

OFFICIAL PRESS PACKET

YOUR PAST HEALTH ISSUES DON'T HAVE
TO LIMIT YOUR HEALTH AND LONGEVITY

BEYOND GENETICS

A MULTI-PART DOCUSERIES

HOSTED BY DR. RAND McCLAIN

FEATURING GUEST EXPERTS:



DAVE ASPREY



DR. MICHAEL BREUS



DR. NATHAN S. BRYAN



DR. JILL CARNAHAN



DWAYNE J. CLARK



HAL ELROD



DR. KAMI HOSS



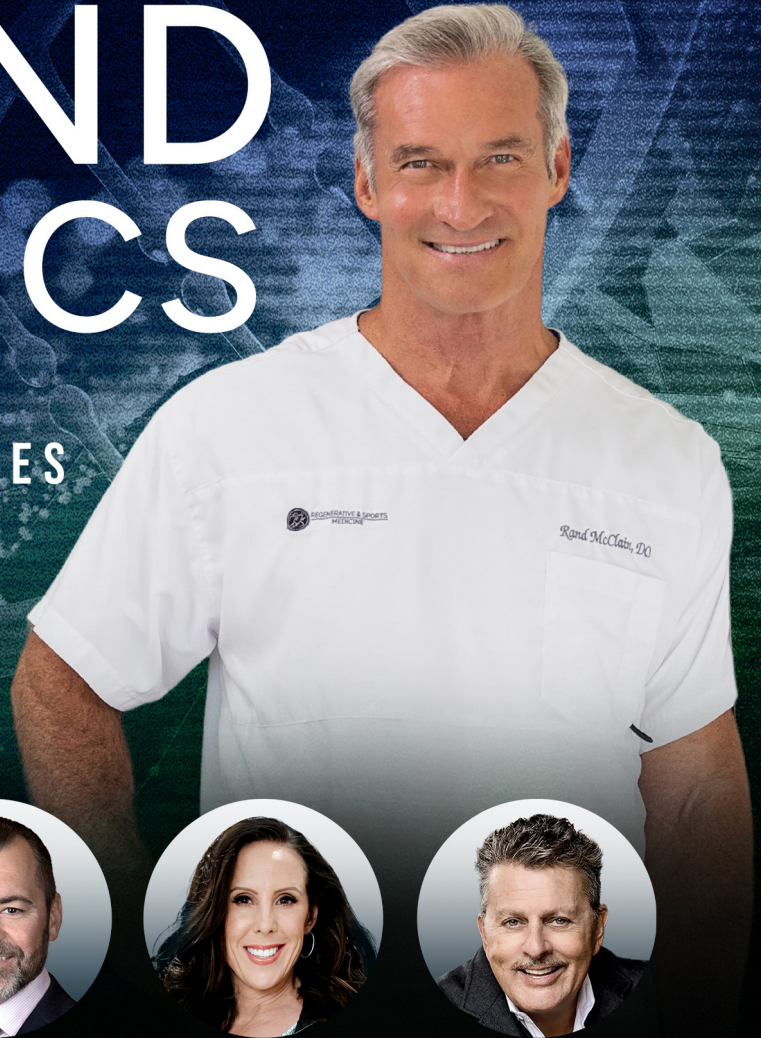
GINA TACCONI-MOORE



DR. STACIE STEPHENSON



DR. SHAWN M. TALBOTT



PSRMED PRESENTS

"BEYOND GENETICS: YOUR PAST HEALTH ISSUES DON'T HAVE TO LIMIT YOUR HEALTH AND LONGEVITY"

EXECUTIVE PRODUCER DR. RAND McCLAIN DIRECTOR CHARLIE FUSCO STARRING DR. RAND McCLAIN



beyondgenetics.movie

DR
RAND

BEYOND GENETICS

IMAGINE...

Living well past our 80's and 90's is no longer a lofty goal or marvel of your favorite science-fiction film, but rather an attainable future for those who choose to harness the power of longevity science and regenerative medicine. How long you live has always been thought of as a combination of genetics, environment, and lifestyle. However, in this compelling docuseries, world-renowned experts reveal how you can reprogram your genes, restore hormones, and reset biorhythms to live longer, squaring the curve of your healthspan in order to avoid a rapid and painful spiral into the grave. Dr. Rand and his experts open your mind to a combination of biohacking, innovative medical techniques, and research-backed non-traditional therapies that finally put you in charge of your own longevity.

JOURNEY...

