When you adopt these habits, your life span will be increased by 20 or more years. Reclaim Your Longevity - Is Reclaiming Longevity Possible In this episode we take another look at longevity through the lens of aging biomarkers. Or more to the point, how badly we may be aging, and get some early warning makes recommendations to improve your longevity (AKA put the biomarkers). Gil has 18 years of experience in systems biology, computational biology.

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