



ASCEND

BIOLOGICAL AGE REVERSAL

Restore Youthful Function
Extend Healthy Life

A private, personalized program.

*Expert-designed and physician-supervised
to reclaim the performance, resilience,
and internal state of younger life.*

Offered through direct client relationships.

Inquiries are answered personally and privately to determine alignment and suitability.

A close-up, slightly blurred photograph of an elderly person's face. The person has light-colored eyes and visible wrinkles. A hand is partially visible on the left side of the frame, with fingers near the person's eye. The overall tone is warm and intimate.

ASCEND NEURO

**REMARKABLE
IMPROVEMENTS
IN DEMENTIA AND
COGNITIVE DECLINE
ARE BEING REPORTED**

Dementia. Alzheimer's. Parkinson's. Mild to Severe Cognitive Decline

A silhouette of a person wearing a cap and athletic gear stands on a tennis court, looking out over a hazy landscape of hills and mountains at sunset. The scene is bathed in a warm, golden light.

SENIOR ATHLETE

YOU'RE STILL SKILLED.

**BUT THE BODY
STOPS COOPERATING.**



*Surrounded by reminders
of long healthy life*

Johnny Adams, MBA

***CEO / Exec. Director Carl I. Bourhenne
Medical Research Foundation***

***501(c)(3) nonprofit / Est. 1979 / EIN 95-3097808
dba Aging Intervention Foundation***

- Active in the restoration of youthful function for a half century
- Now sharp focus on *neurodegeneration*
- Researched hundreds of age-management therapies, and personally undergone dozens.
- Manages and assists with research studies
- Broad practical skills and personal characteristics
- Biomarkers and objective measures of aging
- Built skills, meeting like minded people, refining methods
- Wide network – scientists, businesspeople, investors, innovators, highly informed laypeople

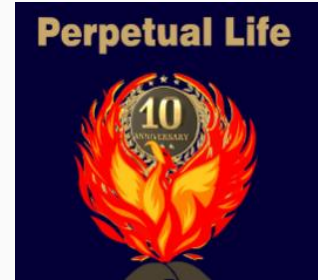


Affiliations



AgingIntervention.org

AGING INTERVENTION
FOUNDATION



BioFutures LLC



***GERONTOLOGY
RESEARCH
GROUP***



Angel Group

Email discussion forum hosted by UCLA,
and online meetings with great speakers



1) Web: AgingIntervention.org

[Resume with Plasma Background](#)

[Click Here for Plasma Background Online](#) *Local*

[Aging Intervention Program – System Therapies Metrics](#) *Local*

Recent Therapy Records with Objective Measures

Video – Genomic Analysis and Longevity Genes Presentation

Protein Clock, Genomics Notes, Email Discussion Forum - Information Exchange, Practical Methionine Reduction, Calculate Phenotypic Age

Some therapies I've done, results with biomarkers:

<https://www.agingintervention.org/JohnnyAdamsRecentRecords.pdf> *Local*

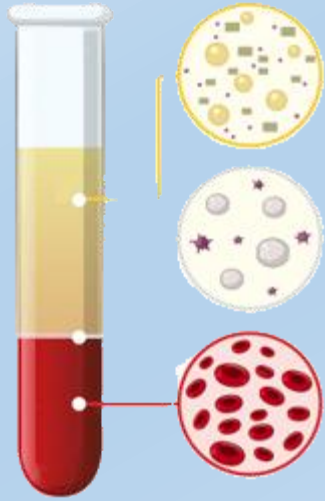
Resources, Multi Talented Assistant, Death and Housecats

2) [YouTube Channel](#) @JohnnyAdamsAgingIntervention

Gerontology Research Group Meetings Videos of my online meetings – Speakers, Interviews: Michael Levin, Bill Lawrence, Liz Parrish, Bill Andrews, Patrick Sewell, Irina Conboy, Mike Conboy

3) AgingMetrics.org Calculate phenotypic age and others





Young plasma contains many thousands of active beneficial biomolecules that repair, protect and renew - and in youthful balance.

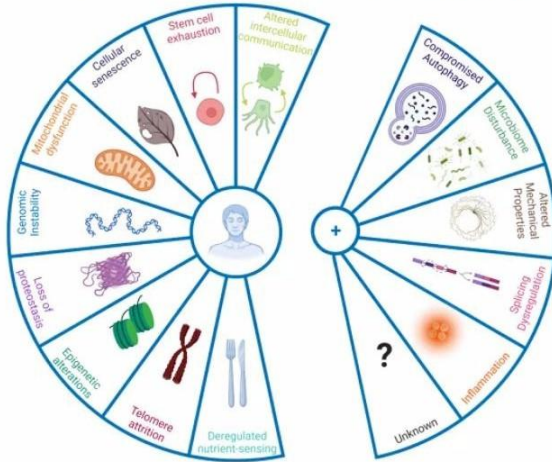
Some top level categories:

- **Exosomes / extracellular vesicles / acellular nanoparticles**
- **Peptides**
- **Cytokynes**
- **Growth Factors**
- **Metabolites**
- **Nutrients**
- **miRNAs**
- **Regulatory proteins – hormones, enzymes**
- **Mitochondria**
- **Minerals**
- **Electrolytes**
- **Albumin**
- **Antibodies**

Researchers Propose Five New Hallmarks of Aging

This would update and expand a well-respected model of aging.

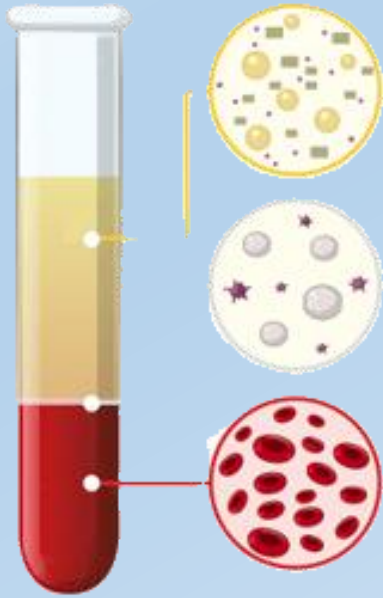
PMID: 36040386 PMCID: [PMC9467401](#) DOI: [10.18632/aging.204248](#)



***BIG point to remember:
Unlike most single therapies
and combinations***

**Young Plasma affects an
extremely wide range of
therapeutic targets and hallmarks**





This full range of many thousands of geroprotective and repair components are balanced and complementary – far more effective than one therapy, or several in combination.

This balance is consistent with the target we are aiming for: youth.



These biomolecules perform tasks to keep your body running as smoothly and efficiently as possible - a lot like tools.

In your old body many of these are like old, worn, rusty, broken tools.

(senescent, misfolded, defective, depleted, oxidized, glycated, worn out, and just plain old)

And produced by a “factory” that’s getting old and worn out – your body.

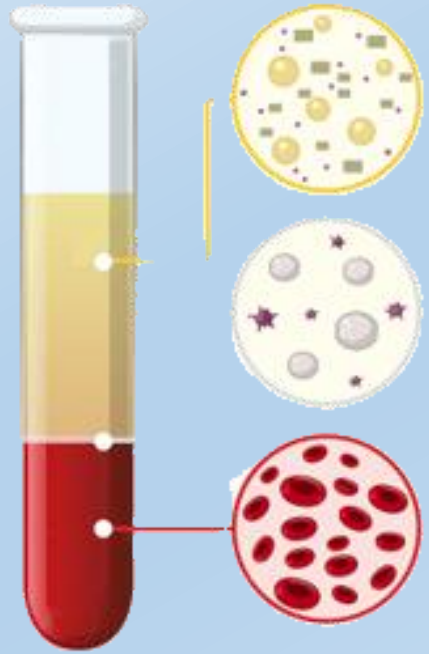


***In a young plasma infusion
you're importing many
thousands of components that
are newer, and work really well.***

***From a "factory" that's younger
and in it's prime - still producing the
effective results for whatever body
they are in.***

***They help get your old factory-body in
better shape, and producing better
tools of its own.***





*Positive Results From
yFFP/young fresh frozen plasma
“Young Plasma”*

from highly screened, sex-identified
young-adult donors
between the ages of 18-25 (“Prime of Life”)

FDA approved biologic.

1,500–3,000 plasma infusions per day in the US

“Commercial grade” used in emergency rooms is pooled from donors of all ages and both sexes, platelets removed, processed – a leftover “castaway” product.

NOT like the high level biologic by Spectrum Plasma
Plasma is highly monitored, has an *outstanding safety record according to FDA annual reports*

Plasma is one of the most highly monitored biologics.





Remarkable
improvements in
dementia and
cognitive decline
are being reported.

IN THE NEWS

Our associate in Houston was the treating physician. We provide this treatment.

[From Near-Catatonic to Dancing: Advanced Alzheimer's Patient Experience](#)

From Near-Catatonic to Dancing: Advanced Alzheimer's Patie...

https://www.morningstar.com/news/pr-newswire/20260722da09719/fro...

MORNINGSTAR

Morningstar Investor

Did one of these securities catch your eye? Track it on a watchlist via Morningstar Investor.

Start Free Trial →

Home > News > PR Newswire > From Near-Catatonic to Dancing: Advanced Alzheimer's Patie...

