



# FIND OUT HOW FAST YOU ARE AGING

## BIOLOGICAL AGE IS THE #1 PREDICTOR OF NEARLY ALL AGE-RELATED DISEASES.

Despite the name, Biological Age doesn't look at how many candles are on your birthday cake. It's not your age, it's your body's aging at a cellular level.

Cellular aging is the progress of cells dying or forgetting how to function. An easy example of this is wrinkles – skin cells lose their flexibility and don't recover from damage as quickly, so when the skin creases it begins to hold them instead of bouncing back.

Many diseases occur at higher rates when you get older because more of your cells aren't functioning the way they should. The genes that should control that type of cell aren't expressing like they once did.

A higher Biological Age is correlated with a higher risk of developing age-related diseases like Alzheimer's Disease and Cancers. A lower Biological Age is correlated with reduced risk of disease and a longer lifespan.

TruAge™ is an epigenetic test that starts with an at-home blood collection kit. Once your sample is sent back to our lab, we analyze patterns of DNA Methylation to identify your Biological Age.

### HOW CAN I CONTROL MY BIOLOGICAL AGE?

#### FACTORS INCLUDE:

- NUTRITION
- SMOKING
- ALCOHOL CONSUMPTION
- BEHAVIOR
- STRESS
- PHYSICAL ACTIVITY
- MEDICATION
- POLLUTION
- SLEEP HABITS

Your biological age can be slowed and even reversed. You can apply changes to your lifestyle and use TruAge™ to show – and even track changes over time – how your lifestyle is changing YOUR risk of incidence of disease.



## WHAT DO THE RESULTS SHOW?

Our lab looks at the Methylation on genes related to aging, checks how much they're being expressed, and with that we can find your Biological Age.

Contact your clinician and request more information on the Biological Age testing today!



MODERN AESTHETICS

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