

Longevity

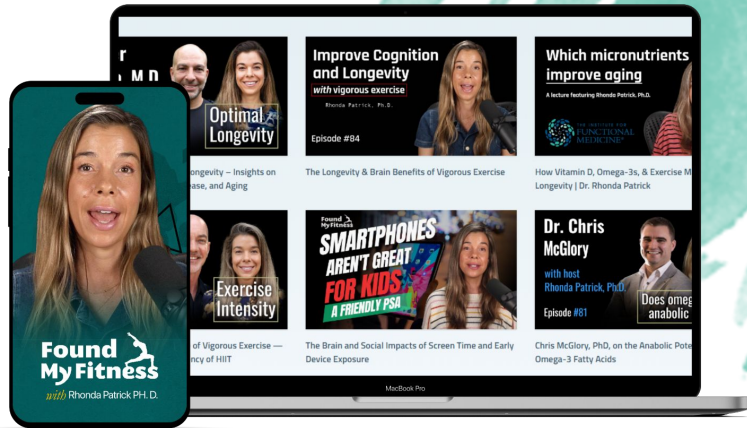
RESOURCES

Curated by

Ted Teele

Helpful Podcasts/Online Resources





Dr. Rhonda Patrick

Found my Fitness

Dr. Rhonda Patrick has extensive longevity research experience, and is a voracious reader of the latest studies. Best of all, she doesn't accept any sponsorships. FMF is available as a podcast and through YouTube. I pay \$25/month to be a member of FMF, which entitles me to join in on the monthly live Q&A's and to listen to some additional helpful longevity content.

visit website [Here](#)



Harvard Genetics Professor: David Sinclair

Lifespan

The "Lifespan" podcast with Dr. David Sinclair provides insights into aging and longevity, covering topics such as current and future health technologies, brain aging, cosmetic aging improvements, cutting-edge anti-aging interventions like TRT and stem cells, the effectiveness of drugs and supplements against aging, the genetic and epigenetic factors influencing why we age, and dietary influences including the benefits of fasting and plant-based diets

visit website [Here](#)

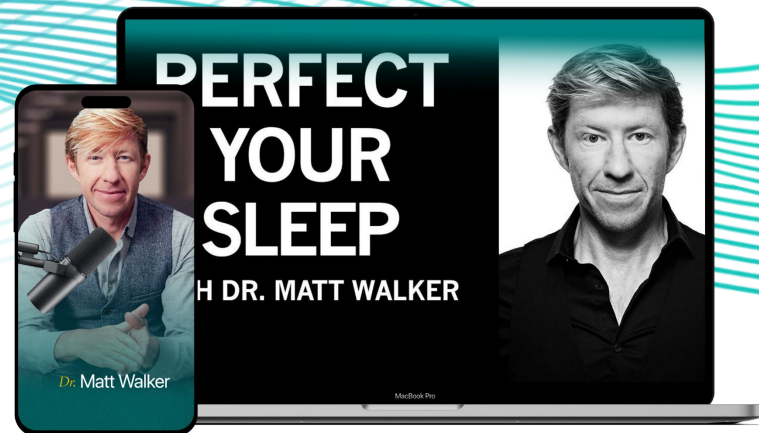


Dr. Peter Atila

Peter Atila - Drive

Hosted by Dr. Peter Attia, this podcast explores the intricacies of human longevity. Each episode provides insights into various health aspects, from biochemical mechanisms to practical lifestyle advice, emphasizing the interplay of nutrition, exercise, and mental wellness in extending both lifespan and healthspan

visit website [Here](#)

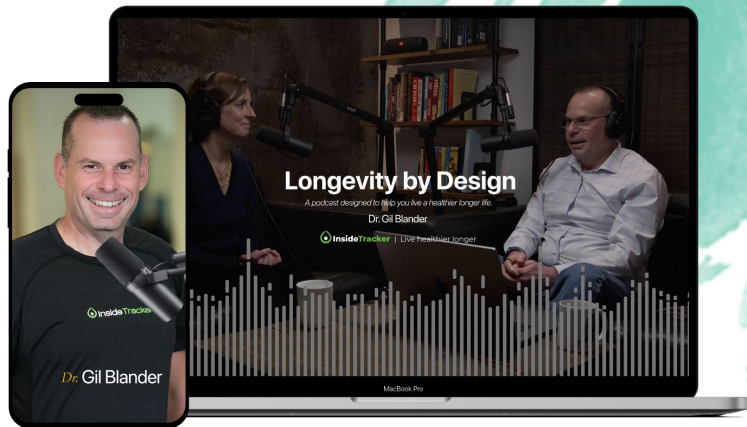


Dr. Matt Walker

The Matt Walker Podcast (focuses on sleep)

