



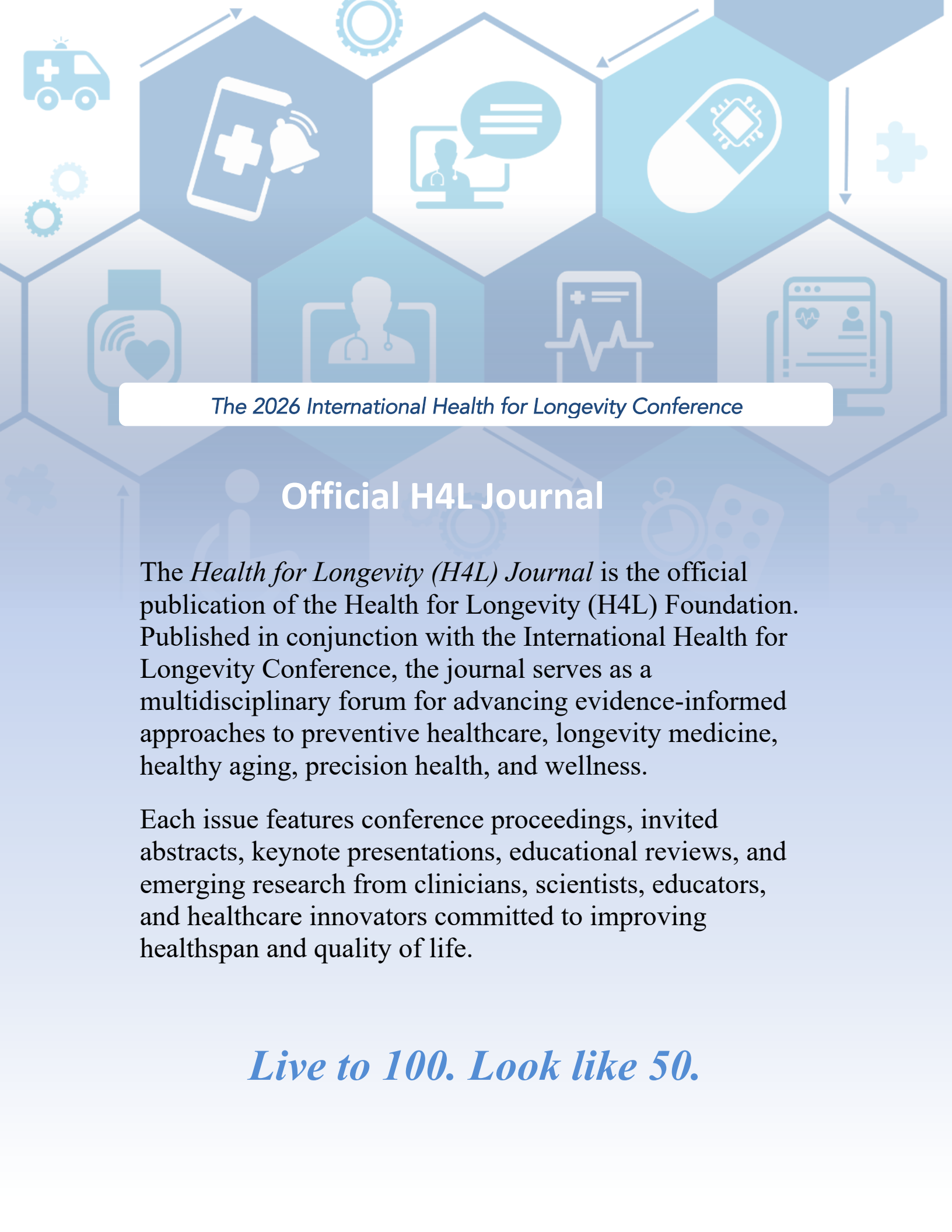
**INTERNATIONAL ACADEMY
OF ANTI-AGING MEDICINE**



*The 2026 International Health for Longevity Conference
Edmonton, Alberta, Canada | June 26 – 28, 2026*

H4L JOURNAL

Live to 100, look like 50.



The 2026 International Health for Longevity Conference

Official H4L Journal

The *Health for Longevity (H4L) Journal* is the official publication of the Health for Longevity (H4L) Foundation. Published in conjunction with the International Health for Longevity Conference, the journal serves as a multidisciplinary forum for advancing evidence-informed approaches to preventive healthcare, longevity medicine, healthy aging, precision health, and wellness.