From Near-Catatonic to Dancing: Advanced Alzheimer's Patient Experiences Remarkable Functional Turnaround with young Fresh Frozen Plasma (yFFP)

CISION PR Newswire

Provided by PR Newswire • Jul 22, 2026, 12:00:00 PM

From Near-Catatonic to Dancing: Advanced Alzheimer's Patie...

https://www.morningstar.com/news/pr-newswire/20260722da09719/fro...

From Near-Catatonic to Dancing: Advanced Alzheimer's Patient Experiences Remarkable Functional Turnaround with young Fresh Frozen Plasma (yFFP)

From Near-Catatonic to Dancing: Advanced Alzheimer's Patient Experiences Remarkable Functional Turnaround with young Fresh Frozen Plasma (yFFP)

PR Newswire

HOUSTON, July 22, 2026

Clinical case study challenges established paradigms on permanent cognitive and motor decline in age-related degenerative diseases.

HOUSTON, July 22, 2026 /PRNewswire/ -- An 82-year-old pati

Case Study 10)

Note: I can't tell you how fulfilling it is to hear this.

Friend's wife with severe dementia –

- **Baseline and after first treatment: 82-year-old female @ deaths doorstep (husband's words), innocently doomed because she inherited double APOE4 genes, now can walk, talk , converse plus a lot more. The miracle is here & now yFFP.**
- **5/24/2026 - @ 7 weeks , [wife's name] continues to improve. Today , [wife's name] walked three & a half blocks to a restaurant, no walker, no wheelchair. Ate breakfast on her own & walked back. yFFP WORKS!**

Case Study 10) Update 6/13/2026

- **This week the subject had her exam by her main physician. She passed her cognitive and physician tests and her chemistries all checked out.**
- **Physician administering the treatment remains astonished at her turnaround. Wife and husband are joyous.**
- **Both wife and husband remain scheduled to each receive 3-liters of yFFP in July.**

Case Study 10) Update 9/28/2026

- **The subject continues to improve**

Positive accounts from myself and trusted friends who had yFFP[®] treatments

My first experience

- Half liter whole blood removed, then
- infused with 2 liter young plasma (yFFP[®]) matched and thoroughly screened from 18-25 yo donor.





Johnny Adams

Seven treatments to date (lately mostly lower doses)
Experiences of feeling young
Biomarkers and objective measures later

- Chron age 76 and extremely confident I'm in my prime.
- I often feel young again - much of the drive and energy – and enthusiasm - I had when taking on ambitious projects in my 20s and 30s
- Some experiences like when young – morning light, colors bring back experience of youth, stamina when clearing heavy objects from storage, enjoy sound of children playing
- Path to the Dentist Story: *How a less nerve rattling, and safer, path to the dentist came to me.*
- Operating at very high level, feeling really good, great mental clarity
- Excellent energy, effective decision making
- Plans take shape, then come together in action
- These results are mostly due to the treatment and other lifestyle factors – and the knowledge I'm on to something great.



My own subjective observations ***(objective measurements follow)***

- Life seemed even better.
- Things I had looked at before seemed more interesting.
- More clarity about making decisions and the road ahead.
Better able to plan and execute actions – calmly, efficiently, effectively.
- Not tired after working hard all day
- Coming up with creative solutions
- A couple days later after computer crash, a couple times while driving in mostly stopped traffic, I took it more in stride.



Around One Month

Very good stamina

Even better no-nonsense evaluations in business and life situations, and decision making

Feeling very well grounded, confident and “happy”

Around 45-60 min deep sleep most nights

**Exercise Stamina (CA elliptical machine) 12/24/2024
113 strides in 25 sec. baseline was 101 so about
12% improvement**



Some objective measures about 1 week after infusion

Blood pressure

- Normal ~118/78***
- After ~115/72 to as low as 108/65***

Labs

- Glucose 109 to 96 at 1 wk (was 88 two days after)***
- Very slight Hemoglobin A1c reduction (.1), I'll take it***
- Due to 1 liter blood removal hemoglobin, hematocrit decreased below reference range – consistent with removing blood donation. It steadily built back up.***



Biomarker Tracking Sheet Version 20241106

Johnny Adams 949-922-9786 JAdams@AgingIntervention.org

<u>Test</u>	<u>Baseline</u>	<u>Therapy</u>	<u>After</u>	<u>After</u>		<u>After</u>	
	11/15/2024	11/20/2024	11/27/2024	11/28/2024		12/28/2024	
	Problem sleeping, 4 am had to take .4	Young plasma infusion 2 liter	Allergies, sleep, felt a bit off.			forgot spoonful yogurt and sip protein drink	
Chron age	74.91			74.94		75.03	
Calculated phenotypic age (CBC/metabolic+CRP)	64.61			63		65.77	
Difference	-10.3			-11.95	+16%	-9.26	-10%
Cognitive							
Trailmaking B	56		46.3		17%	49	+12.5% (49
Number memory - Human Benchmark	8-9 avg		8	8		9	-
Verbal memory - Human Benchmark	45		26	55	?	65	+44%
Cognitive and Physical							
Reaction time - Human Benchmark	283		265	249	+9%	229	+19%
Physical							
Balance test - One leg stand Seconds	50		59		+18%	49	-2%
30 Second Chair Stand	29.3			29.4	+ .3%	33	+12.7%
Exercise Stamina Elliptical Machine Avg 3 HIIT runs	99 avg		105.7 avg		+6.7%	13 vs 1	+11.9%



Objective Meas - about 1 week after

Oura ring reported

- High sleep and readiness scores***
- More deep sleep – over 1 hr many nights***
- More REM sleep – over 1 hr many nights***
- Higher blood oxygen 99% - to 100% some nights.***



Ophthalmic – my Achilles Heel

**The eye is a model system for aging
2 weeks after**

These effects were short term though.

Subject/friend #8 had much the same effect.

“E” chart vision test – distance

Left	<u>2 lines improved</u> 20/25
-------------	--

Right (cataract)	<u>3 lines improved</u> 20/80, 20/40 pinhole
-------------------------	---

And I could tell when reading signs in the distance



Ophthalmic – my Achilles Heel

Pressure (glaucoma)

Left 18 - last time 21/22

Right 14 - last time 15

Definitely less eye irritation and dryness

**Skipped scheduled anti-VEGF injection this time -
watch and wait**



AI analysis summaries 1 week

Claude.ai Overall Assessment Nov 27 2024:

The plasma infusion showed promising age reversal with a reduction in biological age and improvements in metabolic markers. However, the significant drop in blood cell counts is a potential area of concern that should be monitored closely by a healthcare professional.



AI analysis summaries 5 weeks

Claude.ai Overall Assessment Dec 28 2024:

Overall, there were some positive changes in metabolic markers (glucose, insulin) and lipids, but also some areas of potential concern (sodium, MCV, RBC).



***At lunch an MD friend commented
that I looked younger
He didn't know about the treatment***



Case Study 2) Assessment from one close friend who I know and trust

- Positive subjective report – mentally sharp
- No side effects
- Neuropathy improved - Pre diabetes symptom: uncomfortable “hot” feet – disappeared 1 wk after
- When walking had felt like “walking on pebbles” (well known symptom) – completely gone 1 wk after
- Quote: *“It’s remarkable it could go away so fast.”*

Case Study 2 continued

- **Reversal of a long-standing shoulder tendon issue (which returned after I did some yard work that over-extended the wounded organ)**
- **Most spectacularly, a complete "cure" (remains cured, 15 months later) of an area of very-bothersome phantom itch on each of my forearms, which appeared after a pinched nerve at C5, ~3 decades ago, which my Kaiser doctor had repeatedly claimed to be incurable.**
- ***Complete report including labs is being created***

Case Study 2 continued

- **Stand on one leg 20 sec up to avg 40 sec**
- **Human benchmark (cognitive)**
 - **Some improved, some didn't**
- **Chronic high triglycerides - from out of reference range to in range**
- **He reports “*for the money the results are much better than anticipated compared to going to clinics*”**
- **He's having rather extensive baseline and followup testing at Stanford (lab)**

Case Study 3) New friend who contacted me went for treatment

- (Dr) Julie was very good to deal with. . . Nice lady . . .
- . . . my particular issue . . . developed **high blood pressure** fairly recently due to what I believe is a dysregulated cGMP pathway.
- **Prior . . . blood pressure high of about 154/90** , an average of 140/84 and be in my target range of below 135/85 7% of the time.
- After the transfusion (infusion) my **blood pressure corrected within two days** (I didn't measure it for two days so may have been sooner). (continues next page)

Case Study 3 continued)

- **Now its in my target range of below 135/85 100% of the time. Average around 125/73**
- **Based on my readings at home I would say my systolic dropped about 15 points and diastolic about 11 points, probably even a bit more.**
- **As well during this dysregulation I had a difficult time doing any cardio, also had constant low grade headaches and eye pressure.**
- **I seem good now in all respects.**
- **I am satisfied for sure.**

Case Study 4) New friend's wife who went for treatment

- My wife really didn't have a lot wrong with her health wise. But she does has some sort of **nerve problem in her feet**, **when they get cold she said they would hurt a bit, she says they now no longer hurt when they get cold.**
- She also got a **mood enhancement**, and the plasma facial seems to have maybe soften her face, but I am not sure.

Case Study 5) New friend and wife who contacted me went for treatment

- Husband and wife ages 75 and 71
- Called me three days after infusion (also had hyperbaric oxygen, red light therapy, healthy meals)
- Was extremely pleased with the physicians, clinic and people – physicians took time and offered much advice. He felt safe.
- After traveling and not slept well on an uncomfortable hotel bed – can't say he feels better at that time

Case Study 5 continued

- **Had recent hip replacement surgery**
- **No improvement in exercise bike and swimming performance. He says it could be because of the hip replacement**
- **Lower pulse rate, especially when sleeping from 44 to 40**
- **Blood sugar monitor and it shows an average of about 10 points lower overall**
- **“My leg specifically my calf has been swollen 2 to 3 times normal size from the surgery and suddenly in the last couple days it's reduced dramatically.”**

Case Study 5 continued

- Because of the surgery, I gained 12 pounds and in spite of eating low carbs and higher protein, my weight would not bulge but suddenly in the last three days I'm losing weight like I normally would from that diet
- Two different people have said to me "you must be doing something different. Your skin is glowing and looks really great."
- . . . will continue to track changes and will keep you informed.

Case Study 5 continued – Update 1 month March 27, 2025

- Liver enzymes, which are usually slightly elevated dramatically improved Ast-21, Alt-15
- LDL 147 normally I'm 220
- My total cholesterol dropped 60 points.
- My HDL (good cholesterol) went up eight points and my other cholesterol number like small density improved to safe levels.
- I can't say I feel any different but my blood test show a much healthier status. I will test again in a couple months to see how long they last.

Case Study 6) Another close friend's assessments

Male about age 80

- **Already in excellent health, travels to many locations for innovative therapies – gene therapy, stem cells and others**
- **After two week adjustment saw a subjective increase in mood and energy levels, gradually returned to normal over several weeks.**
- **May have seen increase in libido, lasted for several weeks**
- **TruDiagnostic showed an increase**
 - **NOTE from Johnny: I heard a report that particularly since changing the dataset TruDiagnostic's numbers go up**
 - **This may be, or likely is, not accurate – I consider objective functional results, and subjective, most important**

Case Study 7) Another close friend's assessments

Female about age 50

- **Travels to many locations for innovative therapies**
- **Achilles heel: hormone balance**
- **One year later reported still having positive effects**
- **Has known histamine sensitivity. Had histamine rich long, slow-cooked meat lunch after. Headache after, unable to determine how much was a result of the meal or plasma.**

Case Study 8) Another friend's assessment

Male age 78. Infused 2 liters, doesn't recall whether any was removed.

- He reported it improved his vision for a few weeks, other than that nothing.**
- Didn't do any biomarkers and objective measures, so was going on how he felt.**
- He reported being already healthy.**
- After my own and others results I'm admittedly biased, but suggest there were positive regenerative effects and biomarkers and objective measures are important and probably would have revealed results.**

Case Study 9) Another long time friend's assessment. He has been a leader, and I've admired him and his program.

It was immensely fulfilling to see his public endorsement of young plasma on our GRG forum.

- Just an update; both [wife's name removed] and I have now received 5 sessions of two liters of yFFP from Dr. Stanley Jones in Houston.**
- No real measurements but the positive effects seem to peak around the 5th week and slowly wear off in the third month.**
- We both experience greatly increased energy and [wife] who has MCI notes significant cognitive improvement - actually measured by solving higher rated Sudoku puzzles.**

Case Study 9 continued

- **If plasma becomes available here in Northern Virginia we'll increase treatment to 1 liter monthly.**
- **Prior to the yFFP treatments, we had several TPE treatments at the Nashville Maxwell clinic. The results were similar but TPE is a difficult invasive procedure in 90 year-old seniors with small fragile veins.**
- **Thanks for working on availability.**

One of the above asked not to be identified

- **Rather great increase in libido**

11) I don't personally know the patient, but know and trust the source who relayed this success brought by Dr. David Haase the physician who treated her.

Summary of Case

- Moderately Severe AD that progressed to Severe with return to Cognitive Function of 2017 as measured by MoCA with Regenerative Plasma Exchange using yFFP in 2019.
- At last contact pt was again remembering children's names, recalling elements from conversation from 2 hours past, Remembering Water vs. Coke Joke, Remembering names of staff from prior visits.
- Progression has continued with regard to continence, and motor control.



Some Additional Reported Outcomes





Ben Greenfield

He's a big deal in health optimization.

Quote:

"... the way my body responded was way, way beyond what I expected as far as just like energy quality, sleep quality, recovery quality, muscle gain, all this stuff you would kind of like expect in like a science fiction novel that would happen if like a 40 year old put 18 year old stuff into their body and it actually happened like that, which was astounding and good."