Dr. Rand McClain hosts this multi-part journey into healthspan where he speaks with the world's foremost experts, individuals who have reversed their past health mistakes, and recovered from seemingly unbeatable odds, and investigates the good and the bad of outliving your genetic story. In a series of interviews, demonstrations, and animated narrations, viewers will discover new ways to extend their own life, rid themselves of pain and discomfort, and live life like they were 10-20 years younger.

KEY TOPICS



Dr. Rand and his guests dive into controversial discussions surrounding:

- STEM CELL THERAPY
- SLEEP AND NUTRITION
- CHRONIC PAIN/INVISIBLE ILLNESSES
- MEDICAL GASLIGHTING
- BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)
- HYPERBARIC OXYGEN THERAPY
- KETAMINE THERAPY
- CRYOTHERAPY
- NITRIC OXIDE
- AND MUCH MORE!

BEYOND GENETICS

HARNESS THE POWER OF
LIVING LONGER WITHOUT
HEALTH LIMITATIONS



SYNOPSIS

Who do you believe when it comes to uncovering the facts of new and controversial treatments?

What do you say when your doctors are telling you that nothing is wrong, but you know that your health is on the line?

When will you get to feel like you are in control of the healthcare you receive?

Where do you turn when it feels like you're all out of options?

Why does it feel like our healthcare system is failing us at every turn?

For those who consider not just probability, but also possibility...

Welcome to *Beyond Genetics*.

This multi-part health and longevity journey is for anyone and everyone. Teachers, tradesmen, athletes, stay-at-home moms, those recovering from addiction or terminal illness, and even healthy people who feel like they're in their stride...all of us have something to gain. Filmed and produced during the peak of the COVID-19 pandemic, when the world was flipped on its head and doctors everywhere were seeing healthcare catastrophes and shortcomings through the lens of patient experiences more and more every day, this riveting docuseries will guide viewers away from the familiar four walls of their primary care office and into the world of regenerative medicine.

Watch as doctors become patients, as patients with little hope discover new ways to feel alive again, and as ordinary people cheat death in order to reverse past health mistakes and take control of their future.

The goal of *Beyond Genetics* is to provide each and every viewer with sound, research-backed knowledge about emerging and controversial treatments that can change their lives. Not only that, but Dr. Rand and his guests want to offer a practical guide for you to breach these difficult conversations with your doctors, who are often out of the loop or hesitant to provide life-changing regenerative treatments. Backed by the facts and armed with a vocabulary that can take your healthcare collaboration to new heights. Find the confidence to take control of your longevity and demand better of our healthcare system.

No matter what your past health issues are, it's never too late to live a life free of mental and physical limitations. It's time to start living beyond your genetics!

HOST BIO

RAND MCCLAIN, D.O.

After repeatedly being told it was impossible, Dr. Rand McClain was accepted into medical school at the age of thirty-seven. Dr. McClain earned his medical degree at Western University and completed his internship at the University of Southern California's Keck School of Medicine Residency Program (USC California Hospital), and has worked with some of the best and original innovators in sports, rejuvenative, regenerative (anti-aging), cosmetic, and family medicine.

As the founder of Regenerative and Sports Medicine (RSM), Dr. Rand works with elite athletes, celebrities, CEOs, and anyone else who wants to make the most of what is available to optimize their health. He is a Medical Advisor to Vytalyx (a.k.a. DeepHive), an AI-based medical company utilizing blockchain technology to provide health professionals with unfettered access to intelligence and data for clinical wellness, and is a member of the Medical Advisory Board for American Cryostem, leaders in stem cell technology. Dr. Rand serves as part of the Medical Advisory Board of Z.E.N. Foods, and as the Chief Medical Officer for LCR Health supplements, and serves on the Board of Medical Advisors for Maximus, a men's sexual health telemedicine company. Additionally, Dr. Rand is a media staple, with frequent appearances on TV, radio, podcasts, and online features around all things health and longevity. He lives in Malibu, California.



PRODUCER BIO

CHARLIE FUSCO

Executive Producer, Art Director, Brand Strategist, Influential Connector, Speaker & Author

Growing up around film and television both in the “acting world” and in the “business world,” Charlie has a unique history and skill set. Her father, a screenwriter, owned both a finance and film distribution company, while her mother was a top real estate agent. She worked on-set, off-set, in editing suites, and sat in funding meetings since the age of 6. Creativity, sales, negotiating, and entrepreneurial grit are in her bloodline. She received formal training as a writer, photographer, director, and art direction at both Northwestern University and Boston University.

