Longevity Roadmap Docu-series References

Episode 1:

Resveratrol and senescent cells

Polyphenols and senescent cells

Nutrition and COVID-19

Episode 2:

Effectiveness of statins

Blueberries and blood pressure

Sexual dysfunction and heart disease

The connection between gum disease and heart disease

The connection between environment and disease

Sugar consumption in the United States

Only 12% of Americans are metabolically healthy

Plant sterols and cholesterol

Benefits of plant sterols

Benefits of green tea for cardiovascular health

Vitamin B3 and cholesterol

Fish oil and cardiovascular health

Consumption of nuts for cardiovascular healt

The connection between insulin resistance and cardiovascular disease

The EPIC study

Longevity Roadmap References

Episode 3:

Prevalence of precancerous cells

Obesity and cancer risk

Genetic polymorphisms related to breast cancer risk

The Warburg Effect

Fasting and cancer

Calorie Restriction with adequate nutrition

Cancer and the Mediterranean diet: A review

Wormwood and cancer cells

Black raspberries and cancer

Green tea and cancer

Environmental Working Group

Episode 4:

Prevalence of thyroid disorders

Astronauts and bone loss

Sedentary lifestyles and bone loss

A preliminary review on adaptogens

B vitamins and stress, anxiety, and depressive symptoms

Episode 5:

The Ketogenic Diet and Alzheimer's Disease

Elevated cortisol and Alzheimer's Disease

Longevity Roadmap References

B vitamins and brain health

Social isolation and memory loss

Caffeine and theanine effects on memory

Huperzine A and memory

Dihexa and memory

Cerebrolysin and memory

Episode 6:

Selenium and COVID-19

Polyphenol content of tartary buckwheat

Immune modulation from mushrooms

Food components and dietary habits for gut health

Quercetin health benefits

Curcumin health benefits

Sulforaphane health benefits

A Review of Dietary (Phyto) Nutrients for Glutathione Support

Episode 7:

Blue Zones and the power 9

Understanding the nocebo effect

Exercise and longevity

Thermogenic effect of food (looking at benefits of eating a larger breakfast vs dinner)

Melatonin and immunity

Negative impact of sleep apnea

Sleep and immune function

Longevity Roadmap References

Ozone therapy: a clinical review

Therapeutic application of peptides

NAD and mitochondrial health

Sauna health benefits

Wim Hof method

Bruce Lipton, DNA, and cellular health

Episode 8:

Benefits of prebiotics and probiotics for gut health

Polyphenols and gut health (Akkermansia)

TMAO and inflammation

Health benefits of isoflavones

Individualized approach to Alzheimer's Disease