



Eureka Conference

Where Philosophy meets Research

Aging, Longevity and Life-extension
A debate about the future of life.

10.10. – 12.10.2025

Stuttgart, Germany (New Palace in the city center)

What are the benefits of research for us and our own individual lives? And what for our cities and towns?
What are the potential risks and how do we voice our questions and concerns?

9 leading scientists from the field of aging and longevity, **3 philosophers** and an **interested audience**. Together we delve critically into the field of aging and longevity, new insights and what these mean for us as individuals and our societies.

TICKETS:

Online purchase: www.eureka-konferenz.de

Purchase via phone: + 49 (0) 1573 / 928 72 12

In the program:



Prof. Dr.
Alexandra
Stolzing



Prof. Dr.
Nir
Barzilai



M. Sc. Yuri
Deigin
(researcher &
entrepreneur)



Prof. Dr.
Vera
Gorbunova



Prof. Dr.
Maria
A. Blasco



Dr.
Aubrey
De Grey



Dr. Peter
Fedichev
(researcher &
entrepreneur)



Prof. Dr.
Steve
Horvath



M. Sc. Sebastian
Brunemaier
(researcher &
entrepreneur)



Dr. Patrick
Linden
(philosopher)



M. Phil. Martin
Lipovšek
(philosopher)



M. Phil. Milutin
Stanisavljević *Miles*
(philosopher)

Speeches

Questions

Critical discussions

Mini-concerts of classical music

Direct democracy

Lively atmosphere
during our 3-day conference

All drinks and meals are included in the ticket-price.

regional water & wine

regional specialties



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- The New Palace in the city center

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- 3rd day, Sunday 12.10.2025 – “the future”

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- Musicians
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Eureka Conference

Where Philosophy meets Research

1. Greeting by the founder and president of the Eureka Conference

**Aging and Longevity, 10.10.–12.10.2025,
New Palace Stuttgart, Germany**

Greeting by the founder and president of the Eureka Conference

Dear participants,

scientific breakthroughs have greatly benefited our societies and our individual lives, but they have also increased our destructive capabilities and produced new dangers in our world. Today we live in a time in which we, as human beings, have already discovered so much about us and our world that it has become impossible to gain an overview of all of it. There is, however, still much more – immeasurably more – that we don't know. This is why research continues to increase and with it the number of discoveries.



To help us stay informed, I have created the Eureka Conference. With the help of my fellow philosophers, I have committed to organizing a new Eureka Conference every year, each focused on a different field of research. In this way, together with an engaged audience and leading researchers — who will share their personal Eureka moments — we can critically explore fascinating research areas, gain insights into new discoveries, place them in social, political, and historical contexts, and discuss the impact they may have, or are already having, on us and our surroundings.

The format of the conference will remain the same each year. On the first day, we will explore the origins of a specific scientific field and the major discoveries that have shaped it. On the second day, we will focus on the current state of the field and the discoveries being made today. Finally, on the third day, we will discuss potential future discoveries and how they might impact us and our world.

Since the audience at my Eureka Conference holds a central role and because I am a firm believer in democracy, we will conclude the third day by voting together on the topic for the following year's Eureka Conference. My team and I will then prepare accordingly.

Our inaugural Eureka Conference will take place from October 10 to October 12, 2025, at the New Palace in Stuttgart. The topic will be **the research field of aging, longevity and life extension** — one of the most promising and exciting scientific areas of our time. I look forward to seeing you there and hearing your thoughts!

Yours,

Milutin Stanisavljević *Miles*

Philosopher, founder and president of the Eureka Conference



Eureka Conference

Where Philosophy meets Research

2.

Introduction

by the Program Committee

Aging and Longevity, 10.10.–12.10.2025,

New Palace Stuttgart, Germany

Introduction by the program committee

Why did we select the scientific field of aging, longevity and life-extension?

For this first Eureka Conference, which has only now been created, we, as philosophers, have selected the scientific field by ourselves. For future Eureka Conferences we will prepare suggestions and gladly accept suggestions by all participants, which on the last day will be put up for a vote.

There are three reasons which led us to select aging and longevity as the subject for our first Eureka Conference. The first reason is that many people agree with the late Steve Jobs statement that “the biggest innovations of the 21st century will be at the intersection of biology and technology”. The second reason is that we have understood that many older people who suffer greatly from illnesses suffer precisely because their old age makes them more vulnerable to becoming and remaining ill. The third reason is that incredible scientific breakthroughs have occurred and are occurring in the scientific field of aging.

The last century already witnessed an unprecedented increase in life expectancy, a trend that continues into the 21st century. In 1900, global life expectancy at birth was just 32 years. Today, it stands at around 73 years, which is more than double. Since 2000, it has risen by another six years. In developed countries like Germany, the average life expectancy has surpassed 80 years. By the end of this century, the United Nations projects that global life expectancy at birth will reach around 81 years, and in the most developed regions, it could approach 90.

However, the scientific effort to understand aging and develop ways to slow, halt, or even reverse it, is gaining momentum and offering new perspectives. For example, in 2021, researchers at Harvard Medical School, building on Nobel Prize winning discoveries by Shinya Yamanaka, restored vision in elderly mice by reprogramming aged nerve cells in the retina to function as they did in youth. This breakthrough, which is one among many that have occurred, led to an avalanche of interest and major global companies, like Google, already invested billions in startups exploring various aspects of aging and cell rejuvenation.

It has been said (Olshansky and Carnes 2007) that for some time three schools of thought have emerged in the scientific fields that study aging, the so called “futurists” who believe that immortality is within reach, the so called “optimists” who believe life expectancy will rise to 100 years or more in this century and the so called “realists” who believe that age expectancy is unlikely to exceed an average of around 85 years in absence of radical advances in the control of the aging process. The fact today is that such radical advances in the control of the aging process are being made.

As biology becomes increasingly decoded and modeled digitally, the pace of discovery is accelerating. Advances from across diverse scientific disciplines such as genomics, robotics, nanotechnology, and informatics have already had an impact on the geroscience field, which is an intersection of aging biology, chronic diseases and health. Within the geroscientific community today, there is little doubt that aging as such could one day become optional. The question for them is not *if* but *when*.

This raises many important questions for all of us and for society: Do we, as individuals and citizens, want to promote and invest in this scientific field? Do we want instruments that enable us to live longer, healthier lives by combating aging as such? Do we want that now, or later, or perhaps not at all? Is the prospect of a world with dramatically extended lifespans a desirable future? What are the societal, ethical, environmental and political implications?

These questions and issues form the focus of the inaugural Eureka Conference, where we will hear from pioneers in the field, learn about the major scientific breakthroughs in aging research and delve into both the scientific and philosophical dimensions of these questions and issues, while trying to answer them together. In the end, they concern us all!

In a time of increasing division across our societies, we feel that it is particularly important to come together to discuss topics of universal human importance. In aging and longevity, we see such a topic, for we are either already combating old age personally or our parents and/or our grandparents are doing it.

In this program, you will find some valuable information and resources. We are looking forward to meeting you, to explore ideas together and to learn from your perspective on this very important subject of our time.

Kind regards (in alphabetical order),

Patrick Linden, Martin Lipovšek and Milutin Stanisavljević *Miles
Philosophers*

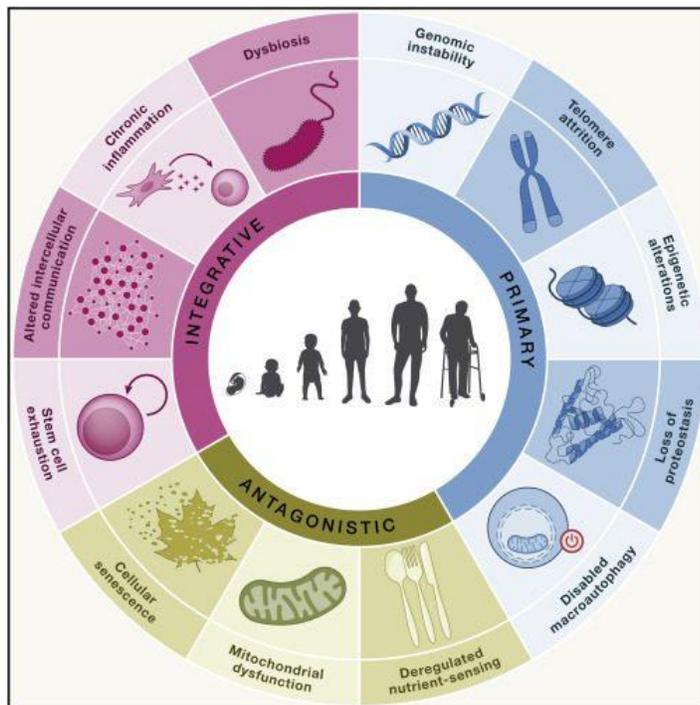
Members of the program committee of the inaugural Eureka Conference



**Brief overview of scientific breakthroughs (Eureka moments)
in the field of aging, longevity and life-extension**

The scientific community is developing a deep understanding of the biological process of aging. Some major breakthroughs in our understanding of human biology have been awarded Nobel Prizes, leading not only to new possibilities in aging research but also to an increasing number of fascinating and even incredible experiments. With this text, we aim to provide a general overview of some of the scientific breakthroughs (Eureka moments) in the field of aging and longevity over the past two decades, which have laid the foundation for much of the research being conducted today.

1 – We are beginning to understand why we age

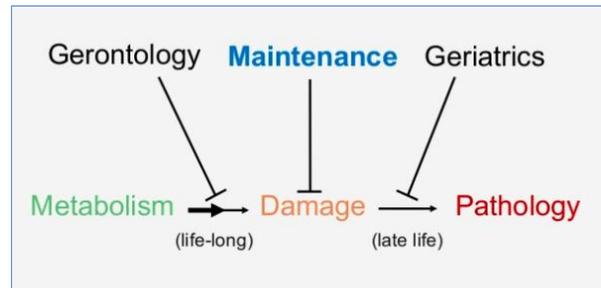


The provocative idea of stopping biological aging through scientific research was popularized by Dr. Aubrey de Grey. In 2003 he published the second version of his groundbreaking theory that aging consists of seven types of molecular and cellular and damage that over time happen to the body. If we can repair these damages before they turn into pathologies, we can regularly undo aging damage and thereby reverse aging. Similar to a well-maintained car, explains de Grey, there would be no given limit to how long a body could function. At first de Grey faced opposition in the scientific

community, but in a few years his ideas on the reasons for aging became part of the scientific consensus. One of the most cited articles in biogerontology today (written by Carlos López-Otín, Maria A Blasco, Linda Partridge, Manuel Serrano & Guido Kroemer) describes aging as consisting of 9 hallmarks (two more than de Grey's original 7). The article was updated last year and expanded to include 12 hallmarks. Across many labs worldwide, efforts are currently underway to gain a deeper understanding of these categories of damaging alterations. Over the past ten years, nearly 300,000 papers have been published on aging—"as many as during the previous century," write Maria A. Blasco (a speaker at our conference) and her co-authors in their paper.

2 – We are targeting the mechanisms of the aging process to try to reverse damages

Every day scientists discover more about how the nine hallmarks of aging could be addressed. For example, the shortening of telomeres, a hallmark linked to cellular aging, can be counteracted by the enzyme telomerase, which extends these chromosome caps and slows aging. For their groundbreaking discoveries about telomeres and telomerase, Elizabeth



Blackburn, Carol Greider, and Jack Szostak were awarded the Nobel Prize in Medicine in 2009. Another hallmark of aging is cellular senescence, where certain cells become dysfunctional and contribute to inflammation. To combat this, companies worldwide are already developing senolytics — a class of drugs designed to eliminate senescent cells from the body. These are just two of many examples for new scientific research and business ventures.

3 – We are learning that the aging process itself is modifiable

In the year 2020 Prof. Dr. David Sinclair published (1) his discovery that “youthful epigenetic information ... can be accessed to improve tissue function and promote regeneration in vivo.” This means that he discovered how to turn the aging clock in cells of living organisms back and achieve a level of regeneration. In the early stages of research, many experiments on yeast, flies, mice and other organisms were first conducted the other



way around, by trying to make organisms age faster. One of the most striking lab pictures comes from the work of David Sinclair and his colleagues and shows two mice, brother and sister, born from the same litter. One has been genetically altered to be old. This and similar experiments were enabled by discoveries by Shinya Yamanaka, who discovered that mature cells can be reprogrammed to become pluripotent, and for this discovery received the Nobel Prize in the year 2012.

4 – We are learning how to rejuvenate and regenerate cells



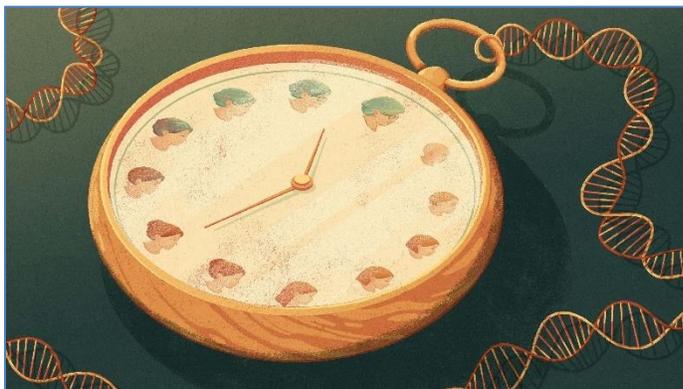
Partial reprogramming of cells to enable them to return to a more youthful state, is one of the most promising avenues for healthy life extension. In 2022, molecular biologists Wolf Reik, Diljeet Gill, and their team at the Babraham Institute in Cambridge successfully rejuvenated the skin cells of 53-year-old women, making them resemble and function like the skin cells of 23-year-old women. This breakthrough may hold the key to preventing and curing many diseases associated with aging, such as dementia, cancer, cardiovascular disease, sarcopenia, and more. And, of course, it would disrupt the cosmetics industry as we know it.

5 – We are beginning to look more closely at other organisms that live significantly longer than humans

Some animals live for hundreds of years, while certain plants can survive for thousands. Scientists have discovered that Greenland sharks can live up to 500 years. However, there is still much to learn about longevity from the animal kingdom. One of the leading biologists in this field, Prof. Dr. Vera Gorbunova, is actively exploring this topic. She is researching how the African naked mole-rat achieves an almost negligible rate of aging and lives an extraordinarily long life.



6 – We are discovering a healthy longevity lifestyle, and we use aging clocks to track our progress



One scientifically proven technique for promoting longevity is caloric restriction. Experiments on animals show that reducing intake of calories while meeting all nutritional needs slows aging and leads to longer, healthier lives. This approach appears to benefit humans as well. Most centenarians in the so-called Blue Zones (regions where people live extraordinarily

long lives) naturally practice some form of caloric restriction. We also know that eating less activates autophagy, a process of cellular recycling that removes damaged components. Additionally, regular physical activity, such as walking and sports, has a significant positive impact on various hallmarks of aging, enabling our bodies to age more healthily. What is relatively new, however, is our ability to track individual longevity progress using clocks that measure biological aging. One well-established method is the Horvath Epigenetic Clock, developed by Prof. Dr. Steve Horvath.

7 – We are starting to think about the economic effects that longevity therapies will have on our economies and societies

The increase in average life expectancy during the 20th century brought immense economic and social benefits. People today live longer, work longer, and have more time to educate new generations. While there are some intergenerational struggles, this adds complexity and vitality and makes life both more challenging and rewarding. With the development of successful rejuvenation therapies, we could witness a rapid increase in healthy aging, leading to extraordinary social and economic progress. A 2021 study published in the journal *Nature Aging* summarized its findings on the potential economic impact of slowed aging: “We show that a slowdown in aging that increases life expectancy by 1 year is worth US\$38 trillion, and by 10 years, US\$367 trillion.”



What do you think about this research field?

Our world and human societies have never been without problems. Yet, many of our ancestors managed to make progress, improving their lives and ours. Today, we live our lives standing on their shoulders. As philosophers, we believe we owe it to them, to ourselves, and to future generations to be brave, curious and diligent — while remaining critical and cautious.

After all, not all discoveries lead to positive outcomes. History is filled with remarkable progress, but it also bears witness to immense destruction and evil. Regrettably, this darker aspect of human affairs persists. With this awareness we aim to study, critique, and deeply explore this field of research – one to which so many talented scientists are already dedicating their lives. We seek not only to understand what is happening, but also to discern what our societies and we, as individuals, can learn from all of this, as well as what we should remain aware of and cautious about.



We are confident that the material presented has sparked ideas, raised questions, and even prompted criticisms that will enrich the discussions at our Eureka Conference. We look forward to welcoming you!