It can be expected that frequent treatments
will result in much greater
restorative effects.



Published Scientific Research Studies



Most Recent

Published: 17 April 2026

Blood as the mirror and modulator of aging: mechanistic insights and rejuvenation strategies

Aging Convergence Research Center, Korea Research Institute of Bioscience and Biotechnology (KRIBB), Daejeon, Republic of Korea.

- Youthful circulation, defined as the blood-borne systemic environment of young individuals, promotes tissue homeostasis and regeneration and, when experimentally transferred via heterochronic parabiosis or young plasma transfer, induces transcriptomic, metabolic, and epigenetic rejuvenation across multiple tissues.

<https://www.nature.com/articles/s12276-026-01688-1>



Published: 20 February 2026

Plasma-based strategies for systemic rejuvenation: critical perspectives on clinical translation

Vascular Cognitive Impairment, Neurodegeneration, and Healthy Brain Aging Program, Department of Neurosurgery, University of Oklahoma Health Sciences Center, Oklahoma City, OK, USA

- Parabiosis and plasma transfer models have profoundly shaped our understanding of how circulating factors influence aging in a cell-non-autonomous fashion. These experimental paradigms have revealed that the systemic environment exerts powerful regulatory control over cerebrovascular, immune, and neuronal aging.

<https://link.springer.com/article/10.1007/s11357-026-02136-8>



Published: 25 January 2026

Plasma–Nanomedicine Synergistic Therapy for Brain Diseases: Current Status, Applications, and Challenges

Center for Brain Science & Department of Psychiatry & Center for Translational Medicine, The First Affiliated Hospital of Xi'an Jiaotong University, Xi'an 710061, China

- Brain diseases such as ischaemic stroke, Alzheimer's disease (AD), and glioma were characterized by high mortality and disability rate, and oxidative stress remains a major obstacle in treatment. Plasma–nanomedicine synergistic treatment technology provides a very attractive treatment strategy based on complementarity.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC12938366/>



Published Scientific Research Studies:

Human Studies

Old plasma dilution reduces human biological age: a clinical study
Immune, proteome, dementia-specific, DNA, gene pathway
improvements

<https://pubmed.ncbi.nlm.nih.gov/35999337/>

The Stanford Parkinson's Disease Plasma Study (SPDP)

<https://clinicaltrials.gov/study/NCT02968433?term=young%20plasma&rank=1&tab=results>