Dr. Matt Walker is a Professor of Neuroscience and Psychology at UC, Berkeley. Matt Walker's podcast presents an in-depth exploration of sleep science. It covers topics like sleep's role in physical and mental health, sleep disorders, and effective sleep strategies, providing listeners with a blend of scientific expertise and relatable anecdotes from Walker's extensive research and personal experiences.

visit website [Here](#)

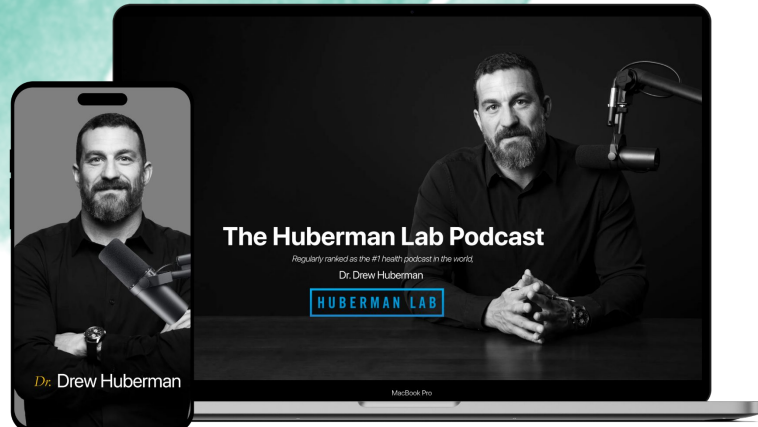


Dr. Gil Blander

Longevity by Design

Dr. Gil Blander is an internationally recognized expert in the biology of aging. In this podcast, Dr. Blander interviews leading scientists in the field of longevity. Virtually all episodes feature scientists who are using their labs to explore longevity insights. The final question is always the same: Please tell the audience the one thing that they can do to improve their average health and life expectancy.

visit website [Here](#)



Dr. Drew Huberman

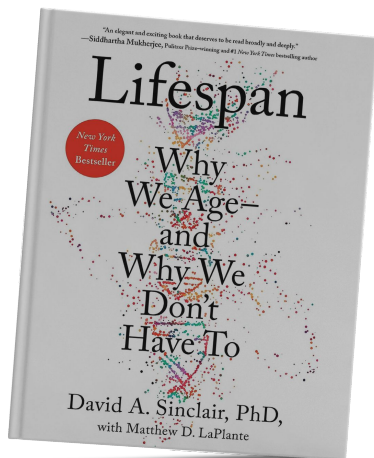
The Huberman Lab Podcast

Neuroscience Insights for Daily Life: The "Huberman Lab" podcast, hosted by Dr. Andrew Huberman, a Professor of Neurobiology and Ophthalmology at Stanford University School of Medicine, expertly bridges advanced neuroscience research with practical advice, offering valuable insights into understanding and improving brain function, behavior, and health.

visit website [Here](#)

Some Helpful Longevity Books



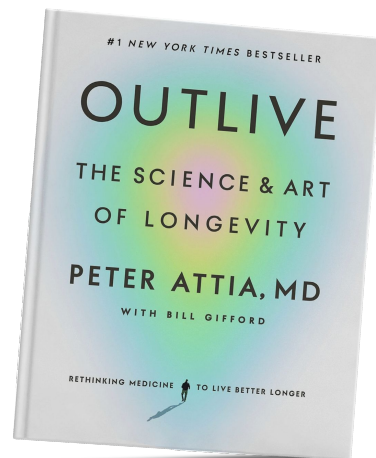


Author: David Sinclair Phd.

Lifespan: Why we age and why we don't have to

"Lifespan" offers a revolutionary perspective on aging. Sinclair, a renowned Harvard geneticist, argues against seeing aging as natural and inevitable. Through compelling research on genes and lifestyle, he suggests practical steps and future technologies to extend youthfulness. Sinclair also shares the results of experiments in his lab, and in the labs of leading Longevity Scientists. The book is a manifesto for redefining age and health.

