

The Secret To **LOOKING YOUNGER** & **HEALTHIER** Explained! | Dr. David Sinclair

Source: [Dr Rangan Chatterjee Clips](#)

In this interview with Dr. Rangan Chatterjee, David Sinclair explains the secret to looking younger and feeling healthier.

David Sinclair, a Harvard professor and author of *Lifespan: Why We Age – And Why We Don't Have To*, is a revolutionary thinker and ground-breaking scientist who's on a mission to make you younger. He is one of the world's leading scientific authorities on longevity, aging, and how to slow its effects.

Watch the FULL CONVERSATION HERE: