

Dr. Edmund Chein at Palm Springs Life Extension Institute

Learn About the Man **Behind** the Science: Dr. Edmund Chein at Palm Springs Life Extension Institute

Dr. Edmund Chein, **M.D.**, founded the Palm Springs Life Extension Institute in 1994. At the Institute, he has revolutionized expectations about aging.

Dr. Chein was trained in Rehabilitation Medicine at the University of Southern California, Los Angeles County Medical Center. Reviewing his credentials beyond medical education, it is little wonder that Dr. Chein is considered to be one of the United States' leading experts in longevity and anti-aging medicine. He expanded the scope of the practice of Rehabilitation Medicine by including the treatment of aging as a disease to be rehabilitated. He has pioneered bio-identical hormone therapies and holds three U.S. patents for medical inventions. Also, he was the first doctor in the United States to clinically use growth hormone on adults in private practice, and the first to support bio-identical hormone balancing as a way to combat aging. He successfully won the legal opinion from a Superior Court judge to declare that "biological age can be reversed" and that the practice of administering Human Growth Hormone in the State of California is a science. This landmark case prevents the California Medical Board from disciplining any other physician in the state from using Growth Hormone for anti-aging purposes. Dr. Chein has seen over 10,000 patients and over 200 physicians as patients/trainees at the Institute.

Dr. Chein published his early experiences at the Institute in bio-identical hormone therapy in his 1997 book "Age Reversal." He postulated at the time that hormones are the messengers to the telomerase, a RNA molecule that lengthens the telomere in our DNA. Scientific discoveries revealed at that time that the healthy duplication and replacement of cells is dependent on that part of the DNA that shortens over time, called the telomere. Optimal hormone levels in our bodies help the DNA to have healthy and youthful cell division. It was at this Institute that Dr. Chein invented the "high-frequency and low-dose" method of supplementing Growth Hormone. He collaborated with the then Professor and Chairman of the Department of Neurology at the Medical College of Wisconsin to publish the 1,000-human subjects study using Growth Hormones safely to reverse biological age of greater than 10-20 years, as reported by the late Dr. Daniel Rudman of the medical college, but without any of the side effects of Growth Hormone reported by Dr. Rudman. Their work was subsequently published by the peer-reviewed *Journal of Advancement in Medicine* in the Fall of 1999.

From 1999 to 2009, it was from the patients at Palm Springs Life Extension Institute that Dr. Chein discovered hormone optimization can lead to the unclogging of coronary arteries and the reversal or cure of such a neurological disease as Multiple Sclerosis, the other two inventions that won U.S. patents.

In 2009, the Nobel Prize in Medicine was awarded to three scientists who demonstrated that the telomere, the tail portion of our DNA that controls our life spans, was itself controlled by a protein molecule in the nucleus of our cells called telomerase. By this time, scientists across the world had also discovered that bio-identical hormones in our bodies are the messengers that activate the telomerase. All these findings provided evidence and support for Dr. Chein's work. As a result of the Nobel Prize, several laboratories in the U.S. started to offer biological age testing based on the length of the telomere or the percentage of short telomeres present in our cells. By doing such a test on himself, Dr. Chein surprisingly discovered that his biological age was 27 years younger than his chronological age. By using the same test in checking the biological age of his patients at the Palm Springs Life Extension Institute, he discovered that many of his patients had similar findings. For example, a 57-year-old woman had a biological age of 29, and a 42-year-old man had a biological age of 23.8.

This led the Palm Springs Life Extension Institute to offer a \$15,000 reward to anyone in the world who can show a bigger difference than 27 years between his/her chronological age and biological age using the same type of test.

Prior to this scientific discovery, the words "Life Extension" in "Palm Springs Life Extension Institute" could only be shown by reversal of biological age, and "life extension" was an extrapolation or a logical deduction from reversal of biological age because no one at the Institute, including Dr. Chein, had lived to prove that his or her life was "extended."

Now, with a scientifically documented biological age of 33.9 at a chronological age of 60.4, there is no doubt that such an individual, for example, can live another 46 years to the present United States life expectancy of about 80 (in which case it would be 106!).

This information will likely change everything you think you know about old age. The fact that long and healthy lives were not expected in previous generations is no reason that you should not expect them now. This is largely thanks to the efforts of Dr. Chein and his patients at the Palm Springs Life Extension Institute.