

PATRICK TAYLOR M.D.

Live longer. **Live stronger.**

MEN'S HEALTH + LONGEVITY

WHO I AM

Dr. Pat Taylor, MD

- Family medicine physician
- Longevity + metabolic health
- Founder, Live Vital





AGE

12

Langerhans cell **histiocytosis**

Chemo + Steroids

= Cushing syndrome



THE TUMOR

C6

vertebra:

gone





NCAA DIVISION I RUGBY

2x national champion



295

↓

190

-105 lbs



THE GOAL

Live longer.
Live with more vitality.



Energy



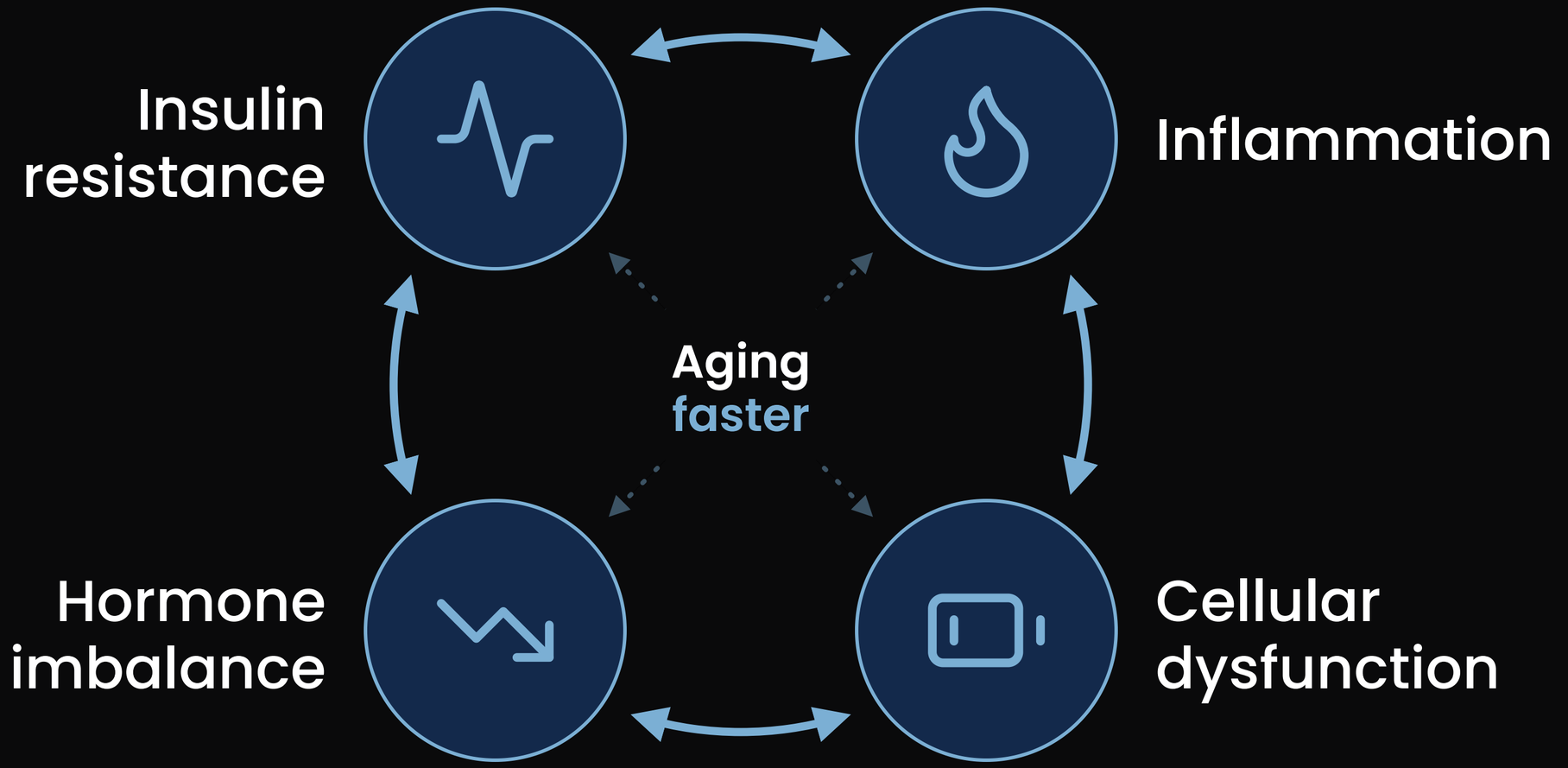
Movement



Libido + vigor

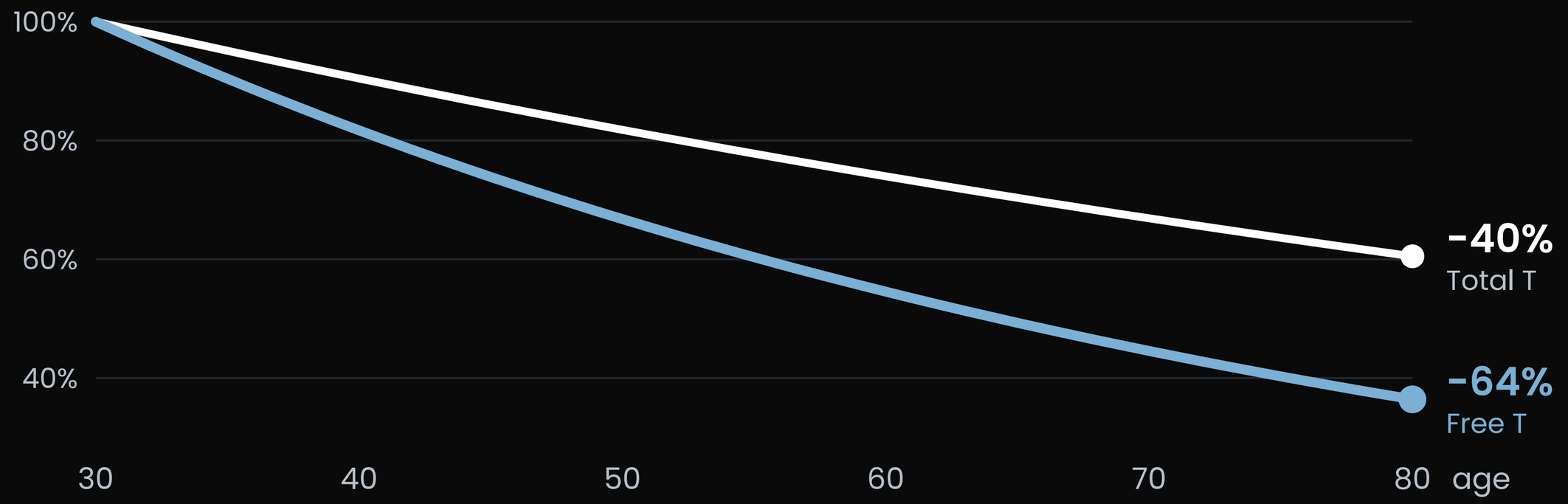
WHAT DRIVES AGING

Four drivers. **Each feeds the others.**