LOOK AT TABLES – measures moved in a positive direction

2. Change in Quantitative Data of Cognitive Ability (Neuropsychosocial Battery)

3. Change in Quality of Life

Lower scores represent better quality of life for all scores

and

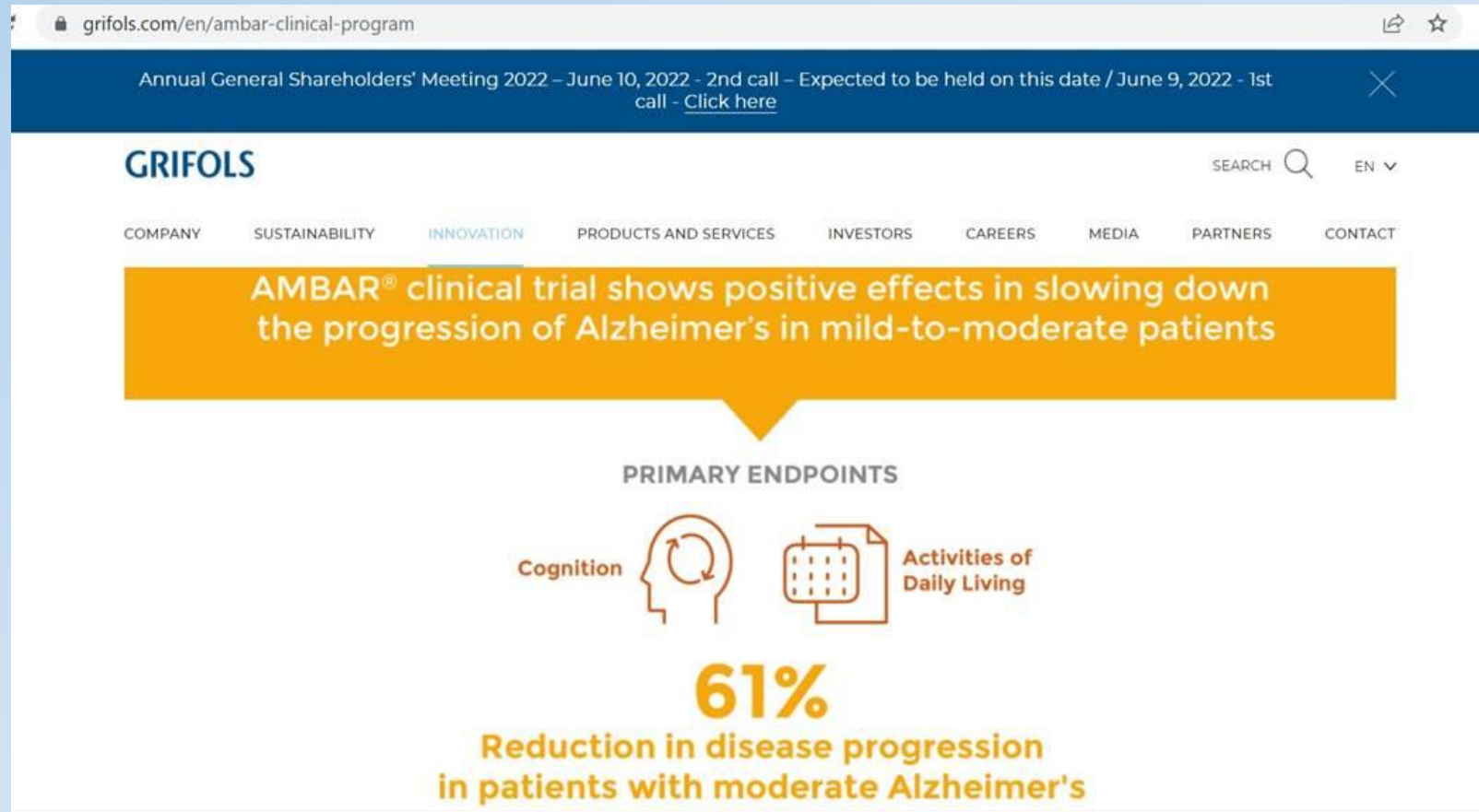
4. Change in Quantitative Data of Motor Movements up to 8 Weeks



A randomized, controlled clinical trial of plasma exchange with albumin replacement for Alzheimer's disease: Primary results of the AMBAR Study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7984263/>

Graphic displayed on sponsor's web site:



The PLasma for Alzheimer SymptoM Amelioration (PLASMA) Study (PLASMA)

<https://clinicaltrials.gov/study/NCT02256306?term=young%20plasma&rank=2>

A authority with great experience in plasma infusion advised for business purposes results were withheld – ie buried

Guidelines on the Use of Therapeutic Apheresis in Clinical Practice – Evidence-Based Approach from the Writing Committee of the American Society for Apheresis: The Ninth Special Issue

Many reference boxes drop down to see results of plasma for a wide range of disease conditions. Many, but not all, show favorable results of plasma therapy.

<https://onlinelibrary.wiley.com/doi/abs/10.1002/jca.22043#>



Safety, Tolerability, and Feasibility of Young Plasma Infusion in the Plasma for Alzheimer Symptom Amelioration Study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6439869/>

An expert advised this one was turned into a safety study, (quote:) “which is ridiculous”. Plasma is safe, used extensively in operating rooms. It’s a money grab. (My interpretation: they are suppressing results for profit)

Safety, Tolerability, and Feasibility of Young Plasma Infusion in the Plasma for Alzheimer Symptom Amelioration Study: A Randomized Clinical Trial

Preclinical Assessment of Young Blood Plasma for Alzheimer Disease

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5172595/>

Young Blood Plasma Administration to Fight Alzheimer's Disease?

<https://www.liebertpub.com/doi/10.1089/rej.2017.1940>

Platelet factors attenuate inflammation and rescue cognition in ageing

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10468395/>



Interstitial fluid rejuvenation through young-donor plasma exchange in cognitively impaired patients: a pilot safety and feasibility study

<https://www.medrxiv.org/content/10.64898/2026.04.29.26351809v1.full.pdf>

Intravenous Plasma Treatment for Parkinson's Disease (yFFP)

<https://clinicaltrials.gov/study/NCT04202757>

Safety of Plasma Infusions in Parkinson's Disease

<https://movementdisorders.onlinelibrary.wiley.com/doi/full/10.1002/mds.28198>



Young blood plasma reduces Alzheimer's disease-like brain pathologies and ameliorates cognitive impairment in 3×Tg-AD mice
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7278124/>

Plasma-Based Strategies for Therapeutic Modulation of Brain Aging
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6694331/>

Circulating plasma factors involved in rejuvenation
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7746393/>

Aging and age-related diseases with a focus on therapeutic potentials of young blood/plasma
Contact me for the complete research paper
<https://link.springer.com/article/10.1007/s00210-023-02657-5>