Each issue features conference proceedings, invited abstracts, keynote presentations, educational reviews, and emerging research from clinicians, scientists, educators, and healthcare innovators committed to improving healthspan and quality of life.

Live to 100. Look like 50.



**INTERNATIONAL ACADEMY
OF ANTI-AGING MEDICINE**

H4L JOURNAL

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The 2026 International Health for Longevity Conference

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Edmonton, Alberta, Canada
June 26–28, 2026



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This publication is intended for educational purposes only and should not replace professional medical advice, diagnosis, or treatment



H4L

ABOUT HEALTH FOR LONGEVITY (H4L)

Health for Longevity (H4L) is an international platform dedicated to transforming the future of healthcare through education, collaboration, and innovation. Our mission is to bring together leading experts in longevity medicine, preventive healthcare, artificial intelligence, nutrition, regenerative medicine, and healthy aging to share evidence-informed knowledge that improves healthspan and quality of life.

Through conferences, publications, research collaborations, community initiatives, and the Health for Longevity Foundation, H4L is building a global network committed to helping individuals not only live longer—but live better.

Become a H4L Community Member to access exclusive content

WELCOME TO THE INAUGURAL ISSUE

Dear Colleagues, Friends, and Members of the H4L Community,

Welcome to the inaugural issue of the ***H4L Journal***, the official proceedings of the **2026 International Health for Longevity Conference**.

This journal represents the collective knowledge, expertise, and collaboration shared during three inspiring days in Edmonton, where physicians, researchers, healthcare professionals, innovators, and community leaders from around the world gathered to advance conversations on preventive healthcare, longevity medicine, and healthy aging.

The presentations featured in this issue reflect the breadth of today's rapidly evolving healthcare landscape—from artificial intelligence and precision medicine to nutrition, regenerative medicine, women's health, mental wellness, movement, and integrative care. Together, they reinforce a common goal: empowering people to live healthier, longer, and more fulfilling lives through evidence-informed practice and collaboration.

At Health for Longevity (H4L), we believe that the future of healthcare lies in prevention, education, and partnership. This journal serves as a lasting record of the ideas shared during our inaugural conference and a resource that we hope will continue to inspire learning, collaboration, and innovation long after the event has concluded.

We extend our sincere gratitude to our speakers, attendees, sponsors, exhibitors, volunteers, and organizing committee for making this conference possible. Your passion and commitment have helped establish the foundation for a growing international community dedicated to advancing healthspan and longevity.

Thank you for being part of this inaugural chapter. We look forward to continuing this journey together.

With warm regards,



Dr. William Han
President
Longevity (H4L)



Dr. E. Lyle Gross
Chairman
Health for Longevity (H4L)

CONFERENCE OVERVIEW

2026 INTERNATIONAL HEALTH FOR LONGEVITY CONFERENCE

June 26–28, 2026 | Lister Conference Centre | University of Alberta | Edmonton, Canada

3 Days.

30 Internationally recognized speakers.

More than 300 attendees.

Healthcare professionals from around the world.

Topics included

- Longevity & Healthy Aging
- Preventive & Precision Medicine
- Artificial Intelligence
- Regenerative Medicine
- Functional & Integrative Medicine
- Women's Health & Endocrinology
- Nutrition & Metabolic Health
- Brain Health & Mental Wellness
- Lifestyle Medicine
- Dermatology & Skin Health
- Vision & Eye Health
- Environmental Medicine & Detoxification



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ACKNOWLEDGEMENTS

Health for Longevity (H4L) gratefully acknowledges the many individuals and organizations whose dedication, expertise, and support made the **2026 International Health for Longevity Conference** and this inaugural volume of the **Health for Longevity Proceedings** possible.

We extend our sincere appreciation to our distinguished speakers for generously sharing their knowledge and advancing conversations in longevity medicine, preventive healthcare, and healthy aging. We also thank our Scientific and Organizing Committees for their leadership in developing an exceptional educational program.

Our heartfelt thanks go to our volunteers, whose enthusiasm and commitment helped create a welcoming and successful conference experience, and to our sponsors, exhibitors, and community partners for their invaluable support and shared vision.

We also thank the **University of Alberta** for hosting our inaugural conference and every attendee whose participation fostered an inspiring environment for learning, collaboration, and innovation.

Together, you have helped establish the foundation of a growing global community committed to advancing health, wellness, and longevity for all.

