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### Talk at Saban Theatre sheds light on slowing aging Edwin Folven | July 14, 2022



photo courtesy of Dr. Robert Huizenga

Dr. Robert Huizenga, of TV's "The Biggest Loser," will discuss ways to reverse aging on July 20 at the Saban Theatre. (photo courtesy of Dr. Robert Huizenga)

Dr. Robert Huizenga, former team physician for the Los Angeles Raiders and "Dr. H" from NBC's "The Biggest Loser," will present a lecture on "Age Reversal: Science Fiction or Factual Science?" on Wednesday, July 20, at 7 p.m. at the Saban Theatre in Beverly Hills.

While Huizenga has not located the Fountain of Youth, he has extensively researched aging and believes there are steps people can take to slow the process. He said he immersed himself in the intricacies of age reversal after turning 65 and realizing he couldn't recall some words as quickly as he used to.

"I always thought of aging as something that happened to other people, and it would never happen to a doctor," Huizenga said. "I turned 65 and essentially, the same day I was chatting with a friend, and I just mentioned, 'I was in Canton, Ohio, and Marcus Allen got ...,' and I was about ready to say, 'indicted into the Hall of Fame,' and I knew that wasn't right. The word is inducted, and all of a sudden, just like a lightning bolt hit, I said my brain is not normal and it needs help – I'm old. I decided to dedicate what was left of my brain to look into it, because I



just never thought [it could happen to me]. I was on a million TV shows and just talked nonstop, and it shocked me.”

Huizenga said some loss of mental acuity is part of the natural aging process, but people in their 30s to 60s can benefit from a better understanding of what can be done to slow the process. He said after age 65, people have a 20% chance of getting cancer, a 35% chance of developing a heart problem and a 10% chance of experiencing significant cognitive decline, so it’s better to start early to reverse the aging process.

“No. 1, it’s never too early to start, and No. 2, it’s never too late to start,” he added.

At the Saban Theatre, Huizenga will discuss anti-aging approaches and reveal findings from his research on aging. He will cover topics such as determining one’s real inner age. A Q&A session will follow the talk and the doctor will give audience members tips for reversing aging at home. He said the discussion can benefit people of all ages and backgrounds.

“I’d like to talk to a lot of younger people. It turns out we age a tremendous amount from 25 on, and we’re going to go over some studies of people ages 25 to 45 where we saw this massive discrepancy,” Huizenga said. “Some people age really fast early in their middle life, and some people age very slowly. We all have to recognize that if we let things go, we can really get way behind the eight ball, even by the time we’re 45 or 50. I think that it should be taught in school, and people need to know, once that growth period up to age 25 is over, you’ve got to start fighting aging.”

Tickets are \$15 for the event on Wednesday, July 20, at 7 p.m. at the Saban Theatre, which is located at 8440 Wilshire Blvd. Each ticket includes complimentary drinks and proceeds will benefit verified GoFundMe accounts of people affected by the Uvalde, Texas, elementary school shooting. COVID-19 vaccination is required for entry.

For information and tickets, visit [brownpapertickets.com/event/5492830](https://brownpapertickets.com/event/5492830).

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