TESTOSTERONE

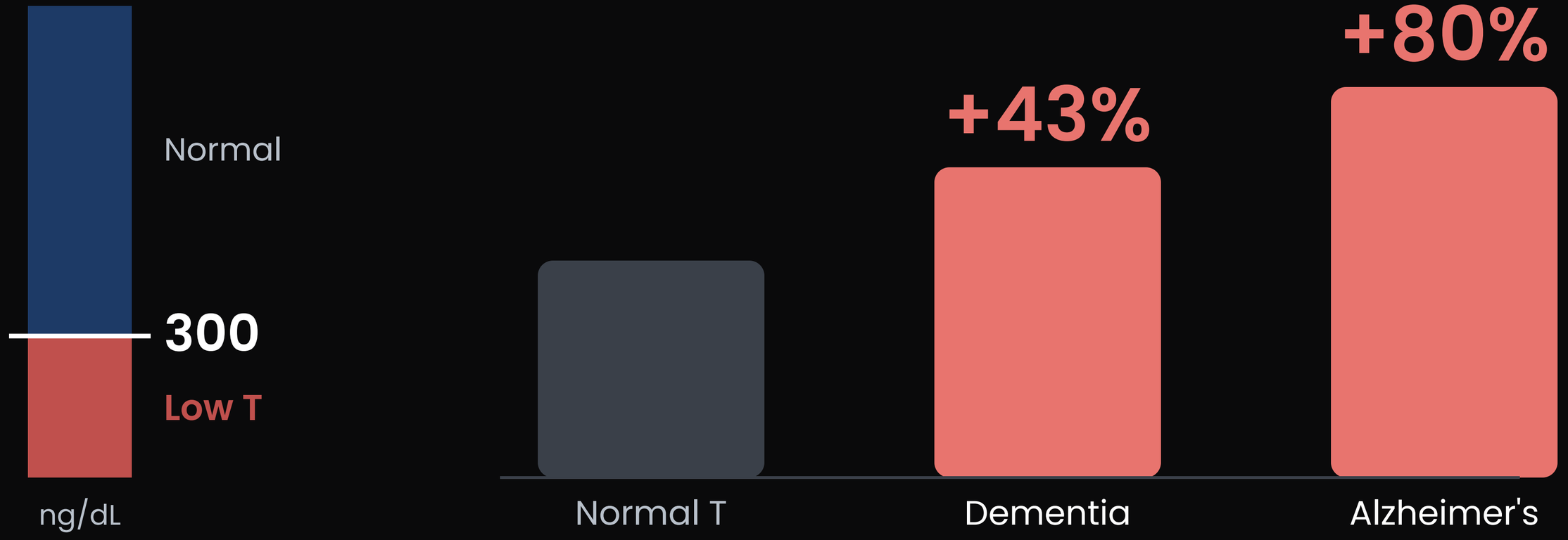
It drops **every year**



Low free T: Energy · Brain fog · Libido · Muscle

LOW TESTOSTERONE + THE BRAIN

Under 300 = higher dementia risk



INSULIN RESISTANCE · INFLAMMATION · CELLULAR DYSFUNCTION

Three fires **under the hood**

Insulin resistance

12%

metabolically healthy

- Belly fat
- Diabetes
- Heart disease
- Dementia
- Low T

Inflammation

hsCRP

under 1 is the goal

- Heart disease
- Frailty
- Cognitive decline

Cellular dysfunction

−50%

NAD+ by age 60

- Low energy
- Slower recovery
- Faster aging

PREVENT DEMENTIA

Dementia is **common.** And preventable.



