



ASHER

GLOBAL LEADERS IN GROWTH STRATEGIES.

Longevity Institute

Planning for the Future

Living Forever with a High Quality of Life

Investing in Longevity Stocks

Advice for Our Children



Longevity Institute

Living Forever with a High Quality of Life

Protocols for Curing Aging

- Get the basics right (eating, exercise, sleep, etc.)
- Standard bio markers in the right range
- Take appropriate supplements to ward off disease
- Take the drugs/medications (4) with adjuvant therapies that enhance longevity
- Take the supplements/drugs/therapies that cure the 4 reasons we die



Strive for Bio Markers in the Optimal Range



- Blood pressure less than 110/70
- Heart rate less than 60 BPM
- Glucose less than 85 mg/dL
- A1c less than 5.0%
- Lipids
 - HDL greater than 70 mg/dL
 - LDL less than 50 mg/dL
 - Triglycerides less than 50 mg/dL
- LP(a) less than 30 mg/dL
- Vitamin D greater than 50
- Thyroid balanced (T3 and T4)

Take Standard Supplements to Ward Off Disease



Life Extension® takes the guesswork out of how you can extend your healthy life span with this annual list of the best-documented nutrients and hormones. Think of it as your guide for optimal health.

Take Standard Supplements to Ward Off Disease



Take Standard Supplements to Ward Off Disease



Adjuvant Therapies for Common Drugs/Medications to Increase Longevity

Drug/Medications	Primary Use	Adjuvant Use (Reduces Likelihood of These Cancers)	Suggested Dose
Statins (Lipophilic type only)	Lowers LDL. Reduces incidence of atherosclerosis, heart attack & stroke	Breast, prostate, pancreatic & kidney	40 mg/day
Aspirin (low dose)	Reduces Inflammation throughout the body	Colon	2 baby aspirin/day (81 mg each) 162 mg
Beta Blockers (Propranolol, Atenolol & Carvedilol only)	Lowers blood pressure & heart rate (less stress)	Prostate & breast	40-200 mg/day
Metformin	Type II diabetes	Pancreatic, colon, stomach, liver & endometrium	2000-3000 mg/day

The Potential Cures for Why We Die

- Clean out senescent (dead) cells
 - Senolytic activator
 - Ageless cell
- Suppress mTor signaling
 - Metformin (drug)
 - AMPK (gynostemma pentaphyllum and hesperidin)
 - Periodic fasting (twice a week for 16 hours)
 - Longevity AI
- Restore NAD⁺
 - NAD⁺ infusions (if over 45) and/or NAD⁺ supplements
- Compromised immune system
 - Florassist GI (w/ phage technology)
 - Immune senescence



Summary of Longevity Supplements





Investing in Longevity Stocks

Longevity Stocks to Consider

illumina

Myriad Genetics

Thermo Fisher Scientific

CRISPR Therapeutics

Intellia Therapeutics

Editas Medicine

PerkinElmer Genomics

Illumina

The logo for Illumina, featuring a lowercase 'i' in orange and the word 'illumina' in a dark grey sans-serif font.

1998

Develops, manufactures and markets integrated system for the analysis of genetic variation of biological function.

6,200 employees.

Myriad Genetics



1991

Employs a number of proprietary technologies that permit doctors and patients to understand the genetic basis of human disease and the role that genes play in the onset, progression and treatment of disease.

2,400 employees.

Thermo Fisher Scientific

ThermoFisher
S C I E N T I F I C

2006

An American biotechnology product development company.

70,000 employees.

CRISPR Therapeutics



Creating transformative gene-based medicines for serious diseases.

Intellia Therapeutics



2014

A biotechnology company developing biopharmaceuticals using a CRISPR gene editing system.

195 employees.

Editas Medicine



2015

A discovery-phase pharmaceutical company based in Cambridge, Massachusetts which aims to develop therapies based on CRISPR – cas9 gene editing technology.

112 employees.

PerkinElmer Genomics



1937

Decades of experience in maternal, fetal and newborn screening with a state-of-the-art clinical genomes program to provide comprehensive programs for detecting clinically significant genomic changes.

11,200 employees.



Longevity Institute

Advice for Our Children



Advice for Our Children

(Based on Serious Recession Predicted in 2030)

- Live below your means (build a nest egg early)
- Be self-reliant as much as possible
- Be fluent in a second language (particularly Spanish or Mandarin) to increase your marketability to employers
- Devise ways to have multiple income streams
- Choose the right education tailored to the jobs that will be in most demand



Advice for Our Children

(Based on Serious Recession Predicted in 2030)



- Buy a house ASAP (the down payment is a great gift)
- Pay off debt but not student loan debt (real low interest rate)
- Once the 2030 depression hits, be ready (have money in the bank) to buy stock/real estate at the big dip (depression). Then, after the recovery, ride the assets up to huge profits.