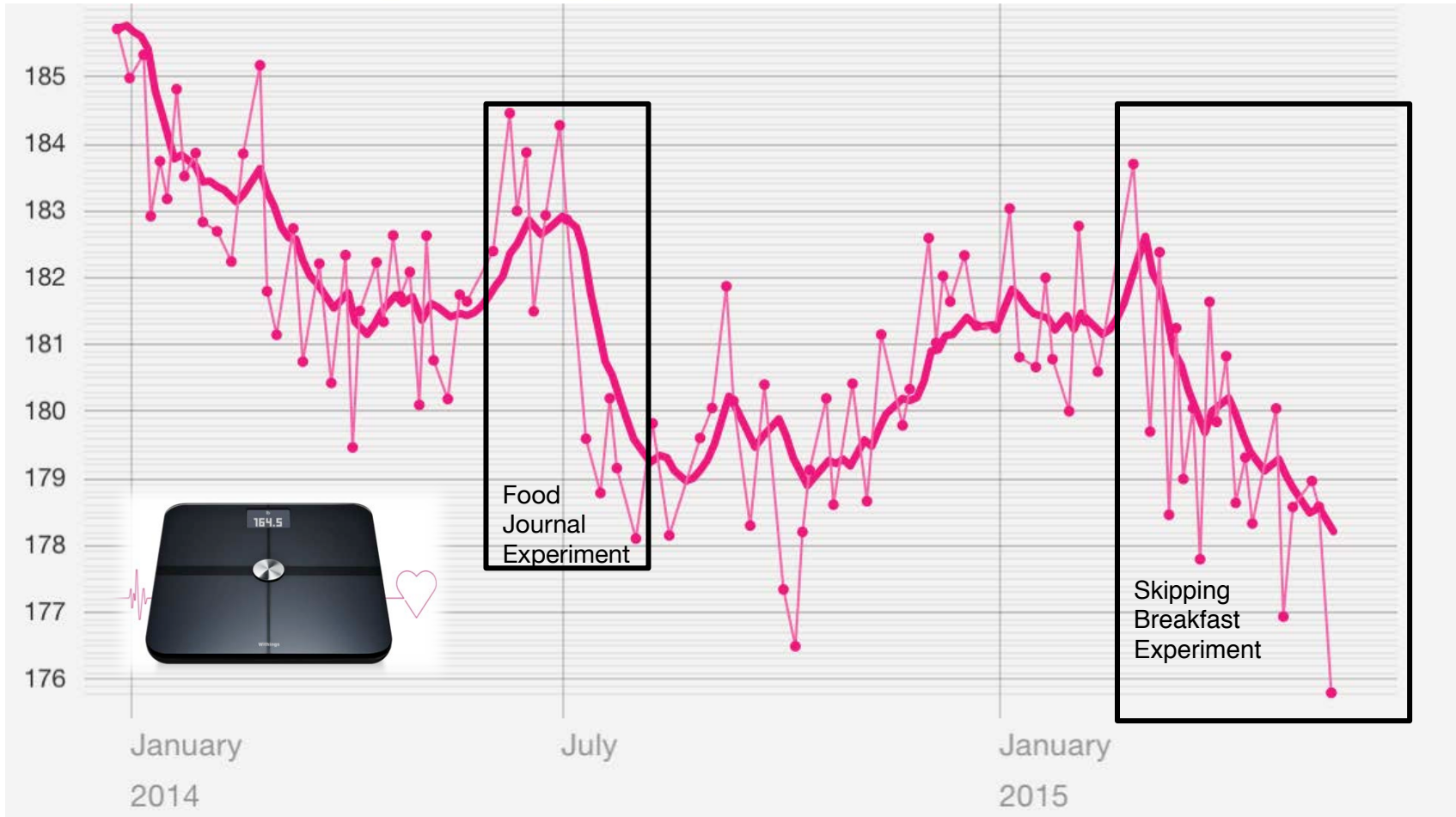
# Weight

- ✱ To decrease high fasting glucose levels, reduce body weight by 5-10%.



# Weight

✱ To decrease high fasting glucose levels, reduce body weight by 5-10%.



Glucose: 89

96

80

96

89

Next Step

# New Interventions

## New Science on an Ancient Spice: Garlic

By Ashley Reaver, RD Mar 31, 2015

Garlic has been a significant component of Mediterranean, East Asian, and African cultures for centuries. Not only known as a potent flavor contributor in the culinary realm, garlic is also revered for its medicinal abilities including antimicrobial, antiviral, and anticancer properties. Recently, western science has taken an interest in the ancient plant and uncovered evidence supporting its viability as a health-optimizing food. Below we detail garlic's potential effects on key biomarkers, including cholesterol and blood glucose, as well as its protective role against high blood pressure and the common cold.



## Berberine: Its Potential for a Metabolic Makeover

By Ashley Reaver, RD May 22, 2015



# What I Want You to Remember

- Dreams do come true if you work hard
- N=1 is FA-SCI-NA-TING esp. when it's you – go have fun!
- N=big or N=1, science is complex
- Your life and happiness are at stake, you are your best investment