Get the Book from | [Here](#)

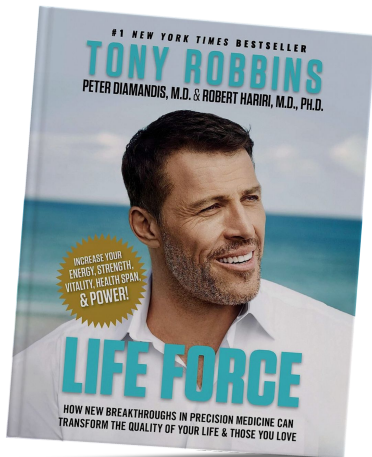


Author: Peter Attia, MD.

Outlive: the Science of Art of Longevity

Peter Attia's "Outlive" offers a comprehensive guide to longevity. It examines the biological processes of aging and strategies to slow it. Attia integrates medical insights with personal experiences, focusing on diet, exercise, sleep, and stress management to enhance lifespan. The book, which is guided by his own clinical experience, is a roadmap for healthy aging.

Get the Book from | [Here](#)

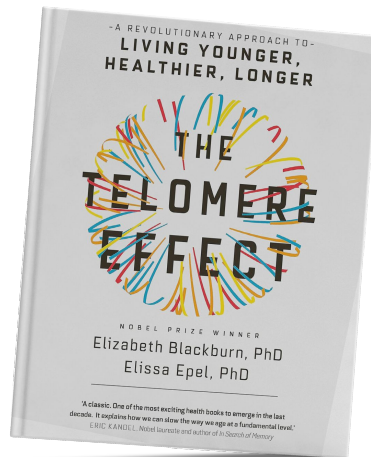


Author: Tony Robbins, Peter Diamandis, MD., and Robert Hariri, MD and PhD

Lifeforce: How New Breakthroughs in Precision Medicine can Transform the Quality of Your Life & Those You Love

Tony Robbins' Lifeforce is a journey through multiple scientific innovations related to health and longevity. He takes each major disease (heart, cancer, dementia etc.) and lists multiple innovations that are under way. He emphasizes that time will tell which innovations will be most beneficial. He, and his co-authors, provide many insights into lifestyle changes that can increase your "Life Force" and promote longevity.

Get the Book from | [Here](#)

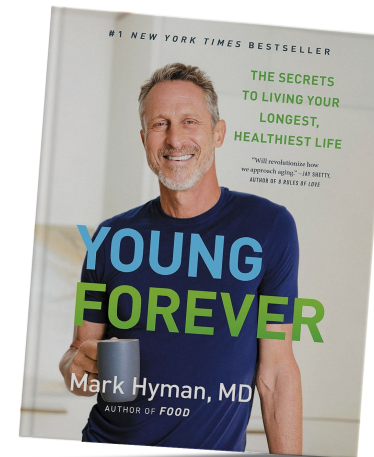


Author: Elizabeth Blackburn, Phd.

The Telomere Effect: a Revolutionary Approach to Living Younger, Healthier, and Longer

In "The Telomere Effect," Nobel Prize recipient Elizabeth Blackburn examines telomeres, essential caps at the ends of chromosomes. As telomeres diminish, cell aging accelerates. The book bridges telomere science and daily health, suggesting ways to sustain telomere length, which is crucial for healthier, longer lives.

Get the Book from | [Here](#)

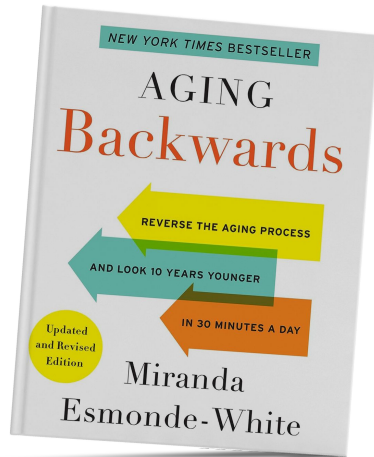


Author: Mark Hyman, Md.

Young Forever: The Secrets to Living Your Longest, Healthiest Life

Senior Advisor to the Cleveland Clinic Mark Hyman's "Young Forever" introduces the "Young Forever Program," a guide to anti-aging. Focusing on nutrition, fitness, and mental health, the program aims to extend youth and vitality. Hyman's method integrates medical insights with practical advice, offering a path to a healthier, more youthful life.

