

Pathways of Aging

Decoding the biological mechanisms behind aging — and how to optimize longevity.

INSIDE THIS ISSUE

-  Mitochondrial decline and cellular energy
-  Oxidative stress and tissue damage
-  Telomere shortening and cellular aging
-  Chronic inflammation and metabolic dysfunction
-  Stem cell exhaustion and repair capacity
-  Epigenetic drift and longevity pathways

EPIGENETIC REGULATION
Gene expression changes shape the aging process

NEUROPROTECTION & COGNITIVE HEALTH
Neuronal resilience and synaptic longevity

DNA & TELOMERES
Telomere shortening triggers cellular aging

MITOCHONDRIA
The powerhouses of cellular energy

OXIDATIVE STRESS
Free radicals drive tissue damage and inflammation

STEM CELL NICHES
Regeneration declines as stem cell pools become exhausted

HALLMARKS OF AGING



mTOR • AMPK • SIRTUINS



DNA REPAIR • PROTEOSTASIS
• INFLAMMATION



LONGEVITY SCIENCE SPOTLIGHT



EVIDENCE-BASED INTERVENTIONS



NUTRITION



FASTING



EXERCISE



STRESS
MANAGEMENT



PRECISION
SUPPLEMENTATION

Targeted choices. Measurable impact. Longer, healthier life.

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WHERE SCIENCE ILLUMINATES LONGEVITY

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HEALTH JOURNAL

— PATHWAYS OF AGING —

Are You Optimizing Your Pathways of Aging?

QUICK REFLECTION:



Do you understand your
key aging risk factors
and biomarkers?



Are your daily habits
supporting cellular health
and resilience?



Are you leveraging science
to maximize healthspan
and vitality?



BIOMARKERS

Measure.
Understand.
Act.



METABOLISM

Fuel cellular
energy.
Optimize
function.



REPAIR

Activate
resilience.
Support
longevity
pathways.



RESILIENCE

Strengthen
defenses.
Thrive
longer.



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SCIENCE. STRATEGY. SUSTAINED VITALITY.

WHERE PATHWAYS OF AGING BECOME PATHWAYS OF LONGEVITY.