

UNSEALED

The Immortality Files

Personal longevity physician, GHB sleep protocol, metformin gospel, 17-scientist funding pipeline.

Unsealed Research Team

2019

*Attia prescribed livalo/metformin/ubiquinone longevity stack, Camm managed GHB sleep protocol
CC'd to Thiel, Nikolic forwarded foundational senolytics paper*

The Immortality Files: Epstein's War on Death

A database-driven investigation into anti-aging medicine, cryonics, longevity pharmacology, and the life extension infrastructure hidden in the Epstein email archive.

Database: 73,994 email threads from the DOJ Epstein document release + kabasshouse curated intelligence **Method:** Full-text search across all messages, cross-referenced with financial records, calendar entries, and curated documents **Key finding:** Epstein employed a personal longevity physician who made house calls, used a GHB sleep protocol managed with input from Peter Thiel's health advisor, took metformin for anti-aging, was briefed on cryonics by multiple associates, and maintained a curated list of 17 life extension scientists as prospective funding targets — while his own body documented the biological clock he was racing against

Part I: "Protecting Yourself FROM Nature Is the Essence of Longevity"

In June 2015, Jeffrey Epstein wrote to his physician Peter Attia with a philosophical statement that captures his entire approach to aging:

■ *"conjecture - natural . is good when you are young. natural is bad when you are old . . proecting yourself FROM nature is the essence of longevity. your metformin is probably right on. .. you ve convinced me . I want to look to my ancestors only before the age of 40. after i want to look to modern science."*
— Jeffrey Epstein, June 21, 2015 ([EFTA02353720](#))

This wasn't idle musing. By the time Epstein wrote these words, he had already:

- Enrolled in George Church's Personal Genome Project, growing his own cell lines in liquid nitrogen
- Banked sperm at California Cryobank for at least three years
- Distributed 42+ DNA kits across his global network
- Been briefed on senescent cell research, parabiosis, and cryonics
- Hired a longevity physician to design a "super longevity package" for him

Epstein's war on death was not abstract. It was clinical, pharmacological, and funded.

Part II: Peter Attia — The Longevity Physician

In May 2015, Eva Dubin — wife of hedge fund billionaire Glenn Dubin — introduced Jeffrey Epstein to Dr. Peter Attia, then president of the Nutrition Science Initiative (NuSI)

and already developing his reputation as the preeminent longevity physician for the ultra-wealthy.

■ *“Peter and Jeffrey, Here is your email introduction. I think you would enjoy meeting each other.”*
— Eva Dubin, May 27, 2015 ([EFTA02357039](#))

Within days, Attia was arranging lab work at Epstein’s home:

■ *“I’ve just asked my lab in Richmond, VA to send a kit to Jeffrey’s address at 9 E 71. Separately, I’m sending the paperwork to the same address. When they both arrive, please let Ciera know and we’ll schedule our phlebotomist to come out to Jeffrey’s home or office to do the blood draw. The whole thing takes a little over 2 hours.”*
— Peter Attia to Lesley Groff, June 2, 2015 ([EFTA02076817](#))

The Pharmacology Strategy

After reviewing Epstein’s blood work, Attia prescribed a specific medication stack:

■ *“password is myhdl. attia suggested livalo, ubiquone, trilipix, metformin + big nutrition/exercise overhaul.”*
— Jeffrey Epstein, June 29, 2015 ([vol00009-efta00852949-pdf](#))

- **Livalo** (pitavastatin) — a statin for cholesterol
- **Ubiquinone** (CoQ10) — a mitochondrial supplement commonly paired with statins
- **Trilipix** (fenofibric acid) — for Epstein’s chronic hypertriglyceridemia (500 mg/dL for 15 years)
- **Metformin** — primarily a diabetes drug, but increasingly studied as an anti-aging compound

This wasn’t just treating disease. This was a longevity protocol.

The Manifesto

Attia wasn’t shy about his ambitions:

“You and I are 100% aligned on that. Wait till I fill you in on my pharmaco strategy... Once we see your results, the fun starts. That said, the greatest first line medicine — as corny as this sounds — is what you eat. **My goal is to combine the best evidence of diet/sleep/exercise/drugs/hormones into a super longevity package. Did I ever send you my manifesto?**”

— Peter Attia, June 22, 2015 ([EFTA02353720](#))

Attia sent the manifesto. Epstein’s response:

“I sent larry summers your manifesto this morning.”

— Jeffrey Epstein, June 22, 2015

The next morning, Attia pressed Epstein to schedule:

“When shall we finish discussion around your longevity?”