Whether it's ghostwriting a book, directing documentaries, developing social media strategies, negotiating reality show deals, or directing a photoshoot—That Girl Charlie still considers herself a master storyteller with a passion for putting more good into the world.



FEATURED STORIES

ERIKA SANDOR ZUR

It took over twenty years and a haunting near-death experience for Erika Sandor-Zur to recover from her addiction to crack cocaine, using professional tennis as a tool to maintain her sobriety. Now, on her journey to the Center Court at the Grand Slam Tennis Final, she's finding that the lasting damage from the abuse and neglect that her body faced over the course of two decades is a significant barrier to achieving peak performance and accomplishing her goals.

Watch as this all-star athlete reverses her past health mistakes with a little help from Stem Cell and Platelet Rich Plasma Therapies.



NELSON VERGEL

When Nelson Vergel was diagnosed as HIV+ in 1986, he was told that he should spend the little remaining time he had before AIDS took hold getting his affairs in order. Unwilling to accept withering away to nothing as his only option, he soon found himself immersed in the world of testosterone replacement therapy and bodybuilding as a means to combat wasting syndrome.

Now, Nelson is a 36-year HIV survivor, health author, speaker, and leading advocate for improved access to life-saving options for HIV+ people with limited treatment options and those with metabolic disorders. He holds a chemical engineering degree from McGill University and an MBA from the University of Houston. He is the founder of the non-profits Program for Wellness Restoration and The Body Positive Wellness Center.



NICOLA PIDGEON

As the founder of multimillion-dollar coaching brand Unstoppable Success® and creator of the Positive Psychology Coach Academy Certification®, Nicola Pidgeon is an industry leader with a high-level network of clients and business friends. However, it was difficult to support coaches in the process of getting certified, and growing 7-figure online businesses when she was suffering from hormonal imbalances most women experience due to aging, menopause, and the like. But she was only 30 years old.

Watch her recount the HRT treatment process that she went through as well as the successful results that improved her mood, energy levels, and sexual function.



DAN REPACI

As a tech consultant in oil and natural gas, Dan Repaci couldn't afford to keep suffering through the side effects of hormonal imbalance that plagues so many men just like him. A limited energy output, anxiety and panic attacks, poor sleep and focus issues, as well as a hindrance in his ability to increase muscle mass—Dan was struggling to function in his day-to-day life, let alone make room for improvements that would boost his longevity and he was only 29!

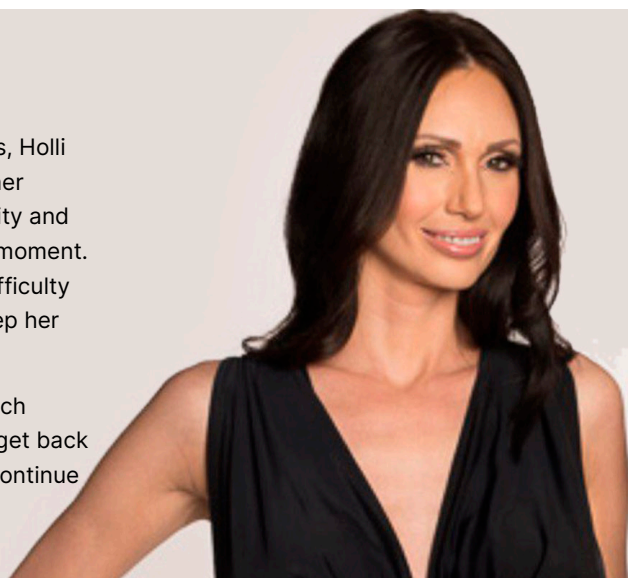
He underwent a treatment plan of bioidentical hormone replacement therapy and found a solution that produced significant performance results and turned his life around.



HOLLI BELL

With a meniscus injury dating back to her high school volleyball days, Holli Bell was suffering from extreme pain, discomfort, and weakness in her knee joint. It was so severe that she was frequently losing her stability and constantly facing the possibility of her knee giving out at any given moment. Unable to so much as get out of bed some days, Holli was having difficulty caring for herself and maintaining an exercise routine that would keep her healthy and vibrant.

Watch as she discusses her treatment plan of stem cell therapy, which greatly improved her mobility and reduced her pain, allowing her to get back into an enhanced workout and physical therapy routine that would continue improving her quality of life.