Yours (in the alphabetical order),

Patrick Linden, Martin Lipovšek and Milutin Stanisavljević *Miles
Philosophers*

A few of the many sources:

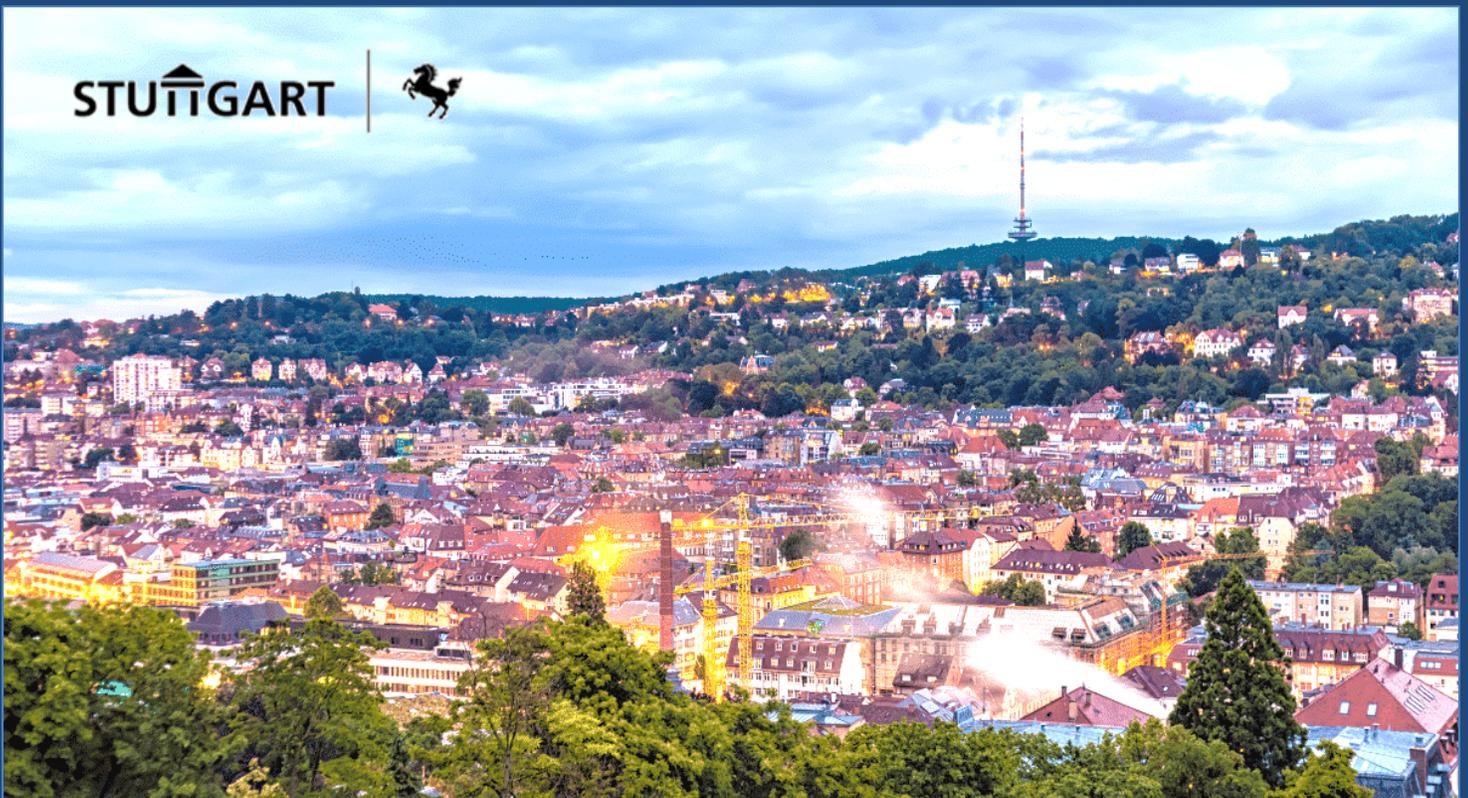
1. <https://www.nature.com/articles/s41586-020-2975-4>
2. <https://pubmed.ncbi.nlm.nih.gov/23746838/>
3. <https://www.amazon.de/-/en/Ending-Aging-Rejuvenation-Breakthroughs-Lifetime/dp/0312367074/>
4. <https://www.sciencedirect.com/topics/medicine-and-dentistry/autophagy>
5. <https://www.nature.com/articles/s43587-021-00080-0>



STUTTGART



2. Conference Location



STUTTGART



Conference location

Stuttgart, Germany

Stuttgart is the 6th largest city in Germany, the capital of the southern German Region of Baden-Württemberg and home to some of the greatest companies from German history, such as Daimler (manufacturer of Mercedes cars), Bosch (manufacturer of tools), Porsche (manufacturer of Porsche cars) and many more. Stuttgart is a cozy yet vibrant city. Its citizens are known for their frugal attitudes, which, combined with the city's status as the home of some of the greatest innovators in recent history, have contributed to the wealth of both Stuttgart and the entire region of Baden-Württemberg. Today, Baden-Württemberg is increasingly investing in health. With four university clinics, excellent medical facilities and research centers, forests, water springs, and mineral baths, the region is on its way to becoming a true health valley of Europe.

Stuttgart is also my hometown—or one of two, the second being Belgrade, the capital of Serbia. For most of my life, I have lived in Stuttgart, and I still do today as a philosopher and father of four children. I enjoy taking walks and visiting the city's numerous parks, museums, baths, and various child-friendly historical and modern locations, all of which regularly offer new and interesting programs and tours designed especially for children. The hard-working citizens of Stuttgart, who come from countries and cultures all around the world, make this cozy city a true international haven where daily events in culture, arts, sciences, business, and politics take place. I take great pleasure in living in Stuttgart and am more than happy to make it the home of my new Eureka Conference.

The New Palace in the city center



I have chosen as the specific location for the Eureka Conference the beautiful historic New Palace (18th century) in the city center. Located in the middle of the main pedestrian street and surrounded by parks and gardens, the parliament of Baden-Württemberg, the Opera, the Theatre etc., it offers to all Eureka Conference participants from Germany and from abroad a central location, easily

reachable with all types of transport. The New Palace was heavily bombed during WW2 and in 1957, after much deliberation, it was agreed that it should be rebuilt. I find this decision very good and am thankful it was taken. Inside the left wing of the Palace is the charming and comfortable White Hall, our Eureka Conference location.

Milutin Stanisavljević *Miles* – founder and president of the Eureka Conference



Eureka Conference

Where Philosophy meets Research

4.

Conference Program

**Aging and Longevity, 10.10.–12.10.2025,
New Palace Stuttgart, Germany**

Conference Program

1st day, Friday 10.10.2025 – “the beginnings”

RECEPTION

In the lobby of the left wing of the New Palace (ground floor):

16:00 - 16:20 Reception with musical accompaniment

PART I

In the White Hall of the New Palace (1st floor – there is also an elevator):

16.20 - 16.30 **Opening remarks and welcome**

Patrick Linden, Martin Lipovšek and Milutin Stanisavljević Miles

3 philosophers of the Program Committee

16.30 - 17.00 **Lecture 1 – Alexandra Stolzing**

17.00 - 17.30 **Lecture 2 – Peter Fedichev**

17.30 - 17.40 **Mini classical concert 1 - Stanislav Dimitrov, pianist**

17.40 - 18.10 **Questions and comments from the audience** - moderated by 3 philosophers

BREAK

In the lobby:

18.10 - 18.40 Break for discussions, food and drink with musical accompaniment

PART II

In the White Hall:

18.40 - 19.10 **Lecture 3 – Nir Barzilai**

19.10 - 19.20 **Mini classical concert 2 - Stanislav Dimitrov, pianist**

19.20 - 20.30 **Plenary discussion – the 3 speakers of the day with 3 philosophers and questions and comments from the audience**

CONCLUSION

In the lobby:

20.30 - 21.00 Conclusion, discussions and musical accompaniment



2st day, Saturday 11.10.2025 – “the present”

RECEPTION

In the lobby of the left wing of the New Palace (ground floor):

16:00 - 16:20 Reception with musical accompaniment

PART I

In the White Hall of the New Palace (1st floor – there is also an elevator):

16.20 - 16.30 **Opening remarks and welcome**

Patrick Linden, Martin Lipovšek and Milutin Stanisavljević Miles

3 philosophers of the Program Committee

16.30 - 17.00 **Lecture 1 – Maria A. Blasco**

17.00 - 17.30 **Lecture 2 – Aubrey de Grey**

17.30 - 17.40 **Mini classical concert 1 – Antonina Krymova & Eva Wenniges**

(piano & mezzosopran)

17.40 - 18.10 **Questions and comments from the audience** - moderated by 3 philosophers

BREAK

In the lobby:

18.10 - 18.40 Break for discussions, food and drink with musical accompaniment

PART II

In the White Hall:

18.40 - 19.10 **Lecture 3 – Vera Gorbunova**

19.10 - 19.20 **Mini classical concert 1 – Antonina Krymova & Eva Wenniges**

(piano & mezzosopran)

