

# 187: Cracking the Code on Aging

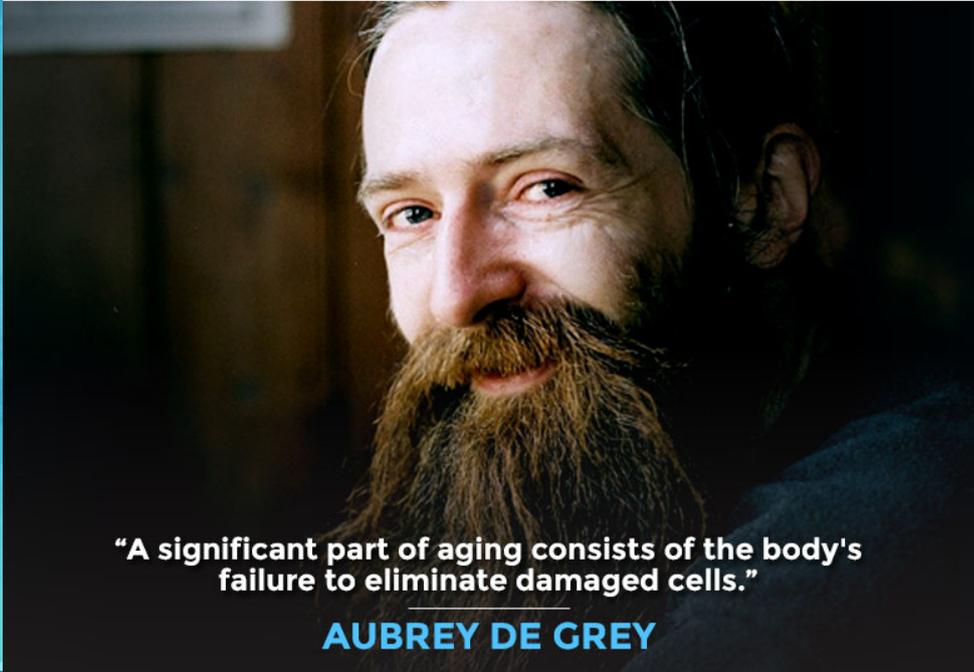
## 10 Point Checklist

### Aubrey de Grey

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**

A close-up portrait of Aubrey de Grey, a man with a long, full, dark beard and mustache, looking slightly to the left of the camera with a gentle smile. He is wearing a dark jacket.

**"A significant part of aging consists of the body's failure to eliminate damaged cells."**

**AUBREY DE GREY**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Research works done by Dr. Aubrey de Grey, a biomedical gerontologist and the Chief Science Officer of SENS Research Foundation, on aging and reversing the disease of aging. SENS Research Foundation is a biomedical research charity that conducts and funds research on combating the aging process.
- Read the research paper on cancer called Hallmarks of Cancer, which examined and revealed how we could make ourselves more resistant to or get rid of cancer altogether.
- Learn more on the subject of aging by reading Hallmarks of Aging, a paper done by a group of gerontologists which examines aging in reference to cancer.
- Learn more about Dr. Aubrey de Grey's seven hallmarks of aging as well as their types of interventions.
- Deepen my understanding of cancer immunotherapy which looks at how one can make the immune system better at getting rid of cancer cells.
- Understand that intermittent fasting or calorie restriction has benefits and helps extend health, but don't necessarily significantly extend life.
- Take everything I read from a book or any recommendations to improve my health with caution. Understand that people vary in terms of metabolic requirements and performance.
- Pay attention to my body and do what works for me in terms of diet, supplements, and lifestyle in general.
- Keep abreast on what Dr. Aubrey de Grey and other researchers are working on and why by checking out their website [SENS.org](https://www.sens.org), as well as donate and support the SENS Research Foundation knowing that every dollar donated goes into helping the work to find the cure for aging.
- Sign up for the SENS Research Foundation's conference called Undoing Aging that's going to be held in Berlin on March 28th through 30th.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/cracking-the-code-on-aging-with-dr-aubrey-de-grey/>