FAQ for Asia Longevity AI chatbot

Q1. What is longevity and why is it important?

A1. Longevity refers to the length of time that a person lives, often having an emphasis on extending not just lifespan but healthspan – the portion of life lived in good health, free from chronic diseases and debilitating conditions. In Asia Longevity's context of anti-aging and health optimization, longevity encompasses strategies, technologies and lifestyle interventions that are meant to improve both the quality and quantity of life.

This is important as longer lives are valuable only if they are lived well and healthily. A focus on longevity promotes practices and lifestyles that reduce age-related decline, allowing you to maintain vitality, independence and well-being even in the later years of your life. An extended healthspan helps personal fulfillment, by enabling one to pursue passions, strengthen relationships and contribute to society in meaningful ways. Additionally, there are economic benefits of less personal and societal costs of chronic illness, hospitalization and caregiving.

Q2. What is healthspan and how does it differ from lifespan?

A2. In a nutshell, lifespan focuses on quantity while healthspan focuses on quality.

Lifespan refers to the total number of years a person lives, from his birth to death. It is a pure measure of quantity – how long life lasts. Advances in medicine, public health services and technology have significantly increased lifespan over the past century, with many people living into their 80s, 90s and beyond. On the other hand, with the rise of the obesity pandemic, lifespan is projected to possibly decline.

Healthspan refers to the portion of life spent in good health, free from chronic diseases or debilitating conditions, or significant physical or cognitive decline. The focus is on quality – how well life is lived. Beyond merely prolonging survival, healthspan emphasizes functionality, independence and energy.

The two concepts do not always align. For example, someone might live to 90 (long lifespan) but spend the last 20 years of life fighting chronic illness or debilitating physical conditions (short healthspan).

One other difference is that healthspan is actionable. By addressing factors such as diet, exercise, sleep and mental stress, an individual can extend the years of life lived in good health. Longevity treatments are one way to address these factors proactively to boost healthspan.

Q3. Tell me more about biomarker tests and how it differs from my annual health check-up?

A3. Biomarker tests measure specific biological indicators – molecules, genes or characteristics – that give information about your health, disease risk or biological

aging process. The tests can assess aspects such as inflammation, metabolic health, organ function and cellular aging. Some examples of common biomarkers are: inflammation markers, metabolic markers, cardiovascular markers, hormonal markers and aging-related markers. These tests are personalized and focus on understanding the underlying processes in the body rather than diagnosing acute conditions.

On the other hand, annual health check-ups are a broad, routine evaluation of your health and the goal is to detect signs of common diseases like diabetes, hypertension or cardiovascular issues.

In that sense, biomarker tests are proactive, offering actionable insights for optimizing your performance, disease risk or healthspan, and is done periodically or as part of a program. While annual check-ups are more reactive, focusing on diagnosing conditions that are already existing or starting to develop.

One way to think of it – while annual check-ups are essential for maintaining baseline health and detecting major issues, biomarker tests take it further by offering granular insights that empower you to optimize your health and longevity.

Q4. I am not allergic to any foods. Why should I take a food sensitivity test?

A4. While you may not have food allergies, taking a food sensitivity test can still provide you valuable information on how specific foods might be impacting your health, energy levels or overall well-being.

Food allergies are an immediate immune response triggered by certain foods, and these allergies can be lifelong and severe. Food sensitivities, on the other hand, can have a delayed and less severe response, however the chronic inflammation that is brought about by food sensitivities ca have an adverse effect on health. Sensitivities can also change over time.

Some foods, while not causing an allergic reaction, can still cause low-grade inflammation or gut irritation. While nowhere close to being severe, it can still cause symptoms like bloating, brain fog and skin breakouts. By knowing which food sensitivities you have and addressing those, you can experience benefits of improved digestion and nutrient absorption, boost in energy levels and improvement in conditions like eczema, acne and joint-pain.

Q5. Are longevity treatments based on any science? Why doesn't my regular GP doctor recommend it for me?

A5. Absolutely, longevity treatments are grounded in science. However, compared to traditional general medical practices, the field of longevity is relatively new and still evolving. To give a few examples, senolytics are drugs or compounds that clear senescent ("zombie") cells that cause inflammation and accumulate with age, and studies have shown improved healthspan after senolytic treatments. There are also

compunds like nicotinamide riboside that help to restore NAD+ levels, which are essential for mitochondrial function and cellular repair. Human trials have shown that there are metabolic and cardiovascular benefits. There are many other science-based approaches to longevity, such as gene therapy, caloric restriction, lifestyle-based intervention like regular exercise, Mediterranean diet and stress management, that have benefits to healthspan improvements.