19.20 - 20.30 **Plenary discussion – the 3 speakers of the day with 3 philosophers and questions and comments from the audience**

CONCLUSION

In the lobby:

20.30 - 21.00 Conclusion, discussions and musical accompaniment



3st day, Sunday 12.10.2025 – “the future”

RECEPTION

In the lobby of the left wing of the New Palace (ground floor):

16:00 - 16:20 Reception with musical accompaniment

PART I

In the White Hall of the New Palace (1st floor – there is also an elevator):

16.20 - 16.30 **Opening remarks and welcome**

Patrick Linden, Martin Lipovšek and Milutin Stanisavljević Miles

3 philosophers of the Program Committee

16.30 - 17.00 **Lecture 1 – Yuri Deigin**

17.00 - 17.30 **Lecture 2 – Sebastian Brunemaier**

17.30 - 17.40 **Mini classical concert 1 – Trio Schnittke**

(Jewgeni Schuk, Andrej Jussow, Vache Bagratuni – piano trio)

17.40 - 18.10 **Questions and comments from the audience** - moderated by 3 philosophers

BREAK

In the lobby:

18.10 - 18.40 Break for discussions, food and drink with musical accompaniment

PART II

In the White Hall:

18.40 - 19.10 **Lecture 3 – Steve Horvath**

19.10 - 19.20 **Mini classical concert 1 – Trio Schnittke**

(Jewgeni Schuk, Andrej Jussow, Vache Bagratuni – piano trio)

19.20 - 20.30 **Plenary discussion – the 3 speakers of the day with 3 philosophers and questions and comments from the audience**

20.30 – 20.45 **The democratic vote - choosing the topic of next year’s Eureka Conference**

CONCLUSION

In the lobby:

20.30 - 21.00 Conclusion, discussions and musical accompaniment



Eureka Conference

Where Philosophy meets Research

5. People

**Aging and Longevity, 10.10.–12.10.2025,
New Palace Stuttgart, Germany**

Speakers

Prof. Dr. Alexandra Stolzing



Vita

Professor Alexandra Stolzing, PhD, is a leading researcher in the field of aging and regenerative medicine. Born in Bonn, Germany, she studied Biology before specializing in aging at institutions such as Charité Berlin, the Kroto Tissue Engineering Institute in Sheffield, and the Fraunhofer Institute in Leipzig. Currently, she is a full Professor for Biogerontological Engineering at Loughborough University in the UK and serves as Vice President for Research at the SENS Foundation, a research charity focused on applying regenerative medicine to aging. Her research focuses on understanding the biological mechanisms of aging, particularly cellular senescence and how these changes contribute to age-related diseases. Stolzing's work explores ways to mitigate aging processes and promote healthy aging by studying stem cells, senescent cells, and other factors involved in degenerative diseases like Alzheimer's, cardiovascular disease, and cancer. Through her contributions to aging biology and regenerative medicine, Stolzing plays a significant role in developing therapies aimed at extending lifespan and improving age-related health outcomes.

Speech title

Breath as biomarker of aging

Abstract

Identifying reliable biomarkers of aging is crucial for advancing our understanding of aging and developing interventions. Volatile organic compounds (VOCs) in human breath offer a promising, non-invasive approach to biomarker discovery. These compounds, which are by-products of metabolic processes, reflect the physiological state of an individual and can provide insights into the aging process.

Our study investigates the potential of VOCs in exhaled breath as biomarkers of aging. The development of breath-based aging biomarkers could revolutionize the field of gerontology, offering a practical tool for early detection of age-related changes and personalized healthcare strategies.

Dr. Peter Fedichev



Vita

I am a scientist and entrepreneur with over 20 years of experience in academic research and the biotech industry. Currently, I serve as the CEO of Gero.ai, a cutting-edge biotechnology company focused on using AI to understand and combat aging and chronic diseases. We have developed proprietary physics-based machine learning models, known as Large Health Models (LHMs), to analyze human health data and predict health outcomes. My scientific background lies at the intersection of physics and biology, with specific expertise in condensed matter physics, biophysics, and bioinformatics. I have conducted research at the Kurchatov Institute, University of Amsterdam, FOM institute AMOLF (NL), and the University of Innsbruck (Austria). My work has provided key contributions to the theoretical understanding of the aging process, the rate of aging, and the limits of lifespan and age reversion. I am passionate about the joy of discovery, the power of physics to uncover the laws of nature, and the challenge of aging research.

Speech title

Entropy and Epigenetics in Aging Science and how we could maybe “hack” complex dynamic systems and aging using AI.

Abstract

I will explore the intersection of entropy, epigenetics, and aging, an intersection of physics and biology. Are there physical limits to age-reversal? We'll delve into the science of stochastic changes in methylation patterns, the controversial debate around the reversibility of aging, and the impact of entropy on human longevity. I will also give an overview of some of the research that is being conducted in Gero and our thoughts on how AI could be used to “hack” complex dynamic systems and aging.

Prof. Dr. Nir Barzilai



Vita

President at the Academy for Health and Lifespan Research, Director at the Institute for Aging Research at the Albert Einstein College of Medicine and professor in the departments of Medicine and Genetics. He is the director of the Einstein-National Institute of Health (NIH), the Nathan Shock Center of Excellence in the Basic Biology of Aging, an executive of the Longevity Biotech Association (LBA) and he serves on the Healthy Longevity Medicine Society council. Dr. Nir Barzilai is a leader in geroscience, demonstrating in his studies that aging has its own biology that drives age-related diseases, a process that can be targeted. He made seminal discoveries in extending the health and lifespan of animals and discovering pathways for exceptional longevity in humans. He is leading an international effort to approve drugs targeting aging. Targeting Aging with Metformin (TAME) is a specific study conceived by Dr. Barzilai to prove that a single drug can combat multiple diseases associated with aging and get FDA approval for targeting aging. He is also on the American Federation for Aging Research board of directors, where he co-leads its biomarker effort (FAST), TAME, and SuperAgers family study initiative.

Speech title

Gerotherapeutics: “If I could save time in a bottle..”

Abstract

Basic and clinical geroscientists have previously scored FDA-approved drugs for their gerotherapeutic potential (Kulkarni AS, Aleksic S, Berger DM, Sierra F, Kuchel GA, Barzilai N): <https://esmed.org/MRA/mra/article/view/5138>. On a Scale of 12 (6 preclinical and 6 clinical points), the 4 drug classes listed below all ranked 10-12. In each case, a clinical study has demonstrated that while each medication was officially approved for only one disease, data exists demonstrating ability to prevent other disease conditions, as well as overall mortality.

| Gerotherapeutic | Hallmarks of aging | Preclinical healthspan | Preclinical lifespan | Human healthspan | Human mortality | Score (out of 12) |
|------------------------|--------------------|------------------------|----------------------|------------------|-----------------|-------------------|
| SGLT2 inhibitors | 2 | 2 | 2 | 3 | 3 | 12 |
| Metformin | 2 | 2 | 2 | 3 | 3 | 12 |
| Bisphosphonates | 2 | 2 | 1 | 3 | 3 | 11 |
| GLP1 receptor agonists | 2 | 2 | 1 | 3 | 3 | 11 |



FDA-approved drugs have proven their safety and efficacy and have been out for many years (metformin for 8 decades). Furthermore, SGLT-1 inhibitors, metformin and GLP1 receptor agonists have all been repurposed. For example, metformin has previously been repurposed (without FDA approval) for obesity, PCOS, prediabetes, and acute COVID-19. Repurposing is legal when prescribed by a licensed physician to a fully informed patient. Given the growing evidence that these licensed and widely prescribed drugs exert pleiotropic effects attenuating varied biological hallmarks of aging, we propose that physicians can consider prescribing gerotherapeutics as secondary prevention for older adults.

Nir Barzilai is also the author of “Age Later: Health Span, Life Span, and the New Science of Longevity.”