FEATURED STORIES

PETE KOCH

Captain of his championship winning college football team and first round NFL pick, competition drives Pete in his lifelong pursuit of personal excellence. Knowing that professional football had a short career span and encouraged by a close friend, a veteran actor himself, Peter began studying the craft at a small theater in Hollywood during his off seasons from the NFL. Before long, he was cast in major films opposite Clint Eastwood (*Heartbreak Ridge*, 1986) as well as stars like Burt Reynolds, and Patrick Dempsey.

A veteran of more than 100 Hollywood productions and numerous TV shows, Peter Koch continues to work in the craft he loves.

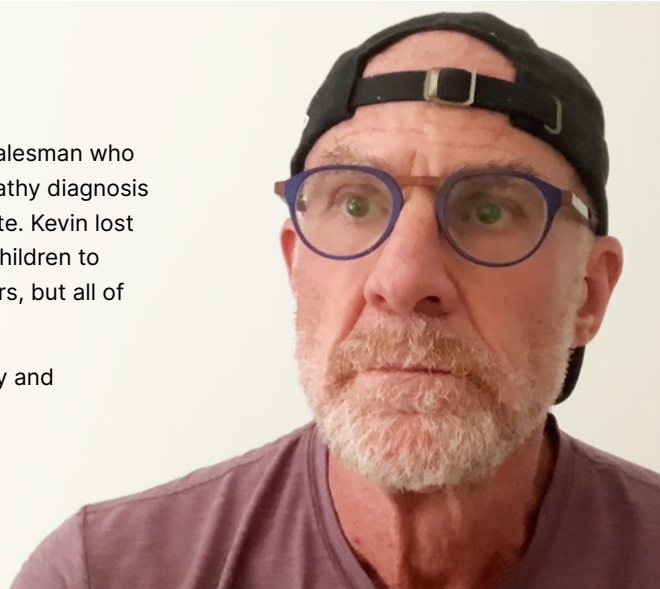
However, like most men, Pete suffered a decrease in energy levels and loss of libido as he aged which drastically lowered his quality of life and his performance as an athlete. And then there was the crippling anxiety. He found an HRT treatment plan that brought balance, energy, and sexual rejuvenation back into his life while optimizing his healthspan for a bright future.



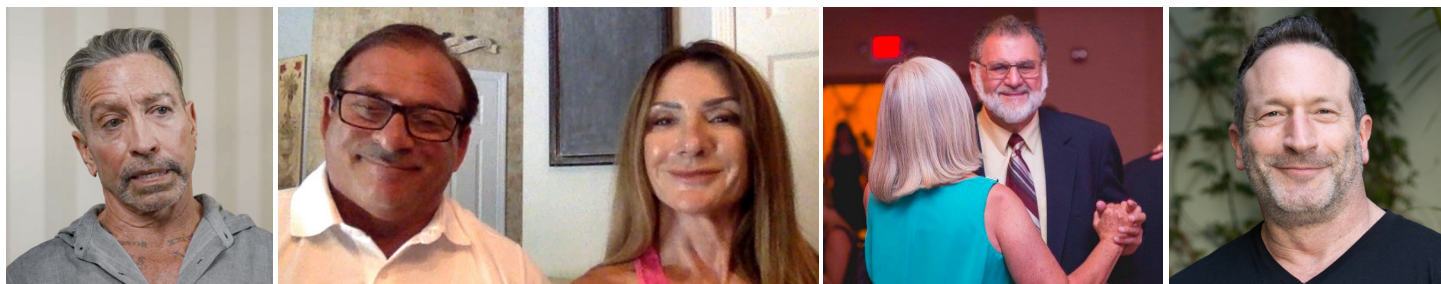
KEVIN BRODSKY

Kevin Brodsky was used to being superman—a health-focused salesman who never drank soda, worked out, and ate right—then a cardiomyopathy diagnosis with an acute myocardial infarction suddenly hit him like kryptonite. Kevin lost all of his energy, unable to climb a flight of stairs, take his grandchildren to Disney World, or be intimate with his wife. He visited many doctors, but all of them left him with less hope for recovery than before.

It wasn't until Kevin started a treatment plan of Stem Cell Therapy and Growth Hormone that his quality of life was *finally* changed for the better. Watch his miraculous story, which stands as a showcase of the power of these often controversial innovations in regenerative medicine.



AND SO MANY MORE!



BEYOND GENETICS CAST

FEATURED EXPERTS

DR. NATHAN S. BRYAN

Dr. Nathan S. Bryan is an international leader in molecular medicine and nitric oxide biochemistry. Specifically, Dr. Bryan was the first to describe nitrite and nitrate as indispensable nutrients required for optimal cardiovascular health. He was the first to demonstrate and discover an endocrine function of nitric oxide via the formation of S-nitrosoglutathione and inorganic nitrite.

