

VIII

Watch the video one more time to complete the sentences.

1) We say that even though you're / chronologically 50 years old, you have a biological state that resembles someone who's more like a 60 year old.

2) It's actually why I really interested in this as a whole.

3) So we think we have some power to change aging, but to an entire person stop the aging process all and hold them frozen at that age....., I think is probably a little farfetched.

4) I feel a little by this question because this is what I work,and I work really hard on it, so I

don't think this is just for of effort, but this is actually a really, difficult thing to figure out.

5) if you're traveling faster, time slows down, it's of counterbalance.

6) My on it is that, I don't like the definition of

7) People alive basically look like people from the past who are only two and a years younger, we're looking better,

8) Yes, I'm aware of these, these are what my focuses on day in and day out, we the epigenetics of aging.

9) But the..... is that these cells accumulate in our bodies as we, and they actually have a really profile, so they're excreting all of these pro-inflammatory that can damage the nearby and cause a lot of tissue inflammation.

10) The American diet is, and it's not good for the aging, and we actually need to change our dietary if we want to live longer lives