Prof. Dr. Maria A. Blasco



Vita

Scientific Director of the Spanish National Cancer Research Centre (CNIO). Head of the Telomeres and Telomerase Group (CNIO). Maria A. Blasco is a molecular biologist devoted to the study of telomeres and telomerase and their role in cancer and aging. Blasco has merited vast recognition, both national and international. She was the recipient of the EMBO Gold Medal in 2004. She has also been distinguished with the European Association of Cancer Research “Young Investigator Award” (2002), the Joseph Steiner Award (2003), the Rey Jaime I Prize for Basic Research (2007), the Körber European Science Award (2008), the Spanish National Research Award in Biology Santiago Ramón y Cajal (2010) as well as the Premio Jaume I. Blasco has received four Doctorate Honoris Causa in Spain: Universidad Carlos III of Madrid (2014), Universidad of Alicante (2017), Universidad of Murcia (2018) and Universidad Internacional de Valencia (2022). In October 2017 received the Generalitat Valenciana Scientific Award. Blasco has been an editor and monitoring editor of different scientific journals, as Cancer Research and Journal of Cell Biology, as well as member of several national and international Scientific Committees. In 2020 also became a member of the Board of Trustees of Museo del Prado (Madrid, Spain). In 2022, was appointed as Member of the Board of Trustees and President of the Scientific Advisory Board of the ICAR Foundation (International Center for Aging Research) (Valencia – Spain), as well as Member of the Advisory Board of FECYT. She also was designated Full Member (Académica de Número) of the Royal Spanish Academy of Pharmacy (Madrid –Spain). In 2023, she has been appointed as member of the Advisory Council Fundación Valenciana Rei Jaume I (Valencia).

Speech title

Delaying and reversing aging and age-related diseases

Abstract

It will be important to intervene in human aging. Aging is not yet a recognized target for drug development or for treatment, but the spectacular progress made in recent years to increase longevity in model organisms, including in mammals, indicates that it will be important to develop rational strategies for intervening into human aging. There is now much more investment than there was in 2013, also 300.000 articles were published since then on aging and longevity, more than during the entire last century. We are now closer to applying basic knowledge to new ways of treating diseases. In my speech I will give an overview of some of the most promising research that is being conducted today.

Dr. Aubrey de Grey



Vita

Dr. Aubrey de Grey is a biomedical gerontologist based in Silicon Valley, California, USA, and is the founder, President and Chief Science Officer of LEV Foundation, a biomedical research and advocacy charity focused on repairing the molecular and cellular damage of aging. He received his BA in computer science and Ph.D. in biology from the University of Cambridge. His research interests encompass the characterization of all the types of damage that constitute mammalian aging and the design of interventions to repair and/or obviate that damage. Dr. de Grey is a Fellow of both the Gerontological Society of America and the American Aging Association and sits on the editorial and scientific advisory boards of numerous journals and organizations. He is a highly sought-after speaker who frequently gives talks at scientific conferences, universities, companies in areas ranging from pharma to life insurance, and to the public.

Speech title

Taking rejuvenation research to escape velocity

Abstract

People are living longer - no longer because of reduced child mortality, but because we are postponing the ill-health of old age. But we've seen nothing yet: regenerative medicine and other new therapies will eventually be so comprehensive that people will stay truly youthful however long they live, which means they may mostly live very long indeed. Advances in this direction by my research teams and others have sharply accelerated in recent years, and at LEV Foundation we are combining them to identify a panel of interventions that promise to deliver the ultimate goal of biomedical gerontology: longevity escape velocity. I will discuss the latest results of this work, which is currently the world's only study combining several rejuvenation interventions in middle-aged mice.

Prof. Dr. Vera Gorbunova



Vita

Vera Gorbunova is an endowed Professor of Biology at the University of Rochester and a co-director of the Rochester Aging Research Center. Her research is focused on understanding the mechanisms of longevity and genome stability and on the studies of exceptionally long-lived mammals. She pioneered the comparative biology approach to study aging and identified rules that control the evolution of tumor suppressor mechanisms depending on the species lifespan and body mass. She also investigates the role of Sirtuin proteins in maintaining genome stability. More recently the focus of her research has been on the longest-lived rodent species the naked mole rats and the blind mole rat. Dr. Gorbunova identified high molecular weight hyaluronan as the key mediator of cancer-resistance in the naked mole rat. Her work received awards from the Ellison Medical Foundation, the Glenn Foundation, American Federation for Aging Research, and from the National Institutes of Health. Her work was awarded the Cozzarelli Prize from PNAS, the prize for research on aging from ADPS/Aliaz, France, Prince Hitachi Prize in Comparative Oncology, Japan, and Davey prize from Wilmot Cancer Center.

Speech title

The process of aging across different species. A comparative approach.

Abstract

Our research focuses on Aging, DNA repair, and Cancer. Aging is one of the biggest mysteries of biology. "Why we age?" is a basic biological question, and at the same time it is highly medically relevant. Aging is associated with the accumulation of mutations and genomic instability. Animal species differ dramatically in their aging rates and susceptibility to age-related diseases. Comparative studies on animals with different maximum lifespans (MLS) can be used to identify the molecular mechanisms that explain this disparity. Studying rodents (phylogenetically related with a 10-fold difference in MLS), bats (exceptional longevity compared to body size), and the bowhead whale (MLS > 200 years) allows us to identify such health- and lifespan-extending mechanisms. This knowledge enables the development of interventions to prevent, delay, or cure age-related diseases in humans. In my speech I will give an overview of our work with a focus on some of the most interesting discoveries that we have made across different species.

Yuri Deigin



Vita

Yuri Deigin is a longevity biotech entrepreneur specializing in early-stage translation of scientific breakthroughs into therapies, particularly in the CNS space: previously, Mr. Deigin has led several early-stage pharmaceutical startups, including one developing an Alzheimer's therapeutic, and another developing small-molecule neuroprotectors for Alzheimer's, Parkinson's, and a rare pediatric disease. Currently, Mr. Deigin is leading YouthBio Therapeutics,

which is developing epigenetic rejuvenation gene therapies based on partial cellular reprogramming by Yamanaka factors.

Speech title

Partial reprogramming gene therapies for Alzheimer's and brain rejuvenation

Abstract

The rapid evolution of partial cellular reprogramming, from a groundbreaking concept to the verge of clinical application, underscores its transformative potential for addressing aging and neurodegenerative diseases. This talk delves into the therapeutic promise of partial reprogramming, with a particular emphasis on Alzheimer's disease and brain rejuvenation, drawing from seminal studies and recent breakthroughs. By leveraging the transient expression of Yamanaka factors (OSKM or OSK), partial reprogramming has demonstrated remarkable potential to reverse epigenetic aging, rejuvenate gene expression profiles, and restore tissue function, all while preserving cellular identity. Studies have highlighted its efficacy in mitigating hallmarks of aging across multiple tissues, improving systemic health, and extending lifespan in murine models. In neurodegenerative contexts, targeted approaches have shown significant improvements in memory, cognitive resilience, and protection against Alzheimer's-like pathology. These findings reveal a therapeutic window where rejuvenation can be decoupled from risks such as dedifferentiation, making partial reprogramming a compelling candidate for safe intervention. The presentation will also tackle key translational challenges, including the optimization of factor combinations, the development of brain-specific delivery mechanisms, and the integration of safety features through advanced gene circuit design. Evidence from pioneering studies on vision restoration, skeletal muscle regeneration, and disease recovery will further illustrate the systemic rejuvenation potential of partial reprogramming, laying the groundwork for its future clinical applications.

Sebastian Brunemeier



Vita

Sebastian A. Brunemeier is a biotech VC and company builder focused on longevity regenerative medicine. He is Co-Founder and General Partner of Healthspan Capital, and CEO and Founder of ImmuneAGE Bio, focused on immune system rejuvenation. Over the last 5 years, he has co-founded 4 longevity biotech (“LongBio”) companies with a total equity value of \$600M. He was Co-Founder and Chief Investment Officer at Cambrian Biopharma,

Co-Founder and COO of Samsara Therapeutics, and Principal at Apollo Health Ventures (the first and largest aging-focused venture capital fund in the world with \$200M AUM). Altogether, these organizations have raised ±\$400M in the last 4 years. He was a Fulbright Fellow on the biology of aging, a Skaggs-Oxford Scholar at the Scripps Research Institute, and a SENS Foundation Scholar at the Buck Institute for Research on Aging. His education includes dropping out of DPhil (PhD) training in biochemistry of aging at the University of Oxford as a Clarendon Scholar and he holds a Master’s in Life Science Business Management and Molecular Neuroscience from the University of Amsterdam as an Amsterdam Excellence Scholar. He served as trustee of the British Society for Research on Aging, a mentor at The New York Academy of Sciences, and as an advisor or board member to: VitaDAO/Molecule.to, Equator Therapeutics, Revivo Therapeutics, and McKinsey & Company.

Speech title

Building and Investing in the LongBio Sector

Abstract

Longevity biotech (LongBio) is the future of medicine. It will be one of the largest industries ever, with profound benefits to individual wellbeing and society overall. The question is how long it will take — right now, progress isn’t nearly fast enough. The longbio field urgently needs capital and talent to avert the global demographic aging crisis (Silver Tsunami). This talk will cover the science, ecosystem, and investment opportunities in LongBio and regenerative medicine.

