# Article information:

The tech entrepreneur betting he can get younger - BBC News  
<https://www.bbc.co.uk/news/business-65238774>

# Article summary:

1. Tech entrepreneur Bryan Johnson is spending millions a year trying to reduce his biological age, with a daily routine consisting of exercise, monitoring and numerous treatments.

2. A growing number of experts believe in the concept of "healthspans" - the number of healthy years of our lives - and are promising a longevity revolution with techniques they say lead to healthier, longer lives.

3. The key to extending healthspan is lifestyle, with experts suggesting that most people could live to 95 in good health if they adopt healthy habits such as exercise, fasting, good sleep and social connections.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The BBC News article "The tech entrepreneur betting he can get younger" explores the emerging industry of longevity and the promise of healthier, longer lives. The article follows tech entrepreneur Bryan Johnson, who spends millions a year trying to reduce his biological age through supplements, off-label medication, exercise, and various treatments. While the article provides an interesting insight into the world of longevity science, it also has some potential biases and missing points of consideration.

One-sided reporting is evident in the article's focus on the benefits of longevity science without exploring any potential risks or downsides. For example, while Mr Johnson's routine might seem extreme, there is no discussion about whether such practices could be harmful or have unintended consequences. Additionally, there is no mention of any ethical concerns surrounding defining ageing as a disease or labelling people over a certain age as "diseased."

The article also lacks evidence for some claims made by those in the longevity industry. For instance, while Mr Johnson claims that his all-over skin laser treatment has reduced his skin age by 22 years, there is no supporting evidence provided to back up this claim. Similarly, while experts suggest that a drug might emerge that will initially make a year or two's difference in extending healthspan, there is no evidence presented to support this claim.

Furthermore, the article presents promotional content for the longevity industry without exploring counterarguments or presenting both sides equally. While lifestyle factors are responsible for about 93% of longevity according to Eric Verdin from The Buck Institute for Ageing Research, there is no discussion about how genetics may play a role in ageing or how lifestyle factors may not be enough to extend healthspan for everyone.

Overall, while "The tech entrepreneur betting he can get younger" provides an interesting insight into the world of longevity science and its potential benefits for extending healthspan and reducing disease risk, it also has some potential biases and missing points of consideration that should be taken into account.

# Topics for further research:

* Ethical concerns of defining ageing as a disease
* Potential risks and unintended consequences of longevity practices
* Genetics and its role in ageing
* Counterarguments to the benefits of longevity science
* Evidence for claims made by the longevity industry
* Longevity science and its impact on society as a whole

# Report location:

<https://www.fullpicture.app/item/d336d8fd736add0d13ad69f6d9392a9d>