42%

lifetime risk after 55



1 in 3

over 65 have dementia or memory loss

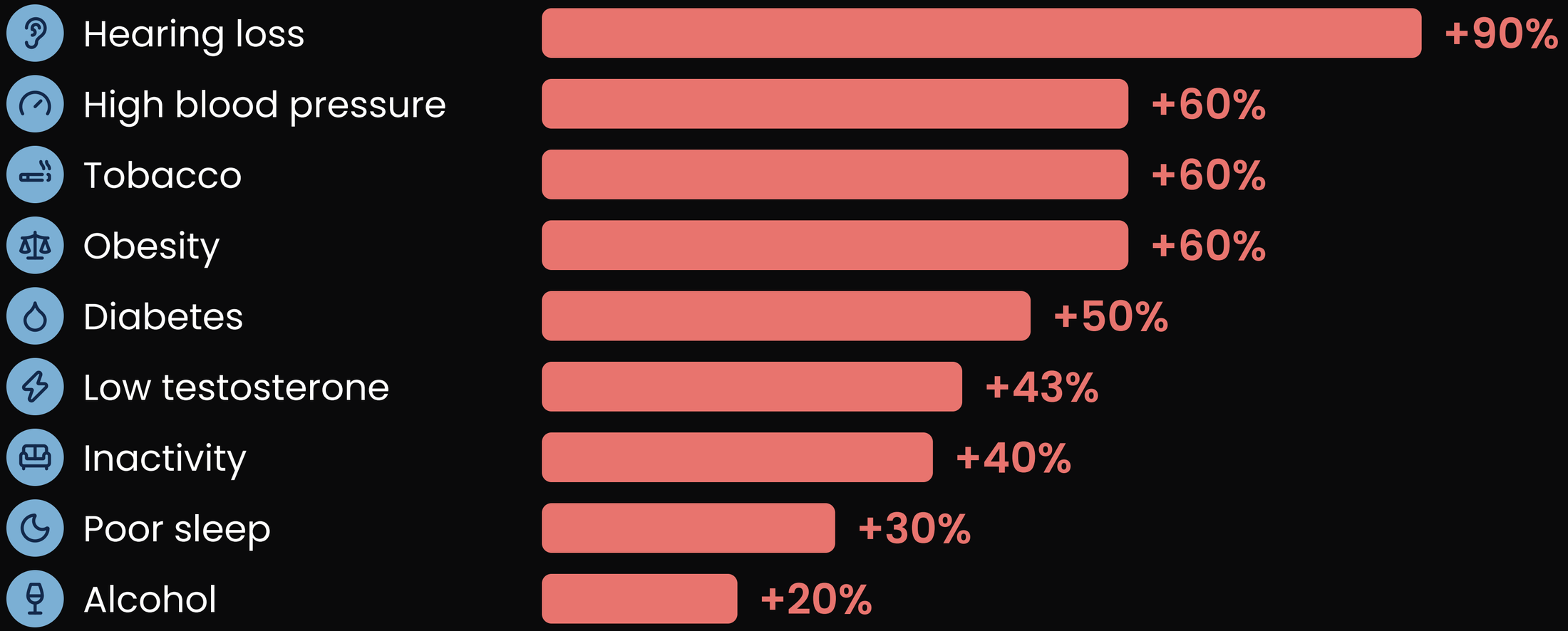


45%

is preventable

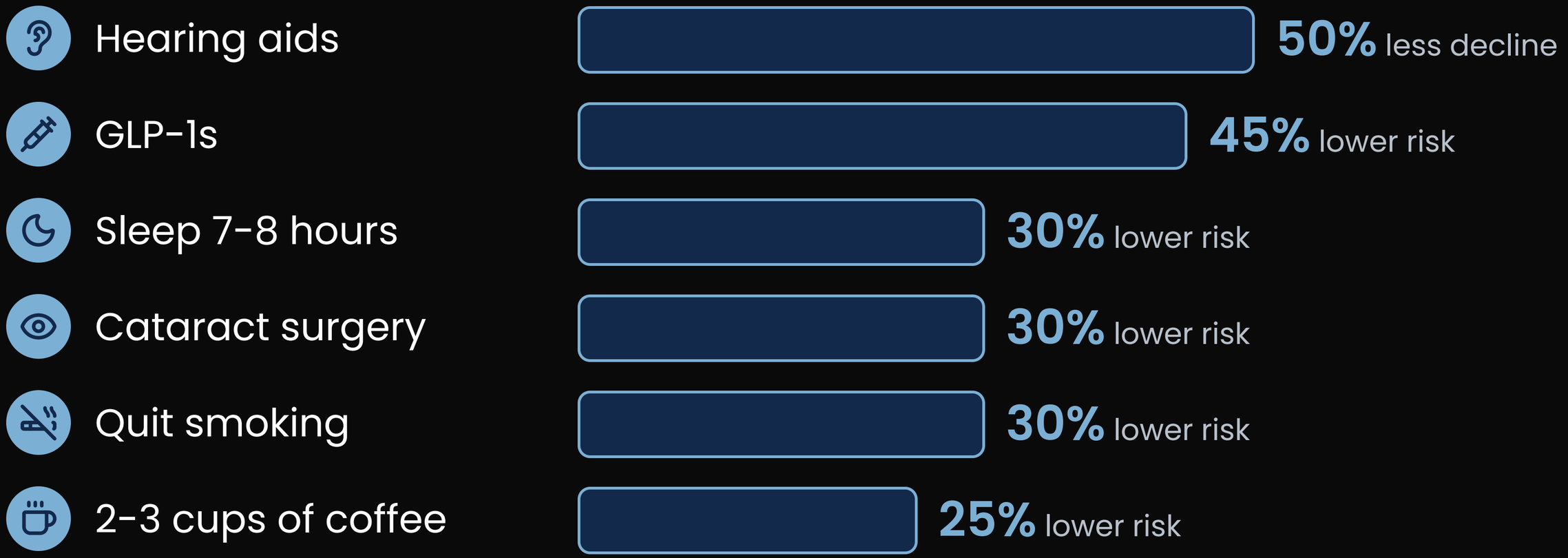
PREVENT DEMENTIA

What raises your risk



PREVENT DEMENTIA

What **lowers your risk**



PREVENT DEMENTIA

Fuel the **brain**

Creatine

+11%

brain creatine in 8 weeks

NAD+

−50%

by age 60

Glutathione

Low

in early memory decline

PROTECT YOUR BRAIN

Lift.

