

Maximizing Health

In addition to the first generation of rejuvenation therapies, there is already a vast amount of cutting-edge medical knowledge that can be used right now to maximize our health and extend our healthy lifespan.

Unfortunately, most of it remains unused because it is spread out over various experts, specialized communities, blogs, books, and websites, or deeply buried in scientific research, making informed decisions regarding one's personal health quite hard.

We decided to change this by using the principles of evidence-based medicine to create a holistic and actionable guide on what can be done at present to maximize our health and well-being.

A Step-By-Step Approach

Our approach breaks down the vast field into easy to implement 'Step-By-Step' building blocks and offers as much 'Do-It-Yourself' as possible. For those parts where we need professional support, it maps to existing medical services, enables 'Eye-Level' discussions with our service providers and empowers ourselves to make educated decisions on our health and well-being.

Additionally, it provides links to what we found to be the most relevant sources of information on the individual topics - as an invitation to go deeper into the matter.

In the spirit of the open source community we freely share our knowledge and invite everyone to participate.

Building Blocks

Research

Additional Resources

To accelerate the creation of this knowledge base, we are [hiring a dedicated project team](#).