ABSTRACTS

The abstracts contained in this volume represent invited presentations delivered at the 2026 International Health for Longevity Conference. They have been edited for consistency and publication within the conference proceedings while preserving the educational objectives and principal messages of each presenter.

The content reflects the perspectives of the individual authors and presenters and does not necessarily represent the official views of the Health for Longevity Foundation or the Journal of Health, Wellness & Longevity.

Readers are encouraged to consult original publications, current clinical guidelines, and relevant regulatory authorities when applying information presented within these proceedings to clinical practice.

[Access all H4L Speaker Presentations & Recordings](#)

[Access all H4L Speaker Interviews](#)

OPENING KEYNOTES

Indigenous Pathways to Healing

MODERN APPROACHES TO ADDRESSING INDIGENOUS HISTORICAL TRAUMA

Elder Tom Snow

Deconditioning

A SYSTEMS APPROACH TO RECOVERY AND CHRONIC PAIN

Dr. E. Lyle Gross

Toxicity Keynote

THE IMPORTANCE OF DIAGNOSING AND REMOVING TOXINS IN WELL-AGING CONCEPTS

Dr. Ralf Oettmeier

ASLAN Therapy

PROCAINE AS A GEROPROTECTIVE APPROACH TO HEALTHY AGING

Dr. Ralf Oettmeier

PREVENTIVE & PRECISION MEDICINE

From Prevention to Precision

THE CARDIAC ROADMAP TO HEALTHY AGING

Dr. Waleed Alhumaid

Longevity Is the Starting Line, Not the Finish Line

ASSESSMENT-SUPPORTED FUNCTIONAL HEALTH FOR HEALTHY AGING

Lina Heath

The 7 Pillars of Longevity

A CLINICAL AND EVIDENCE-BASED FRAMEWORK FOR OPTIMIZING HEALTHSPAN

Dr. Mohammad Shanti

Metabolomics & Human Health

THE ROLE OF METABOLOMICS IN PRECISION HEALTH

Dr. David Wishart

ARTIFICIAL INTELLIGENCE & FUTURE HEALTHCARE

AI and the Future of Health and Longevity

OPPORTUNITIES FOR ARTIFICIAL INTELLIGENCE IN MEDICINE AND HUMAN HEALTH

Dr. Kim Solez

AI-Driven Clinical Practice

RESTORING TIME, ENABLING PREVENTIVE CARE

Dr. Jie Bai

REGENERATIVE & BIOLOGICAL MEDICINE

Mesenchymal Stromal Cells in Regenerative Medicine

FROM BENCH TO BEDSIDE

Dr. Jian Feng (Norman) Liu

Epigenetics and Aging

UNDERSTANDING BIOLOGICAL AGING AND THE POTENTIAL FOR REJUVENATION

Dr. Zhixiang Wang

WOMEN'S HEALTH

Women's Healthy Longevity

ADVANCING WOMEN'S HEALTH ACROSS THE LIFESPAN

Dr. Sherry Li

Women's Health and Menopause

A CRITICAL WINDOW FOR HEALTHY AGING

Dr. Sameh Azer

Menopause Therapies

CURRENT APPROACHES TO MENOPAUSAL CARE AND HORMONE MANAGEMENT

Dr. Sameh Azer

HORMONAL & ENDOCRINE HEALTH

Women's Health and Hormones

FROM HRT TO COMPREHENSIVE BIOIDENTICAL HORMONE REPLACEMENT
THERAPY (CBHRT)

Aaron (Dongshun) Liu

Hormone Balance

THE TRAMPOLINE EFFECT: ONE HORMONE SHIFT CHANGES THE WHOLE
SYSTEM

Dr. Regina Karpa

Thyroid Hormones and Aging

MODULATORS OF MITOCHONDRIAL HEALTH, METABOLIC FLEXIBILITY, AND
LONGEVITY PATHWAYS

Dr. Angela Mazza

NEUROSCIENCE & MENTAL HEALTH

Psychological Approaches to Chronic Pain

INTEGRATING EMERGING EVIDENCE-BASED CARE AND COLLABORATIVE
PRACTICE

Michelle Land

CBT for Insomnia

EVIDENCE-BASED SHORT-TERM TREATMENT FOR SLEEP DIFFICULTIES

Joanna Zieminski

The Mind is Literally Breaking the Heart

MENTAL HEALTH AS A FOUNDATION FOR HEALTHY LONGEVITY

Dr. Allen S. Lycka

Expanding Our Healthspan

A FUNCTIONAL NEUROLOGICAL APPROACH

Dr. Rachel Frontain

Will You Hear Me?

