



Man Fighting Organ Aging with More Than Two Million Dollars



Exercise 1

Vocabulary

measure

NOUN

a plan or course of action taken to achieve a particular purpose

He emphasized the necessity of taking strong **measures**.

streaming

ADJECTIVE

using data transmitted in a continuous stream

The music **streaming** service is free to users and is supported by advertisements.

undermine

VERB

to subvert or weaken insidiously or secretly

Criticism just undermines their **confidence**.



identifier

NOUN

given descriptive names to make the code more meaningful to humans

Versioning is a technique for creating immutable sets with unique **identifiers**.

Exercise 2

Article

Man Fighting Organ Aging with More Than Two Million Dollars

Various ways are done to always look young. Starting from makeup treatments to plastic surgery is willingly done. Although these beauty treatments are often found limited to facial beauty. In contrast to men who are further making the body to the internal organs so younger.

Reporting from Lad Bible, the man is named Bryan Johnson who is now 45 years old. He is known as a biohacker. The ambition of the middle-aged man from California, United States is no joke. A Total of RP 30 Billion he poured to transform his body into a teenager.

Interestingly, all the money he dedicated in full to hire 30 doctors. All the doctors and health experts ordered Johnson to comply with the rules called Project Blueprint. Johnson had to follow a strict vegan diet with 1,977 calories. The recommended daily amount of calories per day for an adult man is 2,500.

He should also do sports every day for an hour, plus high-intensity exercise three times a week. Many people may not be convinced by Johnson's efforts to stay young, but doctors say his tests show he reduced his overall biological age by at least five years. But doctors and medical experts say otherwise.

Exercise 3

Question

1. How much did the man spend in total for his operation?
2. How many calories does the man have to take for his current state?
3. Aside from the operation and diet, what else does the man have to consider to maintain youth?

Exercise 4

Discussion

1. What can be the reason the man has to spend such an amount of money?
2. How does it feel to look 5 years less than your age?
3. What would be the reaction of his relatives to his decision?



Exercise 5

Discussion

1. What is the standard beauty in your country?
2. If you have the same amount of money, will you also pay for anti-organ aging?
3. Do you know any natural or alternative ways to maintain youth?
4. Until what age do usually our skin give up despite treatments?