You might not have heard about it from your GP, because general medical practice focuses on diseases. GPs are trained to diagnose and treat diseases, rather than optimize health or focus on preventive interventions for aging. It could also be that not all GPs are familiar with the advances in the longevity field, which often emerge from recent cutting-edge research. Furthermore, you most likely only visit your GP when you feel unwell or have an illness, and the visit focuses on getting treatments for existing health concerns, rather than seeking proactive strategies for longevity.

Q6. How can longevity treatments help my elderly parents?

A6. Longevity treatments can enhance your elderly parents' quality of life by improving their energy, mobility, cognition, and resilience to chronic conditions. Regular exercise and physical therapy can improve strength and mobility, thereby slowing muscle loss and improving balance, reducing the risk of falls. Treatments and supplements that help enhance mitochondrial functions can boost energy and physical stamina. Dietary interventions and taking supplements (like omega-3 fatty acids, B vitamins and anti-oxidants) supports cognitive health and reduces inflammation, which reduces risk of chronic diseases. A healthy gut microbiome supports immunity and also helps to reduce systemic inflammation, and measuring immunity biomarkers can provide information to manage chronic conditions and improve healthspan.

Q7. I cycle regularly and want to be able to cycle faster for longer periods. I already go to the gym regularly to exercise. What else does longevity treatments offer me?

A7. There are several ways that longevity treatments can further optimize your cycling performance. NAD+ supplements and magnetic mitohormesis treatments improve mitochondrial function, enhancing cellular energy production. More efficient mitochondria can help sustain higher power output during cycling. Technology like force plates can analyze your movements and biomechanical processes like walking, running and jumping, and the measurements can be used for performance diagnostics to improve muscle strength and correct imbalances. Furthermore, treatments like red-light (photobiomodulation) therapy and hyperbaric oxygen therapy can aid in physical and mental recovery, helping you get ready for your next ride while maintaining the same level of performance.

Q8. Are supplements real? How do they help me?

A8. Definitely! Supplements can play a significant role in supporting health, performance, and longevity. Supplements are concentrated sources of nutrients or bioactive compounds designed to complement your diet. They can help fill gaps in your nutrition, optimize physiological functions, and target specific health or performance goals. Even with a healthy diet, it can be challenging to get all essential nutrients consistently, and this is where supplements can help. If you have a specific goal (e.g., improving running speed and endurance), there are supplements that enhance stamina and oxygen delivery to muscles. In many areas, including boosting immunity, reducing inflammation, supporting recovery and improving energy production, there are suitable supplements that can be taken in conjunction with a balanced diet and healthy lifestyle to provide an edge in health, performance and longevity.

Although supplementation can definitely fill the gaps and complement your diet, it is still important to understand that supplementation cannot take the place of a healthy, balanced diet.

Q9. What are the various longevity treatments? How do I know which is for me?

A9. There are a wide variety of longevity treatments aimed at extending both lifespan (how long you live) and healthspan (how well you live). These treatments target the biological mechanisms of aging, such as inflammation, mitochondrial dysfunction, cellular damage, and hormonal imbalances. The right treatment for you depends on your health and goals.

These are non-exhaustive examples of longevity treatments:

- Lifestyle-based interventions: These are foundational to any longevity strategy, and target diet/nutrition, regular exercise, stress management/ mindfulness, and sleep optimization.
- Supplements: These target specific aging mechanisms or cellular functions. Examples are mitochondrial support, anti-inflammatory and cognitive health.
- Diagnostics and biomarker monitoring: This will provide an understanding of your biological profile and guide a personalized set of interventions. This covers epigenetic age testing, inflammatory markers, metabolic health and genetic testing.
- Regenerative practices: Red-light therapy, hyperbaric oxygen therapy, mitohormesis and cryotherapy are technologies that can help with recovery, cellular repair and reducing inflammation.

To know which treatments are right for you, it starts with assessing your health and understanding your goals. After that, seek out an expert for consultation and crafting a personalized plan. Be sure to regularly monitor your biomarkers to track progress.

Q10. Where do I start in my longevity journey?

A10. At Asia Longevity, we want to be with you every step of the way on your longevity. That is why we provide the tools, treatments and platform for end-to-end longevity solutions. Our unique approach of Knowledge, Optimize and Biohack will give you an understanding of your health profile, craft interventions that get you towards your goals, and provides the technology and tools to biohack your performance, mental wellness and overall healthspan. Our experts will ensure that the treatments you receive are safe for you, based on scientific evidence and are sustainable in the long-term. Start your longevity journey with Asia Longevity, because we are interested in your health.