NEURO CASE STUDIES

Michelle Malmberg

LIFESTYLE MEDICINE & FITNESS

Longevity Lifestyle
Michelle Malmberg

Built Daily
HOW MOVEMENT HABITS SHAPE LONGEVITY
Dr. Joshua Konu

A Path to 100 Years Old
HOW TAI CHI SUPPORTS HEALTHY LONGEVITY
Fang Yang

NUTRITION & INTEGRATIVE HEALTH

The Brain–Gut–Immune Matrix
THE LONGEVITY PARADOX: CLOSING THE LIFESPAN–HEALTHSPAN GAP
THROUGH PRECISION PERSONALIZED INTEGRATIVE MEDICINE
Dr. Roza Moradi

Helping Families Thrive in a Processed-Food World
Dr. Madiha Saeed

The Teen Health Revolution
BUILDING LIFELONG HEALTH THROUGH NUTRITION, MINDFULNESS, AND
HEALTHY HABITS
Abdullah Ansari, Zain Ansari, Emaad Ansari & Qasim Ansari

SPECIALTY MEDICINE

The Eye as a Warning System
DIABETIC EYE HEALTH FOR PHYSICIANS AND ALLIED HEALTH
PROFESSIONALS
Dr. Sophia Leung

Advanced Therapies in Dermatology
Dr. Jaggi Rao

SPEAKERS - [HTTPS://H4L.CA/SPEAKERS](https://h4l.ca/speakers)



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Founder & Director |
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Founder & Co-creator |
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CANADA

DERMATOLOGY

Interview



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USA

THYROID HORMONES & AGING



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SWITZERLAND

TOXICITY

Interview



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The Famous Unshakeable™ Dr. AL
The Doctor of Positivity
& Happiness
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CANADA

MENTAL HEALTH RECOVERY

Interview



Michelle Malmberg, BA,
CHNC (Hons), CGP,
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Functional Medicine & Nutrition
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Functional Medicine
Certified GAPS Practitioner

CANADA

THERAPEUTIC NUTRITION

Interview



Dr. Gabriel Alizaidey, MD,
MS

Scientific Director | Maximus

USA

TESTOSTERONE & LONGEVITY

*Cancelled



Lina Heath

CEO | Prime Clinics
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International Academy
Former President |
EvelineCharles Salons

CANADA

LONGEVITY DIAGNOSTICS

Interview



Dr. Waleed Alhumaid MD,
FRCPC

Cardiologist |
Ministry of National Guard -
Health Affairs
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Health Centres

CANADA

CARDIOLOGY



Elder Tom Snow, BGS - mBSc

Indigenous Knowledge Keeper
& Facilitator
kihêw waciston
(Indigenous Centre),
MacEwan University

CANADA

PATHWAYS TO HEALING

Interview



Dr. Sameh Azer MD

Specialist Obstetrician &
Gynaecologist | United
Health Centres
Gynaecologist | Links
Medical Clinic
Canadian Society of Phlebology
Member | 2026

CANADA

WOMEN'S HEALTH

Interview



Dr. Rachel Frontain DC, DACNB

Owner & Chiropractor | Anew
Chiropractic Clinic

CANADA

FUNCTIONAL NEUROLOGY



Dr. Roza Moradi MD, DNM

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Ayurvedic Medicine (CAAM)

CANADA

GUT-BRAIN AXIS

Interview



Michelle Land Bsc, M.A., C.C.C

Canadian Certified Counsellor |
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CANADA

CHRONIC PAIN

Interview



Joanna Ziemiński M.A.

Registered Psychologist |
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CANADA

INSOMNIA/CBTI

Interview



The Holistic Kids

Speakers | A4M, IFM, FDN, TEDx,
Health Business Growth
Collective Summit
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Health Revolution
Podcast Hosts | The Holistic
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USA

TEEN HEALTH & NUTRITION



HolisticMom

(Dr. Madiha Saeed MD)
Integrative & Functional Medicine
Physician | HolisticMom
Author, *The Holistic Rx*
Director of Education |
Documenting Hope

USA

FAMILY NUTRITION



Fang Yang CPTA

Physiotherapist | United Health Centres

CANADA

TAI-CHI & LONGEVITY

Interview



Dr. Kim Solez MD

Professor of Pathology | University of Alberta
Director, Experimental Pathology | Department of Laboratory Medicine & Pathology
Founder | Banff Classification of Allograft Pathology