Prof. Dr. Steve Horvath



Vita

Dr. Horvath is a biogerontologist, whose research lies at the intersection of several fields including epigenetic biomarkers of aging, preclinical and clinical studies, genomics, epidemiology, and comparative biology. Dr Horvath is a principal investigator at Altos Labs (American biotechnology research company). He and his UCLA colleagues published the first epigenetic clock for saliva in 2011. In 2013, he published the first pan-tissue clock, also known as the Horvath clock. Recently, he presented a universal clock that applies to all mammals. The recipient of several awards, he has been on Clarivate's annual list of the world's most influential scientific researchers every year since 2018.

Speech title

Interventions to Reverse Epigenetic Aging in Humans: Evidence and Implications for Healthspan

Abstract

Epigenetic clocks have emerged as valuable tools in vitro and preclinical research and are increasingly applied in human interventional studies to measure biological aging. This presentation will explore two key questions:

- > Which interventions have been shown to influence epigenetic aging clocks in humans?
- > What evidence supports the notion that reversing epigenetic age can predict improvements in human health span?

By examining current studies and evidence, the talk will provide insights into the potential of epigenetic age reversal as a biomarker for extending health span.

Philosophers

Milutin Stanisavljević *Miles*



Vita

Founder and president of the Eureka Conference, president of the international society for classical music art projects, founder and director of Miles Solutions, a company working in the spheres of management consulting, events, data protection and digital transformation. Milutin Stanisavljević *Miles* was born in Serbia, raised between Serbia, Germany, Great Britain and the United States continuing his prolonged journeys into various countries around the world during and after his studies. He wrote his master thesis in philosophy on the topic of evil, which he continued to research for

more than 15 years in an interdisciplinary fashion between the fields of philosophy, psychology and theology. Today he lives in Stuttgart, as a philosopher and entrepreneur, father of 4 children and husband to the classical musician Antonina Krymova. He is a cosmopolitan, a fundamentally convinced democrat, member of the liberal democratic party (FDP), active in the spheres of international and national politics. He carries his philosophical work out in the Socratic tradition through dialogues. This led to him obtaining a long-standing circle of close friends with whom he debates all parts of our reality and our human existence within it, from which many ideas spring, among others also his idea for the creation of the Eureka Conference.

Dr. Patrick Linden



Vita

Patrick Linden is a Swedish philosopher, known for his exploration of the philosophy of time, death, and radical life-extension. He has taught for nearly a decade at New York University and has written the book “The Case Against Death” (MIT Press 2022), where he advocates for the value of life extension and discusses the ethical considerations of death. Linden argues against the common view that death is inevitable and natural, suggesting instead that it is an unjust deprivation of life’s potential, both for the individual and for society. Originally

from Sweden, he has had an extensive academic journey, studying at Lund University and then moving internationally, including teaching stints in London, California, Miami, and New York. His works engage deeply with the philosophical aspects of life and death, challenging the traditional beliefs about the end of life and our cultural acceptance of aging as a form of indignity.

Martin Lipovšek



Vita

Martin Lipovšek, MPhil, have been active in longevity field for many years. He is a founder and a president of the Society for Vital Life Extension of Slovenia, an NGO where he had organized more international scientific conferences in Ljubljana and many public events. He is a board member of the International Longevity Alliance, a world-wide umbrella organization for grassroots longevity organizations. Lipovšek finished his master thesis on longevity and political philosophy of John Rawls's liberalism. He is doing his PhD research at the University of Ljubljana on the topic of longevity, transhumanism and phenomenological philosophy.

Musicians

Stanislav Dimitrov (Pianist)

performing solo on the 1st day of the Eureka Conference



Vita

Stanislav Dimitrov was born in Bulgaria and is an interesting, versatile and virtuoso concert pianist who enjoys the status of the audience favorite on the classical music scene. Through his bright and honest, charismatic and playful nature, he ensures on the one hand great enthusiasm with exciting and cheerful pieces. On the other hand, with moving interpretations of slow and rich pieces, he also brings every audience to a halt. At Stanislav Dimitrov's concert, you are so taken that you can at the same time investigate the deepest depths of your soul and the farthest reaches of our world. He won many prizes, such as the Grand Prix at the Reinhold Glière Piano Competition in St. Georgen 2016, the 1st prize at the 5th International Competition "Heirs of Orpheus" in Albena, and many more.

Eva Wenniges (Mezzosopran) & **Antonina Krymova** (Pianist, Organist)

performing as a duo on the 2nd day of the Eureka Conference



Vita

Eva Wenniges appeared as a soloist in concerts internationally. In April 2023 she had the honor to perform at the UN in Geneva in Switzerland and was invited twice to sing a recital at *Piadena International Music Festival* in Bergamo, Italy. In China she wins acclaim with her recitals, singing German "Lieder" as well as Chinese repertoire. She gave her debut at the Shanghai Concert Hall with the Schubert recital "A great passion" and toured 25 cities in China with a drama concert about Clara Schumann. In the pandemic crisis she published a touching video with the piece "Erbarme dich" by J.S. Bach (had more than 800.000 views).



Vita

Antonina Krymova is a Russian pianist, educated at the St. Petersburg Conservatory, who after her studies evolved into an organist and continued her education in Stuttgart. She specialized on historical organs, toured Germany and Europe and won numerous competitions, before taking a longer break to give birth to and raise 4 children. During this time, she became a founding member of the international society for classical music art projects. During the pandemic and later the war in Ukraine she involved herself in various projects, concerts and performances with the aim to promote peace and cooperation.

Trio Schnittke (Andrej Jussow, Jewgeni Schuk, Vatche Bagratuni)

performing as a trio on the 3rd day of the Eureka Conference



About

Alfred Schnittke, one of the greatest composers of the second half of the 20th century, shaped and inspired the European music landscape with his sounds and concepts for four decades and created numerous works for orchestra, ballet and film. As a member of the chamber orchestra "Moscow Soloists" under the direction of Yuri Bashmet, our violinist Evgeny Schuck had the privilege of meeting the Russian-German composer Alfred Schnittke.

This experience had a profound impact on him and he still describes it today as "full of unforgettable moments". Above all, however, Alfred Schnittke influenced everyone through his work and so we unanimously decided to name our piano trio after him. In doing so, we want to honor him and his work, underline his importance for the music world and particularly highlight his chamber music work. The widow of the deceased composer, who lives in Hamburg, Germany, gave her blessing and consent to the naming of the Trio.



Prof. Jewgeni Schuk (violinist)

He was born in Moscow in 1960 and comes from a famous Moscow family of musicians. At only 23 years of age, Schuk took over the position of concertmaster in the Moscow Philharmonic Orchestra, a position he held for five years. In 1990, Schuk accepted the offer to become the first concertmaster of the Stuttgart State Theater. He has held this position to this day, for over 30 years. He is a breathtaking violinist and a charming gentleman.



Vatche Bagratuni

The cellist, Vatche Bagratuni was born in Yerevan, Armenia and comes from a family of famous musicians and artists. He has performed in a variety of venues in the former Soviet Union, Europe, Asia, North and South America. He performs as a cellist in the Stuttgart State Orchestra and gives solo and chamber music concerts in European capitals. He is a deeply inspired and inspiring musician with an entirely artistic nature.



Andrej Jussow

Born in Ukraine, raised in Germany, Andrej Jussow received international recognition as a pianist at an early age. He is a docent at the University of Karlsruhe and a pianist at the Stuttgart State Orchestra, a founding member of the international society for classical music art projects and simultaneously an impressive and breathtaking and sensitive and charming man and pianist.

Organization Committee

Alexander Tietz-Latza (Cooperations)



Vita

Alexander Tietz-Latza is a lawyer, 43 years old and works for the National Parliament of Germany (Bundestag). He is a member of the regional assembly Rheinland for the Green Party (Bündnis 90/Die Grünen). His political work focuses on the spheres of health, prevention, seniors and european investment into research. As the director of the International Longevity Alliance (ILA) he advocates innovative approaches to promote longevity and healthy aging. In the Eureka Conference Organization Committee, he is a member of

the Cooperations department and responsible for networking with individuals and institutions from all around the world, interested in partnering up with us.

Dr. Natalia Sevchenko (Cooperations)



Vita

Dr. Natalia Sevchenko, with a background in Computer Science and Cognitive Psychology, is dedicated to advancing the frontier of longevity through innovation and advocacy." Since 2019, she has been actively volunteering with international organizations dedicated to the principles of radical life extension. In 2021, she founded the non-profit organization GFAF (Gesellschaft zur Förderung der Altersforschung), where she continues to serve as Chairperson. GFAF focuses on promoting aging research and

making cutting-edge scientific discoveries accessible to a broad audience. In the Eureka Conference Organization Committee she is a member of the Cooperations department and responsible for networking with individuals and institutions from all around the world, interested in partnering up with us.