Get the Book from | [Here](#)

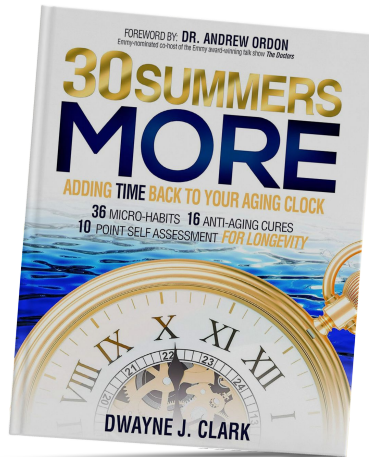


Author: Miranda Esmonde-White

Aging Backwards: Reverse the Aging Process, and Look 10 Years Younger in 30 minutes a day

Miranda Esmonde-White's "Aging Backwards" offers a unique approach to aging with eight age-reversing workouts. These routines focus on improving flexibility and strength, demonstrating how targeted exercise can slow and even reverse age-related physical decline, enhancing overall vitality and health.

Get the Book from | [Here](#)

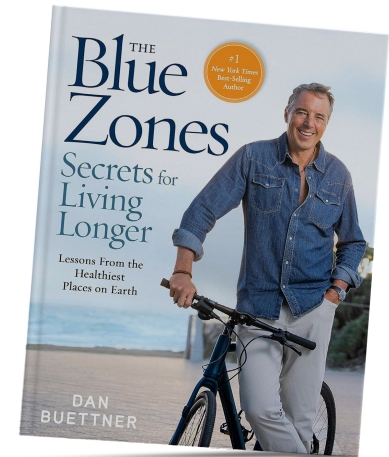


Author: Dwayne Clark

30 Summers More: Adding Time Back to Your Aging Clock Longevity

In "30 Summers More," Aegis Living CEO Dwayne Clark utilizes his experience from overseeing over 30 assisted living and memory care facilities. The book presents a blend of lifestyle tips and health insights aimed at enhancing longevity and improving quality of life in later years.

Get the Book from | [Here](#)



Author: Dan Buettner

The Blue Zones: Secrets for Living Longer

"The Blue Zones" by Dan Buettner reveals secrets of longevity from the world's longest-living cultures. It explores regions called 'Blue Zones,' where people live exceptionally long lives. Buettner distills their habits into actionable advice, focusing on diet, community, exercise, and stress reduction for a healthier, longer life

Get the Book from | [Here](#)



Professor Dave Farina

Learning the Underlying Science

For those of us seeking alternatives to the traditional textbook approach, "**Professor Dave Explains**" on YouTube offers a visually enriched learning path for the underlying science through graphics and animations, enhancing comprehension. The following videos represent the most "Longevity" relevant videos in the "Professor Dave Explains" series. Don't be daunted by any listed prerequisites; the videos are designed to be informative even without them.

- 1: **Biology/Genetics** [Watch](#)
- 2: **Biochemistry** [Watch](#)
- 3: **Anatomy & Physiology** [Watch](#)
- 4: **Biophysiology** [Watch](#)
- 5: **Pharmacology** [Watch](#)
- 6: **The History of (Pharmaceutical) Drugs** [Watch](#)
- 7: **Microbiology/Infectious Diseases** [Watch](#)
- 8: **Immunology** [Watch](#)

Resources Curated by
Ted Teele

April 2019

April 2024



Dear Friend,

I'm Ted Teele, and it's a pleasure to share resources that could help you achieve a healthier, longer life.

Five years ago, I had the terrifying experience of undergoing quintuple (5 artery) bypass surgery. Fortunately, thanks to life-saving advice from my doctor, I found my blocked arteries before suffering a heart attack.

My bypass experience led me to immerse myself in the latest longevity science, and the underlying basic science. This research is helping me make lifestyle decisions that improve my life expectancy.

To make it easier for people to benefit from my research, I've compiled these resources from top longevity scientists and clinicians. Hope they help!

My longevity quest also inspired me to develop the concept of Longevity Communities, which will use science, technology, education, and social engagement to make it easier and fun for (age 55+) adults to live healthier, happier, and longer lives.

I've started Longevity Community Consultants to promote the exploration and development of Longevity Communities.

Please feel free to reach out to me on LinkedIn "**Ted Teele**" and to follow **Longevity Community Consultants**. You can also email me at ted.teele@gmail.com.

Here's to your health and life expectancy!

Sincerely,

Ted Teele