CANADA

THE FUTURE OF AI

Interview



Liu (Aaron) Dongshun MD

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CHINA

WOMEN'S HEALTH

Interview



Dr. Mohammad Shanti MD

Founder | Previvo

CANADA

PILLARS OF LONGEVITY



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Clinical Instructor | Simon Fraser University
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CANADA

MEDICAL AI



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CANADA

METABOLOMICS & HUMAN HEALTH

Interview



Dr. Joshua Konu, DC, MSc, BSc, BSc

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CANADA

FITNESS

Interview



Dr. Sophia Leung, OD, FAAO (Diplomate, Anterior Segment)

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Principal Optometrist | Seema Eye Care Centre
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CANADA

EYE HEALTH

Interview



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Integrating Functional Medicine
into Patient Care

USA

HORMONE IMBALANCE



Dr. Zhixiang Wang PhD

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Research Lead | HER/Erbb
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Stanford/Elsevier Ranking

CANADA

EPIGENETICS & AGING

Interview



**Dr. Sherry Li, MD,
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Alpha Omega Alpha Honor
Medical Society

USA

WOMEN'S HEALTH



**Dr. E. Lyle Gross MD,
FRCPC, BCETS, FRACP**

Founder | GRC IME & GRC Virtual
Rehabilitation Centre
Chairman | H4L

CANADA

DECONDITIONING

Interview



Chris Moore

CEO | Nordic Group ApS
Founder & Director | Nordic
Laboratories
Founder & Managing Director |
Nordic Clinics
Chairman | Resistomap
Chairman | Dsruptive Subdermals
Director | Simply Nature Ltd

DENMARK

THE LONGITUDINAL HEALTH
REVOLUTION



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ECFMG Certified Physician
Health Ambassador (Third Cohort)
| Fujian Health News (2021)
Member of AIMG

CANADA

STEM CELLS &
REGENERATIVE MEDICINE

Interview



Don Hill

Sound artist & designer, writer,
broadcaster, musician and
interactive media producer.
Former CBC national radio host
in Canada.

CANADA

MEDIA HOST & INTERVIEWER



**Dr. William Han MD,
CCFP**

CEO | United Health Centres
President | H4L

CANADA

LONGEVITY NUTRITION



OPENING KEYNOTES

THESE PRESENTATIONS ESTABLISH THE PHILOSOPHY
AND VISION OF THE CONFERENCE.

INDIGENOUS PATHWAYS TO HEALING

Modern Approaches to Addressing Indigenous Historical Trauma

ELDER TOM SNOW

DECONDITIONING

A Systems Approach to Recovery and Chronic Pain

DR. E. LYLE GROSS

TOXICITY KEYNOTE

The Importance of Diagnosing and Removing Toxins in Well-Aging Concepts

DR. RALF OETTMEIER

ASLAN THERAPY

Procaine as a Geroprotective Approach to Healthy Aging

DR. RALF OETTMEIER



INDIGENOUS PATHWAYS TO HEALING

MODERN APPROACHES TO ADDRESSING INDIGENOUS HISTORICAL TRAUMA

Speaker: Elder Tom Snow, BGS-mBSc

SPEAKER BIO

Elder Tom Snow is a respected Indigenous Elder, cultural educator, and knowledge keeper who has dedicated his life to supporting Indigenous wellness, reconciliation, and community healing. His work emphasizes cultural identity, traditional teachings, ceremony, and holistic approaches to health and wellbeing.

ABSTRACT

This presentation explored the lasting health impacts of historical trauma on Indigenous Peoples and highlighted the importance of culturally grounded healing. Elder Tom Snow discussed how colonization, residential schools, and systemic discrimination have contributed to intergenerational trauma and health inequities. Healing was presented as a lifelong journey that begins with understanding history while reconnecting with Indigenous identity, language, ceremony, spirituality, and community. Through a holistic framework, participants were encouraged to view wellness as a balance of physical, emotional, mental, and spiritual health. The presentation emphasized that integrating Indigenous knowledge with culturally safe healthcare practices can support both individual healing and meaningful reconciliation.

LEARNING OBJECTIVES

- Recognize the health impacts of historical and intergenerational trauma.
- Understand the role of culture, ceremony, and spirituality in Indigenous healing.
- Appreciate the importance of culturally safe and holistic approaches to healthcare.

