



K H A R R A Z I A N  
I N S T I T U T E

## **Kharrazian Institute – Course Syllabus**

### **Longevity and Wellness Optimization Clinical Strategies and Treatment Applications**

**Course Title:** Longevity and Wellness Optimization Clinical Strategies and Treatment Applications

**General Schedule:** Online Beginning December 12, 2022

**Instructor:** Datis Kharrazian, PhD, DHSc, DC, MS, MMSc, FACN

**Location:** Online livestream and on-demand video replays after the livestream

#### **Course Description**

This course will provide an extensive literature review of the biological mechanisms of senescence and aging. A detailed review will be presented of evidence-based lifestyle, dietary, and nutritional applications that may impact aging and longevity. Evaluation of risk factors that impact longevity and physiological mechanisms will be presented. The course will emphasize how to develop personalized dietary and lifestyle approaches to support healthy aging and longevity.

#### **Learning Objectives:**

1. Conduct a comprehensive review of the biology of senescence and aging.
2. Review of the scientific literature for nutrients, dietary approaches, and lifestyle applications that impact biological aging and longevity.
3. Clinical history, physical examination, and laboratory tests to identify risk factors that impact biological aging and longevity.
4. Learn to develop an individualized and evidence-based clinical approach to optimize biological aging and longevity.

## **Longevity and Wellness Optimization – Course Schedule**

### **Day 1**

#### **1.5 Hours: Introduction to Aging, Longevity, and Wellness Medicine**

- Review concepts of aging, longevity and wellness medicine
- Disease management versus longevity and wellness medicine

#### **1.5 Hours: The Pathophysiology of Accelerated Aging**

- Review the physiology of senescence and biological aging
- The difference between chronological age and biological age
- Mechanisms that impact biological age

#### **1.5 Hours: Longevity Risk Factors**

- Clinical risk factors for longevity
- Risk biomarkers for preventable diseases
- Risk modification for preventable diseases

#### **1 Hour: Preventive Medicine Nutraceuticals for Aging and Wellness**

- Literature review of nutraceuticals that impact longevity risk factors

#### **.5 Hours: Review of Day 1; Questions**

## **Longevity and Wellness Optimization – Course Schedule**

### **Day 2**

#### **1.5 Hours: Environmental, Dietary, and Lifestyle Risk Factors that impact Longevity**

- Environmental chemicals and infections that impact aging and longevity
- Dietary patterns that impact aging and longevity
- Lifestyle factors that impact aging and longevity

#### **1.5 Hours: How to Clinically Evaluate Longevity and Aging Risk Factors**

- Medical history and physical examination of longevity and aging risk factors
- Laboratory tests to evaluate longevity and aging risk factors
- Imaging and special studies to evaluate longevity and aging risk factors

#### **1.5 Hours: How to Clinically Manage Longevity and Aging Risk Factors**

- How to develop personalized and evidence-based dietary, lifestyle, and nutritional approaches to support healthy aging and longevity

#### **1 Hour: Case Studies for Longevity and Wellness**

#### **.5 Hours: Review of Day 2; Questions**