



Adriane Berg
**Essential Resources on the
 Future of Aging**



Use this QR Code to
 send Adriane an
 email and access
 more information.

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 AdrianeBerg.com

Longevity Technology

Free NEWSLETTER by an Investor and Publisher in longevity tech and more <https://longevity.technology/>

Books

- **Adriane's Books** https://www.amazon.com/stores/Adriane-G.-Berg/author/B001H6U7AY?ref=ap_rdr&store_ref=ap_rdr&isDramIntegrated=true&shoppingPortalEnabled=true
- **The Retirement Income Explosion-** <https://retirementincomeexplosion.com/>
- **Age Later** https://www.amazon.com/s?k=nir+barzilai&rh=n%3A11764645011&ref=nb_sb_noss
- **Why We age and Why We Don't Have To**
https://www.amazon.com/gp/bestsellers/audible/18580594011/ref=sr_bs_1_18580594011_1
- **The Death of Death is about to come out in English Spanish version-**
<https://www.amazon.com/muerte-David-William-Cordeiro-Mateo/dp/8423429237>
- **Live Longer with AI-** <https://www.amazon.com/Live-Longer-artificial-intelligence-healthspan/dp/1838646159>

Public Policy

- NGO Committee on Ageing free newsletter or join in advocating for elder rights #5 a year, affiliated with the United Nations www.ngocoa-ny.org
- International Federation on Ageing-Toronto-gathering most longevity and aging groups under one umbrella, conference, education, newsletter- <https://ifa.ngo/join-ifa/>
- The Kitalys Institute for the Delay and Prevention of Age-Related Diseases, videos, webinars, conferences on geroscience www.kitalys.org

Organizations

- **The Aging in Motion (AIM) Coalition** www.aginginmotion.org.
- **The Alliance for Aging Research** www.agingresearch.org.
- **Modern Elder Academy-** www.modernelderacademy.com
- **National Association of Baby Boomer Women (NABBW)** <https://nabbw.com/who-we-are/>
- **Volunteer Match-** www.volunteermatch.org
- **International Federation on Ageing IFA** www.IFA.ngo
- **Ngo Committee on Ageing-** www.ngocoa-ny.org



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The Future of Longevity

- White House Conference on Aging coming in 2025
https://en.wikipedia.org/wiki/White_House_Conference_on_Aging
- Age Wave- <https://agewave.com/>
- Public policy at early ages- <https://pubmed.ncbi.nlm.nih.gov/15766620/>
- The TAME Project and Metformin for Age Intervention- <https://www.afar.org/tame-trial>
- AFAR-Top nonprofit in aging research- www.AFAR.org
- Buck Institute-Lab and Research- <https://www.buckinstitute.org/>
- SENS Research Foundation- Innovation in longevity- <https://www.sens.org/>

Longevity Courses and Academics

- Speak Out! Communication-The 5-Minute Recipe for Impactful Speech,
www.SpeakOutcommunication.com
- Columbia University Longevity Center- <https://aging.columbia.edu/>
- Kings College- <https://www.kcl.ac.uk/research/institute-of-gerontology>
- Stanford University- <https://www.longevity-project.com/stanford-center-on-longevity>
- USC Davis- <https://gero.usc.edu/>

Personal Behavior and Age Measure to Prolong Healthy Longevity

- FDA Biomarkers and Surrogate EndPoints- <https://www.fda.gov/about-fda/innovation-fda/fda-facts-biomarkers-and-surrogate-endpoints>
- Grim Age Longevity Predictor
<https://academic.oup.com/biomedgerontology/article/76/5/741/5992253>
- Intermittent Fasting- <https://www.nia.nih.gov/news/research-intermittent-fasting-shows-health-benefits>
- Blood Flow Restriction- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8811521/>
- Sweat- <https://www.psu.edu/news/research/story/hot-and-cold-growing-old/>
- Steam- <https://blog.mrsteam.com/how-steam-cares-for-the-biggest-organ-in-your-body-your-skin>
- The Dog Aging Project- https://www.youtube.com/watch?v=G_rojJLVNY