# Bryan Johnson’s AI-driven quest to defy ageing sparks debate on future of personalised healthcare



The intersection of artificial intelligence and human longevity is becoming a focal point of modern discourse, particularly as individuals grapple with the aging process. In a recent discussion featured in MIT Technology Review, entrepreneur Bryan Johnson outlined his ambitious vision for a new "Don't Die" religion, rooted in the significant investment he has made in extending his own life. Johnson's concept integrates AI into the broader pursuit of longevity, positing that technology could revolutionise how individuals approach their health and, potentially, their spirituality.

Johnson articulated a somewhat radical idea: that AI models could develop capabilities that he believes may surpass traditional medical practitioners. "I’ve been testing the hypothesis that if I get a whole bunch of data about my body, and I give it to an algorithm, and feed that algorithm updates with scientific evidence, then it would eventually do a better job than a doctor," he said in the interview, suggesting a potential paradigm shift in healthcare.

In the backdrop of Johnson's vision, many individuals without his financial resources are also seeking advice on ageing through the lens of available AI technologies. A recent exploration into this phenomenon revealed that individuals are increasingly utilising AI platforms—like ChatGPT, Microsoft's Copilot, Anthropic's Claude, and Google's Gemini—for guidance on combating the physical effects of ageing.

ChatGPT, for instance, offered traditional yet valuable advice, highlighting the importance of an active lifestyle, balanced nutrition, and mental engagement. Similarly, it suggested practical tips for achieving a youthful appearance, including hydration and the application of sunscreen, while also noting the benefits of vitamin C in skin health.

Switching to Microsoft’s Copilot, the advice reflected a comforting narrative around ageing gracefully, emphasising physical activity and mental acuity. "Aging is a natural part of life," it noted, before outlining the importance of a well-rounded diet filled with essential nutrients.

In contrast, Claude AI presented a more methodical, evidence-based approach. It enumerated various strategies for combating ageing, covering distinct aspects such as diet, exercise, sleep quality, stress management, social connections, and cognitive engagement. Notably, it offered detailed insights into lifestyle choices, indicating the significant role these play in longevity.

Gemini included a critical disclaimer in its responses, underscoring the importance of consulting healthcare professionals for personalised medical advice. "This is for informational purposes only. For medical advice or diagnosis, consult a professional," it cautioned, reminding users of the limitations inherent in AI-generated advice.

The advisory approaches of these AI platforms, while potentially helpful, emphasise the need for caution. The generated suggestions arise from vast datasets that lack individual context. As the article explains, AI systems cannot ascertain specific medical conditions or allergies intrinsic to each user, which underscores the importance of consulting with healthcare professionals before making decisions based on AI recommendations.

As technological advancements in AI continue, Bryan Johnson's vision posits a future where personalised data might empower algorithms to understand our bodies in ways that currently seem improbable. However, experts and users alike would do well to consider the present limitations of these systems, recognising that while AI can provide insights, it is not a replacement for the nuanced understanding possessed by healthcare professionals.

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

## Bibliography

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