Dennis Catalano (Communications & Marketing)



Vita

Mr. Catalano is a German dancer and choreographer with Italian roots, who discovered his passion for dance at the age of 6. He started learning carnival dancing and later learned classic and jazz techniques as well as acrobatics and partnering. He then specialized in hip-hop and with his crew „The Messengers“ he became a two-time German champion at HipHop International. He had appearances at the world Hip-Hop Dance Championship in the USA, at The Voice of Germany, at Milan Fashion Week and at the European Football Championship. In the Organization Committee of the Eureka Conference, he is part of the Communication and Marketing team and responsible for choreographing and leading a flash mob in Stuttgart during a special dancing marketing event.

Sandra Borst (Communication and Marketing)



Vita

Ms. Borst is a student of informatics and marketing at the University of Reutlingen. As a member of the organizing team of the first Eureka Conference, she is committed to raising public awareness to the challenges of aging and the opportunities offered by aging longevity research. She is responsible for communication and marketing inside the Organization Committee.

Ioanna Solomonidou (Coordination)



Vita

Ioanna Solomonidou is a mother of 2 daughters, a pianist und an organist. She has performed at over 200 classical music concerts and has organized several projects inside Miles Solutions, where she works in the position of assistant to the director. In the Eureka Conference, she is the coordinator of communication and work inside and between the Program Committee and the Organization Committee.

Vibor Travaš (Organization & Logistics)



Vita

Vibor Travaš was born in Rijeka, Croatia and is a world traveler who has settled in Fellbach, near Stuttgart, where he works in the city archive, as a voluntary fireman and a helper and curator in the museum. He has abundant organizational experience in various spheres and is a founding member of the International association of classical music arts projects. As the head of the Organization & Logistics department he is responsible for a flawless organizational and logistical functioning of the conference.

Elisabeth Sachs (Organization & Logistics)



Vita

Elisabeth Sachs was born as the 8. child in a family that had 9 children. She was educated as an industrial clerk, worked for 30 years and raised 4 children. Since 2022 she is working part time during her pension. At the Eureka Conference she is a member of the Organization & Logistics department and shares responsibility for a flawless organizational and logistical functioning of the conference. She is also responsible for overseeing senior interns in the Organization Committee.

Moritz Pohl (Organization & Logistics)



Vita

Moritz Pohl is from Austria and a student of medical engineering. He felt disconsolate by the issues of aging and death ever since he was a child. Reading a book by Aubrey de Grey he felt instant joy by discovering that there are actually trying to achieve some progress on these issues, and so he started engaging in various initiatives. As a member of the Organization & Logistics department at the inaugural Eureka Conference he shares the responsibility for a flawless organizational and logistical functioning of the conference and is also responsible for overseeing student interns in the Organization Committee.

Dipl.-Ing. Alexandar Bencun (IT)



Vita

Mr. Bencun is a software engineer (front-end engineer) and co-founder and director of code crew, a digital transformation company. He was born and raised in Serbia and today lives in the northern part of Germany with his wife, a medical doctor. In the Organization Committee of the Eureka Conference, he has the position of the head of the IT department, responsible for ensuring an overall flawless digital experience by all speakers, philosophers, members of the organization committee and of course all conference participants before, during and after the conference.

Strahinja Stamenković (IT)



Vita

Mr. Stamenković is a software developer from Serbia, currently living in Niš. He is also the administrative director at code crew, a digital transformation company. He is an experienced all-rounder in web-based technologies. As a part of the conference organization team, Mr. Stamenković is dedicated to ensuring an overall flawless digital experience by all speakers, philosophers, members of the organization committee and of course all our conference participants before, during and after the conference.



Eureka Conference

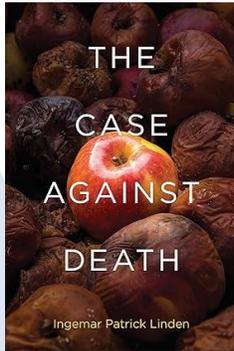
Where Philosophy meets Research

6.

Book and documentary recommendations

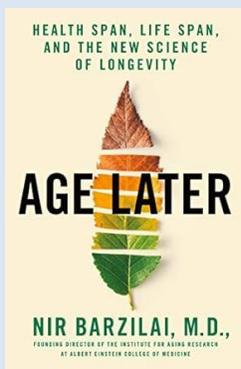
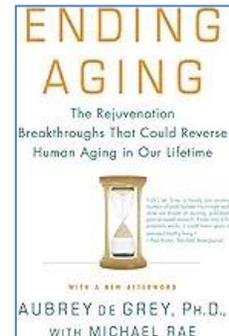
**Aging and Longevity, 10.10.–12.10.2025,
New Palace Stuttgart, Germany**

Book recommendations for those entering this research field



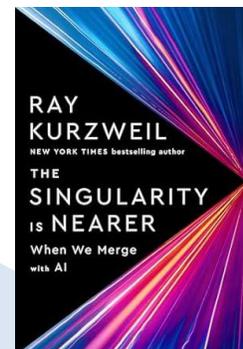
Title: **The case against Death**
Author: Ingemar Patrick Linden
Publisher: The MIT Press
Year: 2022

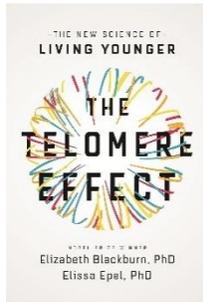
Title: **Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime**
Authors: Aubrey de Grey and Michael Rae
Publisher: St. Martin's Griffin
Year: 2007



Title: **Age Later - Health Span, Life Span, and the New Science of Longevity**
Author: Nir Barzilai
Publisher: St. Martin's Press; Illustrated Edition
Year: 2020

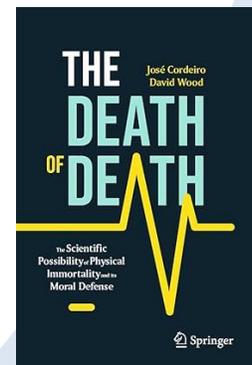
Title: **The Singularity Is Nearer: When We Merge with AI**
Author: Ray Kurzweil
Publisher: Viking
Year: 2024





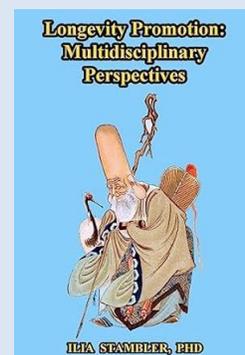
Title: The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer
Authors: Elizabeth Blackburn, Elissa Epel
Publisher: Orion Spring
Year: 2017

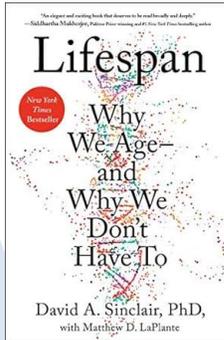
Title: The Death of Death: The Scientific Possibility of Physical Immortality and its Moral Defense
Authors: José Cordeiro and David Wood
Publisher: Springer
Year: 2023



Title: Ageless – The New Science of Getting Older without Getting Old
Author: Andrew Steele
Publisher: Bloomsbury
Year: 2020

Title: Longevity Promotion: Multidisciplinary Perspectives
Author: Ilia Stambler
Publisher: CreateSpace
Year: 2014





**Title: Lifespan: Why We Age—
and Why We Don't Have To**

Authors: David Sinclair and Matthew D. LaPlante

Publisher: Thorsons

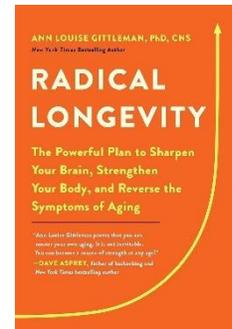
Year: 2019

**Title: Radical Longevity: The Powerful Plan to Sharpen Your Brain,
Strengthen Your Body, and Reverse the Symptoms of Aging**

Author: Ann Louise Gittleman

Publisher: Hachette Go

Year: 2021



Documentary recommendation

We have created a cooperation with the team behind the documentary “longevity hackers”, that features several of our conference speakers and other very prominent and active people who are in favor of increasing investment into the research in this field and public awareness for the results that have been made already.

Edward Norton narrates the documentary; the filmmaker is Michael Siewersky. All other information, also on where the movie can be watched, you may find here:

<https://www.longevityhackers.tv/>



Eureka Conference

Where Philosophy meets Research

7.

Tickets and fees

**Aging and Longevity, 10.10.–12.10.2025,
New Palace Stuttgart, Germany**

Tickets and Fees

The Eureka Conference is a connected three-day event, hence only tickets for complete participation are sold. In the fee included are all lectures and discussions, mini concerts of classical music, food and beverages, a conference program and name tags.

