

**Science of Aging, Healthspan and Lifespan.
January 21, 2022
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Resources:

Books:

Lifespan: Why We Age and Why We Don't Have To by David Sinclair
Atria Books 2019

Ageless: The New Science of getting Older Without Getting Old by Andrew Steele
Doubleday 2021

The Art of Living Thich Nhat Hanh
Harper One 2017

The Longevity Diet by Valter Longo PhD
Penguin Random House 2018

The Blue Zones by Daniel Buettner
National Geographic 2008

The End of Alzheimer's Program by Dale Bredesen MD
Avery Press/Random House 2020

Great Aging/Longevity Podcasts/You Tube Channels

Found my Fitness with Rhonda Patrick PhD
<https://www.youtube.com/c/FoundMyFitness>

Drive with Peter Attia MD
<https://www.youtube.com/c/PeterAttiaMD>

Extend Healthspan with Dr. Brad Stanfield
<https://www.youtube.com/c/DrBradStanfield>

Lifespan Extension: <https://www.youtube.com/c/LifespanIO>

Websites:

<https://www.buckinstitute.org/>

<https://www.foundmyfitness.com/>

<https://ketonutrition.org/>

<https://panda.salk.edu/>

<https://peterattiamd.com/>

<https://sinclair.hms.harvard.edu/>

<https://www.longevity.technology/yamanaka-factors/>

<https://longevity.stanford.edu/lifestyle-medicine-2/>

<https://www.longevity.technology/>