

## Video Platform

Welcome to the knowledge center for personalized medicine! Our platform is a centralized hub for pharmaceutical compounding courses, medical scientific training, and more.



### Course contents

## Telotest: Understanding Biological Age through Telomere Length and Genetic Insights

In this course, Dr. Gustavo Torres explores the science behind biological aging, focusing on how telomere length acts as a key indicator of biological age. Participants will gain foundational knowledge in genetics related to telomeres, uncovering the cellular mechanisms driving aging and the factors that impact telomere health.

The course provides a step-by-step guide to the Telotest, covering its methodology, practical application, and result interpretation for health insights. By the end, learners will understand how Telotest results can support personalized wellness strategies, offering new perspectives in proactive aging management. This course is ideal for professionals in healthcare, wellness, or anyone interested in advanced longevity science.

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