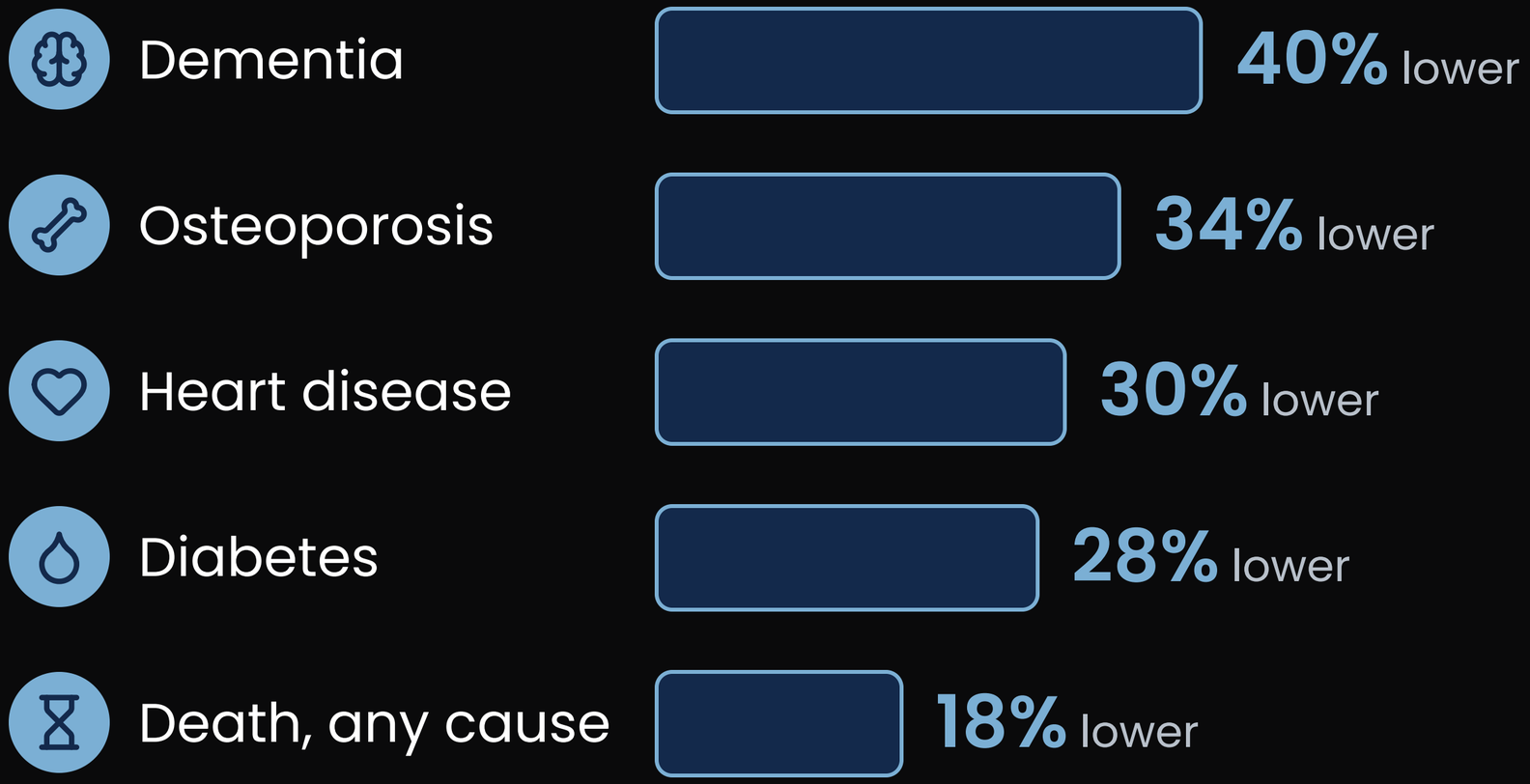
Stronger legs,
bigger brain

dementia risk



PREVENT MUSCLE LOSS

Muscle is the **organ of longevity**



Mobility

Move well.
Lift for life.

lowrypr.com

WHAT MATTERS

Prevent dementia + **heart disease**

Build muscle

- Lift 2-3x a week
- Legs first
- Protein 1 g/lb
- Creatine 3-5 g

Treat hormone deficiencies

- Test your levels
- Fix T under 300
- Optimize free T

Treat insulin resistance + inflammation

- GLP-1s
- MOTS-c
- BPC-157 · GHK-Cu
- NAD+ · SS-31

Protect the brain

- GLP-1s
- Creatine
- NAD+ + glutathione
- Muscle

Same plan. **More energy. More vitality.**

PATRICK
TAYLOR M.D.

Get tonight's **slides + next steps**

→ Scan with your phone camera