Circulating plasma factors involved in rejuvenation
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7746393/>



Impacts of systemic milieu on cerebrovascular and brain aging: insights from heterochronic parabiosis, blood exchange, and plasma transfer experiments

<https://pubmed.ncbi.nlm.nih.gov/40407975/>

<https://link.springer.com/article/10.1007/s11357-025-01657-y>

Apheresis Society presentation

Title: Alzheimer's disease, current treatments and the role of Plasma exchange

Date: Wednesday, February 7, 2024

<https://www.apheresis.org/page/Feb072024>

Slides

<https://cdn.ymaws.com/www.apheresis.org/resource/resmgr/webinars-pdf/Feb.07Webinar.pdf>

Plasma from Young Rats Injected into Old Rats Induce Antiaging Effects

<https://www.liebertpub.com/doi/10.1089/rej.2020.2354>

Young plasma ameliorates aging-related acute brain injury after intracerebral hemorrhage

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6522807/>

Undulating changes in human plasma proteome profiles across the lifespan

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7062043/>

Young Plasma Rejuvenates Blood DNA Methylation Profile, Extends Mean Lifespan And Improves Physical Appearance In Old Rats

<https://pubmed.ncbi.nlm.nih.gov/38430547/>



Infusion of young donor plasma components in older patients modifies the immune and inflammatory response to surgical tissue injury: a randomized clinical trial

<https://translational-medicine.biomedcentral.com/articles/10.1186/s12967-025-06215-w>

The effect of aging on the bone healing properties of blood plasma

[https://www.injuryjournal.com/article/S0020-1383\(21\)00426-5/fulltext](https://www.injuryjournal.com/article/S0020-1383(21)00426-5/fulltext)

Old plasma dilution reduces human biological age: a clinical study

<https://link.springer.com/article/10.1007/s11357-022-00645-w>

The Fountain of Youth: A Tale of Parabiosis, Stem Cells, and Rejuvenation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5662775/>



Search on ClinicalTrials.gov

<https://clinicaltrials.gov/search?term=young%20plasma>

PubMed searches

<https://pubmed.ncbi.nlm.nih.gov/?term=young+plasma+aging>

[https://pubmed.ncbi.nlm.nih.gov/?term=young%20plasma%20dementia
&page=3](https://pubmed.ncbi.nlm.nih.gov/?term=young%20plasma%20dementia&page=3)

David Haase MD report on yFFP for AD

https://www.agingintervention.org/yFFP_PE_for_AD.pdf

Dan Stickler MD of Apeiron in Austin TX talks about innovative therapies being done in his clinic. Of specific interest:

12:27 - 13:29 Plasma Dilution

13:29 - 17:07 Young Plasma Transfer

<https://www.youtube.com/watch?v=HRJTGjYdJuw>



**Article - Tony Wyss-Coray Lecture Stanford University
Neuroscientist Highlights Aging, Cognitive Decline Findings**
<https://thehoya.com/science/neuroscientist-highlights-aging-cognitive-decline-findings/>

Video

**Tony Wyss-Coray Stanford University
Pondering Young Blood For Brain Rejuvenation**
<https://www.youtube.com/watch?v=p8OHhfgbew0>

Webinar

**"Young Blood for Old Brains and the Quest to Slow Brain Aging"
Tuesday, February 27, 2024 11:30 AM Eastern Standard
Speaker: Tony Wyss-Coray, Ph.D.
Stanford University D.H. Chen Prof. of Neurology & Neurological
Sciences and Director, Phil and Penny Knight Initiative for Brain
Resilience, To view the recording:**
<https://event.on24.com/wcc/r/4468137/3F2C156E0118D85CC0C5C09415C2B073?partnerref=eblast3>

Peter Diamandis:

**YOUNG BLOOD & LONGEVITY: THERAPEUTIC PLASMA
EXCHANGE (TPE) TREATMENTS**

<https://www.diamandis.com/blog/young-blood-and-longevity-tpe>

Bryan Johnson

<https://www.youtube.com/watch?v=JFCzzO90xHI>

Humorous video

<https://www.youtube.com/watch?v=-7IcNTXyWbM>

Documentary style

<https://www.youtube.com/watch?v=8l3nfzEYSwl&t=83s>







Questions?



AI art by DALL-E





John M. “Johnny” Adams



JAdams@AgingIntervention.org



CA and  WhatsApp +1 949-922-9786



TX +1 512-717-2583



FL +1 954-493-3414



www. AgingIntervention.org

Aging Intervention Foundation

dba for Carl I Bourhenne Medical Research Foundation

501(c)(3) nonprofit | Founded in 1979 | EIN 95-3097808

Newport Beach, CA Austin, TX Boca Raton, FL