

Dr. Marc Milstein



Faculty Member, California Health & Longevity Institute

Dr. Marc Milstein specializes in taking the leading scientific research on health and happiness and presenting it in a way that entertains, educates and empowers his audience to live better. His presentations provide science-based solutions to keep the brain healthy, lower risk of dementia, boost productivity and maximize longevity.

He earned both his PhD in Biological Chemistry and his Bachelor of Science in Molecular, Cellular, and Developmental Biology from UCLA. Dr. Milstein has conducted research on topics including cancer biology and neuroscience, and his work has been published in multiple scientific journals.

Dr. Milstein has been quoted breaking down and analyzing the latest research in popular press such as USA Today, Huffington Post and Weight Watchers Magazine. Dr. Milstein has also been featured on TV's Dr. Oz Show explaining the latest scientific breakthroughs that improve our life. Dr. Milstein's upcoming book, *The Age-Proof Brain*, will be published in October 2022.

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