

## Young Plasma (yFFP®) Outcomes

Johnny Adams

JAdams@AgingIntervention.org

TX (713) 875-1948

FL (954) 493-3414

CA (949) 922-9786

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### Most important info is here

<https://agingintervention.org/ReportedPositiveResultsFromYoungPlasma.pdf>

### Additional reference – especially the video of Dian Ginsberg MD's presentation at the top

Dian Ginsberg, MD Young Plasma Presentation RAADfest 2023

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

### Plasma Safety

<https://agingintervention.org/PlasmaSafety.pdf>

### Background

Plasma is the liquid portion of blood. Unlike single therapies, it contains many thousands of beneficial components. Examples: exosomes (1.8 trillion + per liter, and from virtually all organ systems and parts of the body), cytokines, growth factors, metabolites, nutrients, miRNAs, Regulatory proteins [hormones, enzymes], minerals, electrolytes, albumin, antibodies, even some mitochondria.

They affect an extremely wide range of therapeutic targets and hallmarks. Plasma from individuals roughly in their early 20s are in balance with youth - the target we are aiming for.

Re plasma therapies, here's a rough analogy using automobile engines:

- **TPE (old plasma out, saline and albumin in)** is kind of like an oil change.
- **Young plasma** has components that older individuals no longer possess that repair body systems.

**TPI** (drain some blood, then young plasma in) is more like **rebuilding the engine**.

**My comprehensive presentation is available. It expands on the above, shows scientific research papers, contains deeper information on the balanced and complementary components in young plasma, shows details on the comprehensive plasma testing, and other.**

### **1) First young plasma infusion Nov 20 2024 2 L**

Here are my biomarker and objectively measured results, and subjective evaluation, along with positive accounts of regenerative and healing effects of a number of individuals I know personally and trust. Most went for young plasma in Texas upon my recommendation.

<https://agingintervention.org/ReportedPositiveResultsFromYoungPlasma.pdf>

There are a great many more testimonials from others.

With their permission, one individual with dementia who had an exceptional turnaround will soon be added. This individual could now remember people, directions to places and the like where before a great amount of cognitive functioning had been lost.

Safety

<https://agingintervention.org/PlasmaSafety.pdf>

### **2) Second on March 3 2025 600mL**

March 5 had surgery. I'm confident the plasma helped with recovery and the overall experience, but no objective data to back it up.

### **3) Third infusion Dec 17 2025 1 L**

I had enough biomarkers and objective data from the first round so didn't do them this time. Instead relied on observing performance and practical life functioning.

\* See Nov 20 2024 link above for data.

Dec 18 flew to Florida to attend a meeting that night. In coming days handled various tasks, feeling sharp and effective.

One was a demanding task of reorganizing a 10x5 storage space filled with boxes and some heavy and bulky items. Lifted and moved almost everything twice, and reorganized.

Strenuous, took around 3-4 hours. Had very good energy for it all, wasn't all that tired after.

Good for a guy age 76.

Lots of dreaming in the following weeks.

Bruises seemed to heal faster, but no way of objectively measuring though.

I am even more optimistic than usual, and feel really good. Impressive energy and stamina. My mind has been dialed in. Creative ideas are flowing, and plans are being effectively executed.

Johnny