# Bryan Johnson's mission to cheat death through biohacking



Multimillionaire Bryan Johnson, often described as a "biohacker," has embarked on an ambitious endeavour to extend human life, which he openly refers to as his mission to "cheat death." In a recent interview with the Financial Times magazine, Johnson discussed his guiding philosophy, "Don't Die," which has resonated with millions on social media and inspired a Netflix documentary that chronicles his pursuit of longevity.

At 47 years old, Johnson gained considerable wealth after selling his payments company, Braintree, to PayPal for $800 million in 2013. Since then, he has become known for his extensive exploration of anti-ageing strategies. His regimen includes an array of unconventional practices, such as waking up at 4:30 AM, using oxygen chambers, adhering to 18-hour fasting protocols, and participating in extreme biological experiments, including an instance in 2023 where he received a litre of blood from his then-17-year-old son, Talmage.

A variety of approaches to longevity have been supported by substantial scientific research. For instance, studies have suggested that the Mediterranean diet, which emphasises plant-based foods, healthy fats, proteins, and dairy, is associated with increased lifespan. Furthermore, numerous studies highlight the benefits of moderate exercise in promoting better health and longevity. Sleep quality and social interactions have also been documented to positively impact lifespan. However, the more radical methods Johnson has explored, such as gene therapy, lack extensive testing and regulatory approval within the scientific community.

Johnson's venture raises questions about the potential for biohacking to unlock the secrets of eternal life. While some contemplate whether such efforts signify a breakthrough in human health, others ponder if this pursuit reflects an unrealistic aspiration to elude death. The Financial Times invites readers to share their perspectives through a poll or in the comment section.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://protocol.bryanjohnson.com> - This URL provides information about Bryan Johnson's biohacking protocol, including his diet, exercise, and supplementation methods to achieve longevity. It supports the claim of his extensive exploration of anti-ageing strategies.
* <https://mynucleus.com/blog/bryan-johnson-biohacker> - This site lists proven methods Bryan Johnson uses for reversing aging, including plant-based diets and supplementation, supporting his biohacking regimen and anti-ageing efforts.
* <https://www.youtube.com/watch?v=NIlPPC6sV9U> - This video interview features Bryan Johnson discussing his biohacking journey, including strategies for longevity and reversing aging, which aligns with his 'Don't Die' philosophy.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5839428/> - This scientific article supports the claim that diets rich in plant-based foods, such as the Mediterranean diet, are associated with increased lifespan. This aligns with Johnson's plant-based dietary approach.
* <https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20414441> - This site emphasizes the benefits of moderate exercise for better health and longevity, supporting Johnson's exercise regimen and its scientifically backed health benefits.