Dr. Bryan has been involved in nitric oxide research for the past 18 years and has made many seminal discoveries in the field, publishing a number of highly cited papers as well as authoring/editing 5 books. These discoveries and findings have transformed the development of safe and effective functional bioactive natural products in the treatment and prevention of human disease and may provide the basis for new preventive or therapeutic.

No stranger to being a patient himself, Dr. Bryan brings not only his expertise to *Beyond Genetics*, but also the story of how Stem Cell Therapy healed a decades old sports injury and changed his quality of life for the better. He makes the connection to Nitric Oxide levels and longevity too.



DR. MICHAEL J. BREUS

Dr. Michael J. Breus is a clinical psychologist with more than two decades of experience in his field. He is a diplomate of the American Board of Sleep Medicine and a fellow of the American Academy of Sleep Medicine.

Additionally, Dr. Breus is one of the only psychologists to pass the Sleep Medicine Specialty board without attending medical school. In 2021, Reader's Digest named him the Best Sleep Specialist in the state of California.

Dr. Breus is also a best-selling author. His publications include four books:

- *Good Night: The Sleep Doctor's 4-Week Program to Better Sleep and Better Health* (2006)
- *The Sleep Doctor's Diet Plan: Lose Weight Through Better Sleep* (2011)
- *The Power of When: Discover Your Chronotype—and the Best Time to Eat Lunch, Ask for a Raise, Have Sex, Write a Novel, Take Your Meds, and More* (2016)
- *Energize!: Go From Dragging Ass to Kicking It in 30 Days* (2021)

Dr. Breus lectures all over the world and serves as an expert resource for most major publications, doing more than 250 interviews per year.



BEYOND GENETICS CAST

FEATURED EXPERTS

DR. KAMI HOSS

Dr. Kami Hoss, DDS, MS, is founder of The Super Dentists, one of the leading multispecialty dental practices in the country. With over 20 years of experience in the dental industry, Dr. Kami has a masters in craniofacial biology from USC, a doctorate in dental surgery from UCLA, and a post-doctorate in orthodontics and dentofacial orthopedics.

As part of his life's work, Dr. Hoss seeks to highlight the disconnect between oral health and physical health – and works to educate dental professionals and patients on the important role oral health plays in supporting the body's immune system.



DR. JILL CARNAHAN

Known as “Your Functional Medicine Expert®,” Dr. Jill Carnahan is the Medical Director of Flatiron Functional Medicine, a widely sought-after practice with a broad range of clinical services, including functional medicine protocols, nutritional consultations, chiropractic therapy, naturopathic medicine, acupuncture, and massage therapy that attracts A-list celebrities and athletes.

As a survivor of breast cancer, Crohn's disease, and mold toxicity, Dr. Carnahan is passionate about teaching patients how to live well and thrive in the midst of complex and chronic illness. She reveals the symptoms often mistaken for illness that actually age the body faster and their link to toxicity – and what to do about it.

Her prolific writing has been featured in *Shape Magazine*, *Parade*, *Forbes*, *MindBodyGreen*, *First for Women*, *Townsend Newsletter*, and *The Huffington Post*. She also co-authored the Personalized and Precision Integrative Cardiovascular Medicine textbook and is set to release her prescriptive memoir, *Unexpected: Finding Resilience through Functional Medicine, Science, and Faith*, through Forefront Publishing in February 2023.



BEYOND GENETICS CAST

FEATURED EXPERTS

DR. STACIE STEPHENSON

Dr. Stacie Stephenson is a pioneer of functional and integrative medicine who has dedicated her life's work to helping people create vibrant health from within to prevent chronic disease and recover from illness naturally. As the founder and CEO of the new health and wellness media venture, VibrantDoc, she believes every person can manifest their potential and identify their personal version of vibrancy by shifting to a whole-self approach to healthy living, eating, moving, and believing.

Dr. Stephenson was a practicing physician for 15 years before becoming Chair of Functional Medicine for Cancer Treatment Centers of America and a board member of The American Nutrition Association. She has partnered with the American Heart Association for nutritional outreach, serves on the Board of Directors for the Gateway For Cancer Research, works tirelessly as a philanthropist, and is an advocate for children's health worldwide.

She discusses how the medical system is keeping people sick and what you can do about it.



DAVE ASPREY

Known colloquially as the "Father of Biohacking," Dave Asprey is the founder of Upgrade Labs, but many folks recognize him best as the creator of the Bulletproof Diet. Dave is a four-time New York Times bestselling science author, and his insights have been featured on shows like the Today Show, CNN, The New York Times, Dr. Oz, and many more.

Over the last two decades, Dave has worked with world-renowned doctors, researchers, scientists, and global mavericks to uncover the latest, most innovative methods, techniques and products for enhancing mental and physical performance.

Bringing more than just theory, Dave has *personally* spent over \$2 million taking control of his own biology when the healthcare system failed him – pushing the bounds of human possibility all in the name of science evolution and revolution. The result? Dave has maintained a 100-pound weight loss, improved his sleep cycles, and upgraded his brain, ultimately transforming himself into a better entrepreneur, a better husband, a better father and overall a better human being.



BEYOND GENETICS CAST

FEATURED EXPERTS



HAL ELROD

Hal Elrod is on a mission to elevate the consciousness of humanity, one person at a time. As an international keynote speaker, host of the popular *Achieve Your Goals* podcast, and author of one of the highest rated books in the world, *The Miracle Morning*, (which has over 6,000+ five-star Amazon reviews and has sold over 2 million copies) he is doing exactly that.

Hal actually died at age 20. His car was hit head on by a drunk driver at over 70 miles per hour, he died for 6 minutes, broke 11 bones, suffered permanent brain damage and was told by doctors that he would never walk again. Then, at age 37, he nearly died again when his heart, lungs, and kidneys were on the verge of failing, and he was diagnosed with a rare, aggressive form of cancer. After being given a 30% chance of surviving, Hal once again defied seemingly insurmountable odds to beat cancer.

He shares the methods he used to survive chemotherapy and beat cancer—the methods doctors don't tell you about.



DR. SHAWN M. TALBOTT

Dr. Shawn Talbott is fascinated by the links between diet, biochemistry and psychology: the idea that what we eat changes the biochemistry of our bodies, and influences how we think, feel and behave. The “gut-brain axis” is what Doc Talbott refers to as, “The missing piece of the puzzle,” for optimizing mood, energy, focus and overall well being.

Doc Talbott holds a MS in Exercise Science from University of Massachusetts and a PhD in Nutritional Biochemistry from Rutgers. He also holds advanced certificates in Entrepreneurship and Innovation from MIT. He is a Fellow of both the American College of Sports Medicine and the American College of Nutrition. As a Diplomate of the International Olympic Committee's Sports Nutrition program, he has educated elite-level athletes in a variety of sports including at the United States Olympic Training Centers.

Intrigued by the question, “How do you get your mind to allow you to either push your body harder or simply maintain resilience in the face of our typically stressful days?” He joins the team of experts in *Beyond Genetics* with the belief that this may be the secret to having more energy and vigor as we age.

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DWAYNE J. CLARK

Dwayne J. Clark wasn't always obsessed with wellness and longevity, at least not personally. As CEO of Aegis Living, one of the most sought-after assisted living facilities in the US he has helped more than 60,000 residents live longer and happier lives. However, it took a personal health crisis for him to truly heed all of the research that he had implemented in order to benefit his many residents.

The mistakes that lead to his health crisis are what inspired him to change the subject matter of his latest book, *30 Summers More*, from a study of centenarians for elderly readers to reflect on their longevity practices to a wake-up call for adults reaching their 40s and 50s with no plan for their healthspan. In the pages of this life-changing book, he shares the "lessons from longevity" that he has amassed from the latest health and wellness research as well as the results of his own personal longevity experiments.

Most importantly, Dwayne believes that community and purpose serve as two of the largest factors in our longevity, giving us a reason to get out of bed every day and heal whatever is broken so we can leave behind a legacy that will last long after we've passed on.

GINA TACCONI-MOORE

Gina Tacconi-Moore is an expert manual therapist who believes in the power of mobility to relieve pain. Her motto, "It's not magic—it's mobility," underscores her philosophy that pain is treatable through natural means, and her approach to manual therapy focuses on enhancing mobility, improving range of motion, and optimizing physical performance. Gina's expertise in manual therapy is rooted in her personal experience with injuries and years of training and certifications. She has taught Anatomy & Physiology, Kinesiology, and Sports Medicine and worked with the Fascial Net Plastination Project, which produced the world's first fully plastinated model of the human fascial system. Gina currently owns and operates The Treatment Room Mobile in Dallas, TX, where she helps people relieve pain and achieve mobility through manual therapy services.





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