KEY TAKEAWAYS

- Historical trauma continues to influence Indigenous health and wellbeing.
- Reconnecting with culture, language, ceremony, and community strengthens resilience and healing.
- Holistic wellness includes physical, emotional, mental, and spiritual balance.
- Healthcare providers play an important role in advancing culturally safe, respectful, and collaborative care.

INTERVIEW

PRESENTATION

RECORDING



DECONDITIONING

A SYSTEMS APPROACH TO RECOVERY AND CHRONIC PAIN

Speaker: Dr. E. Lyle Gross, MD, FRCPC, BCETS, FRACP

SPEAKER BIO

Dr. E. Lyle Gross is a specialist in Physical Medicine and Rehabilitation with extensive experience in chronic pain, disability assessment, rehabilitation medicine, and functional recovery. His work focuses on understanding the complex interactions between physical injury, psychological factors, and long-term patient outcomes.

ABSTRACT

Dr. Gross presented a systems-based approach to understanding deconditioning and chronic pain, emphasizing that recovery extends beyond healing injured tissues. While many patients recover as expected following injury or illness, others experience persistent pain and functional decline due to physical, psychological, and behavioral factors. The presentation explored how deconditioning affects multiple body systems—including musculoskeletal, neurological, psychiatric, endocrine, and cardiovascular health—and highlighted the importance of early intervention, rehabilitation, and multidisciplinary care. Understanding chronic pain as a complex condition rather than solely a structural problem can improve patient outcomes and support healthier aging.

LEARNING OBJECTIVES

- Understand the concept of deconditioning and its role in chronic pain.
- Recognize how multiple physiological systems contribute to recovery.
- Appreciate the importance of interdisciplinary rehabilitation strategies.

KEY TAKEAWAYS

- Recovery involves both physical healing and restoration of function.
- Deconditioning can contribute to persistent pain, disability, and reduced quality of life.
- Chronic pain is influenced by physical, psychological, and behavioral factors.
- Early rehabilitation and a systems-based approach improve long-term outcomes.

INTERVIEW

PRESENTATION

RECORDING



INTERNATIONAL ACADEMY
OF ANTI-AGING MEDICINE



Elder Tom Snow



Dr. E Lyle Gross



INTERNATIONAL ACADEMY
OF ANTI-AGING MEDICINE

REGENERATIVE & BIOLOGICAL MEDICINE

MESENCHYMAL STROMAL CELLS IN REGENERATIVE MEDICINE

From Bench to Bedside

DR. JIAN FENG (NORMAN) LIU

EPIGENETICS AND AGING

Understanding Biological Aging and the Potential for Rejuvenation

DR. ZHIXIANG WANG



MESENCHYMAL STROMAL CELLS IN REGENERATIVE MEDICINE

FROM BENCH TO BEDSIDE

Speaker: Dr. Jian Feng (Norman) Liu, MD

SPEAKER BIO

Dr. Jian Feng (Norman) Liu is Executive Director of the Ningde Cancer Center and a medical oncologist with expertise in regenerative medicine, stem cell research, and translational oncology. His work focuses on advancing evidence-based cellular therapies from laboratory research to clinical application.

ABSTRACT

Mesenchymal stromal cells (MSCs) are a promising tool in regenerative medicine due to their ability to reduce inflammation, promote tissue repair, and support healing. Dr. Liu reviewed the therapeutic mechanisms, current clinical evidence, and applications of MSCs across a range of chronic and degenerative diseases. While early results are encouraging, broader clinical evidence and standardized regulation are still needed. The presentation concluded by highlighting the future integration of stem cells, exosomes, genomics, and artificial intelligence in advancing precision regenerative medicine and healthy longevity.

LEARNING OBJECTIVES

- Understand the therapeutic mechanisms of mesenchymal stromal cells.
- Review current clinical applications and evidence supporting MSC therapies.
- Recognize future opportunities and challenges in regenerative medicine.

KEY TAKEAWAYS

- MSCs primarily promote healing through immunomodulation and tissue repair rather than replacing damaged cells.
- Clinical research supports promising applications across multiple chronic and degenerative diseases.
- The integration of stem cells, exosomes, genomics, and AI represents the future of precision regenerative medicine

INTERVIEW

PRESENTATION

RECORDING



INTERNATIONAL ACADEMY
OF ANTI-AGING MEDICINE



Dr. Jian Feng (Norman) Liu



Dr. Zhixiang Wang



Live to 100, look like 50.