Single ticket fee

Regular fee: 777 Euros

Early bird fee: 555 Euros (for purchases until the 15th of May 2025)

Fee reductions

Double ticket (5% fee reduction)

Special fee reductions

There is a possibility of receiving a special fee reduction on a ticket in connection to financial difficulties and special circumstances. If you would like to apply for a reduction, please state your case in no more than 150 words and send it to pc@eureka-konferenz.de. Applications for reductions need to be made at the latest by the 1st of April 2025.

Ticket purchase (online)

To purchase a ticket online, go to our official conference website:

www.eureka-konferenz.de

Ticket purchase (via phone call)

Wednesdays and Thursdays from 08.30 to 14.30 CET and Fridays from 08.30 to 12.30 CET you may purchase tickets via phone call on the number +49 (0) 1573 / 928 72 12.

Conference program and name tag

You may collect your conference program and name tag on the first day of the conference (10.10.2025) in the New Castle of Stuttgart. The Conference office opens at 14:00 o'clock.

Cancellation conditions

Cancellations are to be made via E-Mail at post@miles-solutions.de

For cancellations until the 28th of February, 80% of the fee amount is refunded.

For cancellations until the 31st of May, 50% of the fee is refunded.

For cancellations until the 31st of August, 25% of the fee is refunded.

For cancellations after the 31st of August, no refunds are possible.



Eureka Conference

Where Philosophy meets Research

8.

The Archimedes reserve

**Aging and Longevity, 10.10.–12.10.2025,
New Palace Stuttgart, Germany**

The Archimedes reserve

Thoughts behind the Archimedes reserve

Our plan is to organize Eureka Conferences in the New Palace in Stuttgart every year and to democratically select the next year's topic during the last day of each conference. The New Palace offers 400 seats, 40 of which need to be reserved for researchers, philosophers and members of the organization committee, which leaves 360 tickets each year that can be purchased by participants. This raises three organizational questions that need to be addressed. The first question is, is there a way for a participant to reserve a ticket in advance before a topic has been democratically selected? The second question is, could such a reservation be cancelled, if one realizes not to be interested in the democratically selected topic? And the third question is, could there be a way to create such a flexible reservation option free of charge? Thinking about these questions, since I like to be on the safe side and free from unnecessary charges and costs, I came up with a flexible and free solution and named it the „Archimedes reserve“.

How does the Archimedes reserve work?

155 € are collected from you through a SEPA direct debit mandate one week before a Conference starts, that is 10 days before the topic for the next year's Eureka Conference has been democratically selected. This payment is proof of your interest and guarantees you the possibility to purchase a ticket once the next Eureka Conference has been prepared and tickets are offered for purchase (which will usually happen in March of each year).

When purchasing your ticket, the amount of 155 € is then subtracted from the total cost of your ticket. This means you will have reserved your ticket in advance free of charge.

And if you decide not to participate at the next Eureka Conference, then you can simply cancel your Archimedes reserve free of charge until the 31st of March each year. You can cancel your Archimedes reserve for a single year and thereby preserve your Archimedes reserve for the year after, or you can cancel your Archimedes reserve entirely. It is up to you.

How to obtain an Archimedes reserve?

The Archimedes reserve guarantees to the holder the possibility to purchase a Conference ticket. Applications for and cancellations of the Archimedes reserve are done via E-Mail, sent to: archimedes.reserve@eureka-konferenz.de



Eureka Conference

Where Philosophy meets Research

7.

Next year's conference

**Aging and Longevity, 10.10.–12.10.2025,
New Palace Stuttgart, Germany**

Next year's Eureka Conference?



Milutin Stanisavljević *Miles*, philosopher, president and founder of the Eureka Conference, in his cabinet in Stuttgart during his daily routine - reading and thinking deeply about our reality and its meaning. He has following thoughts to share with all those who are already thinking about the topic for next year's Eureka Conference: *"Although there is still so much about this reality we don't understand, as humans we are continuing to do an indescribable amount of work and to dream an innumerable number of dreams in*

all societal spheres all over this world. If we stop for a moment and look at what others are working on and what they are dreaming about, and if we do so with decency, we may enrich their and our lives. Life is of course about you, but it is also about me and everyone else, it is about every single one of us. Being decent is not only a necessary precondition for a life well lived, but also for every good idea for a conference topic, that can be critically debated."

Democratic selection of topics (rules for the 3-round voting process)

During the last day of each Eureka Conference all participants have the chance to suggest topics for our next year's Eureka Conference on their own mobile phone via a special link provided on the last day of the conference. All suggestions become instantly visible for all conference participants who can directly vote on them in the 1st round of the voting process. The 5 topics that receive the most votes are presented officially in the final session of the conference and then all participants vote on these 5 topics in the 2nd round of the voting process. The 2 topics that receive the most votes go in the final 3rd voting round and the topic that wins that round becomes the next year's topic.

Who was Archimedes?

Archimedes was an ancient Greek mathematician, engineer and inventor who lived in Syracuse from 287 BC to 212 BC. He made various deep mathematical and engineering discoveries and based on these various achievements, such as calculating the area of a circle, the volume of a sphere, getting water to flow upwards through his spiral, building the largest ship of the time “the Syracusia” and making sure it floats on water and much, much more...



What does Eureka mean? Eureka means “I found it” and over the centuries it has come to symbolize the exhilaration of discovery. Discovering something previously unknown, also in the context of solving a puzzle that occupies our minds, can be understood as having a “Eureka-moment”. Eureka is connected to **Archimedes** and it has been said, that he yelled it upon solving the puzzle of the **crown of suspicion**.

The crown of suspicion

Archimedes was called upon by King Hiero of Syracuse to solve a puzzle of trust and betrayal. The king, suspicious that his golden crown might have been adulterated with cheaper metals by the jeweler during production, sought a way to uncover the truth without destroying the beautiful object. It was a seemingly impossible task — how does one discern what materials the crown is made from, without altering its form?

Archimedes wrestled with the problem. Days turned into nights, frustration mounting. Then, one day, as he lowered himself into a bath, he observed the water rising around him. And there it was – the spark. He realized that any object submerged in water displaces an amount of water equal to its own volume, because of **the upward force of water**, which Archimedes discovered. And he remembered that different metals have different densities and hence that the same weight of two different metals can have a different volume. The solution to the king’s puzzle now lay clear before him: if he measured the water displaced by the crown and compared it to the water displaced by an equal weight of pure gold, any discrepancy would reveal whether the crown was adulterated. Overcome with this revelation, Archimedes is said to have leaped from the bath, crying “*Eureka! Eureka!*” (I have found it!), running thereby naked through the streets. It was a moment of pure intellectual triumph. Archimedes’ theory was put to the test, and it turned out that the jeweler kept some gold for himself. Believing he could cheat the king, the jeweler received a death sentence.

The upward force of water & the Syracusia

King Hiero envisioned the largest vessel the ancient world had ever seen—the *Syracusia*. It was to be a floating palace and a demonstration of the power of Syracuse, carrying not only passengers and cargo but the king’s legacy of grandeur. Yet such a ship, massive beyond precedent, faced a fundamental question: could it float, or would it sink under its own weight? Archimedes knew that no object ever really “sinks” or “floats” on its own, but that the water has an upward force of its own. This means that water either moves around an object, escaping its weight and letting it sink, or simply stays under the weight of an object, whereby its upward force enables the object to float on its surface. He knew everything can float, if the upward force of water is utilized correctly. By applying his insight, Archimedes calculated the ship’s dimensions, balanced its ballast, and designed systems to stabilize it. Through careful calculation and engineering he ensured the ship’s buoyancy and the “*Syracusia*” did float, becoming a marvel of its time.

Our Eureka logo – the buoy

We chose a buoy as our logo, because it draws attention to the essence of what a Eureka moment is, it is a fundamental insight into the fabric of nature itself. We chose our specific buoy that looks like a light house and has a cross in its centre, because a discovery can only act as a light house if our pursuit of truth is balanced with decency and humility. The discovery of buoyancy made the *Syracusia* float, but could just as easily have sunk it. We believe, that when we yell Eureka (I have found it), we must also ask “what might others do with it” and “what safeguards could be created”? Archimedes used his knowledge to also create war machines that caused a lot of deaths. He himself was murdered by enemy soldiers of *Syracusia* who stormed the city not realizing that he was the genius of Syracuse they were ordered to capture alive.

Aging, Longevity and Life-extension

A debate about the future of life.

10.10. – 12.10.2025

Stuttgart, Germany (New Palace in the city center)



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