

Longevity Care at the Marsden Centre

Longevity is not just about adding years to life—it's about improving the quality of those years. At the Marsden Centre, we focus on understanding how your body is aging on the inside, often before symptoms appear.

Through advanced diagnostics and individualized care, we help patients make informed, proactive choices that support long-term vitality, function, and resilience. Our comprehensive approach empowers you to actively participate in your health journey, aiming for a life lived with sustained energy and optimal well-being.

Advanced Diagnostics



Utilize cutting-edge tests to reveal your unique biological age and potential areas for intervention, providing a precise roadmap for your longevity journey.

Personalized Care Plans



Develop tailored strategies combining nutrition, lifestyle modifications, and targeted therapies, all designed to meet your specific health needs and goals.

Proactive Health Choices



Empowering you with knowledge and practical tools to make informed decisions for sustained well-being, enhancing your body's natural resilience.

Enhanced Vitality & Resilience



Experience a renewed sense of energy, improved function, and greater resilience against age-related decline, fostering a life of optimal health.





How We Assess Longevity & Biological Aging

At the Marsden Centre, longevity assessment begins with a personalized review of how your body is functioning today—not just your age on paper. We use advanced diagnostics to identify patterns related to aging, disease risk, and resilience, often before symptoms appear.

Key areas we assess include:



Biological Aging

Biological aging clocks such as telomere length, DNA methylation, and phenotypic age.



Cardiovascular Health

Advanced cardiovascular markers including oxidized LDL, Lp(a), and CIMT imaging.



Metabolic & Cellular Function

Markers related to glucose regulation, inflammation, and mitochondrial function.



Hormonal Balance

Thyroid, adrenal, and sex hormone patterns that influence energy, metabolism, and aging.



Genetic & Epigenetic Risk

Inherited and expression-related risks relevant to longevity, such as APOE and other longevity-associated genetic variants.



Nutrient Status & Oxidative Stress

Key nutrients and antioxidant systems including CoQ10, glutathione, and trace minerals.

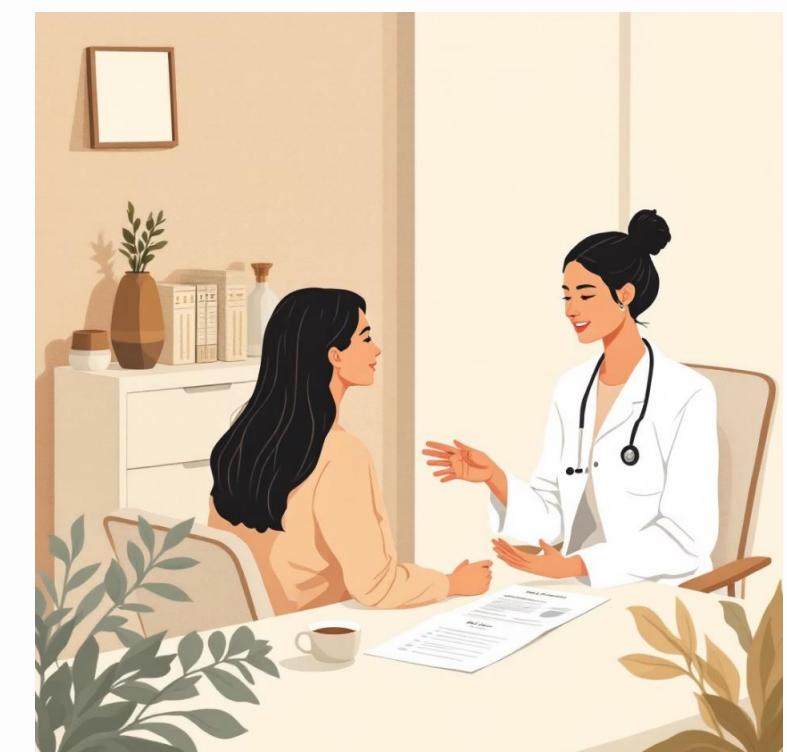
Together, this information creates a personalized health blueprint that helps guide strategies focused on supporting health span—not just lifespan.

What Does a Longevity Program Look Like?

Longevity is a long-term process, and no two individuals follow the same path. Your program is designed around your goals, your biology, and your stage of life—and it evolves as your body changes over time.

A personalized longevity program may include:

- Nutrition and movement guidance tailored to your individual profile
- Targeted supplementation based on identified needs
- Hormonal support when appropriate, with regular monitoring
- Mitochondrial and cellular support strategies
- Advanced IV nutrient or antioxidant therapies, when indicated
- Ongoing testing and follow-up to track progress and refine your plan



- Your care plan is adjusted over time to reflect new data, changing goals, and how you're feeling.

The Science & Philosophy Behind Our Longevity Approach

At the Marsden Centre, longevity is about more than adding years to life. It's about supporting how you think, move, feel, and function as you age—so your health supports the life you want to live.

Our longevity approach is designed to support:



Cognitive clarity and brain health



Physical strength, mobility, and endurance



Emotional wellbeing and resilience



Long-term disease resilience

We integrate advanced diagnostics with personalized naturopathic care, guided by current research on the biology of aging. Our programs are evidence-informed, proactive rather than reactive, and designed to adapt as your needs change over time.

Curious what healthy aging could look like for you? Book a Longevity Baseline Assessment to explore your next steps.

- This resource is for general educational purposes only and does not replace individualized medical care. Testing and treatment decisions are made in consultation with your healthcare provider.*