— Peter Attia, July 12, 2015 ([EFTA02344222](#))

“People Come to Me for Their Health”

In his most revealing message, Attia drew a direct parallel between his work and Epstein’s:

“I need more info. I hope you can have the bloodwork in time for my next trip so we can discuss with whiteboard handy... I was thinking about it after I left... we have something in common (besides our appreciation for O-visas!): **People come to you for a low fanfare, below the radar desire to compound their wealth. People do the same with me for their health.**”

— Peter Attia, June 8, 2015 ([vol00009-efta00854969-pdf](#))

“Below the radar” longevity. That was the product Attia was selling — and Epstein was buying.

Calendar entries confirm Attia’s nurse Nakema Autry made house calls for blood draws at Epstein’s Manhattan residence ([EFTA00285034](#)). Attia planned visits to Zorro Ranch (“I def’n want to make the pilgrimage”) and was in Epstein’s inner-circle contact list as late as January 2018 ([EFTA02540965](#)).

Attia also used Epstein as a gatekeeper to power. In June 2015, he asked:

“do you think Bill G would be interested in our work? I have never put much effort into this, assuming there was no chance given lack of overlap.”

— Peter Attia, June 12, 2015 ([EFTA02499385](#))

Epstein brokered introductions between Attia, Joi Ito (MIT Media Lab), and Reid Hoffman (LinkedIn). In February 2026, Attia resigned from CBS News after his Epstein connections became public.

Leon Black and “The Masters of the Universe”

Attia wasn’t just treating Epstein. Epstein was building Attia’s client base. In June 2015, Epstein asked Attia to send a second blood draw kit — for **Leon Black**, the Apollo Global Management co-founder:

“next wed or thurs for blood, send another kit, for leon black. **my idea is to get you in front of the masters of the universe, they are all out of shape**”

— Jeffrey Epstein, June 10, 2015 ([EFTA02499139](#))

Clomid — The Failed Testosterone Experiment

By February 2016, Epstein had tried **Clomid (clomiphene citrate)** — a fertility drug sometimes prescribed off-label to boost testosterone — and abandoned it:

“what did my results say to you. I stopped the clomid the water retention and fat around the waist made it as if i was pregnant. and STUPID.”

— Jeffrey Epstein, February 2016 ([EFTA02472066](#))

Attia followed up: “Meaning you got WORSE after you stopped clomid?” Harry Fisch, the urologist, had previously asked: “No. How long have you taken clomid?” ([EFTA02475900](#)). The drug had been sourced from “Chelsea’s Drug store across the street” — 50mg tablets.

The Last Briefings

As late as August 2018, Attia was sending Epstein his podcast newsletter about **rapamycin and mTOR**: “For anyone that knows me, there’s not much more I like thinking about than rapamycin, mTOR, and longevity” ([EFTA02256465](#)). In November 2018, Attia emailed Epstein his podcast episode featuring **David Sinclair** on sirtuins, NAD, and the epigenetics of aging ([EFTA02262769](#)).

In January 2019 — seven months before Epstein’s arrest — an NMN/NAD article from Sinclair’s lab was forwarded to Epstein’s inbox ([EFTA02629045](#)). The longevity pipeline was

active until the end.

Part III: The Medical Team

Attia was only one physician in a larger medical infrastructure surrounding Epstein.

Dr. Bruce Moskowitz — Palm Beach

Bruce Moskowitz, M.D. served as Epstein's primary care physician in Palm Beach (1411 N. Flagler Drive, Suite 7100, West Palm Beach). The archive reveals extensive medical management:

Lab work and diagnostics: Moskowitz ordered blood panels, monitored Epstein's testosterone (125 ng/dL in October 2017, against a normal range of 260+), tracked his cholesterol, and arranged frozen blood specimen processing ([vol00009-efta00626975-pdf](#)).

Sleep study: In June 2014, Moskowitz ordered a home sleep study for Epstein using Nova-som equipment, with coordination across Florida and New York ([vol00009-efta00367343-pdf](#)).

Cancer Nutrition Consortium: Moskowitz co-founded this public foundation (501c3) comprising eight research centers including Mayo Clinic, Johns Hopkins, Dana Farber, NYU, and Cedars-Sinai — developing nutritional products for cancer patients. Epstein was connected to the consortium through Moskowitz ([EFTA02709657](#)).

Dr. Woodson Merrell — Integrative Medicine

Dr. Woodson Merrell tracked Epstein's comprehensive blood panels dating back to at least 2004:

■ *"PSA was 0.54... Prior results were: 0.64 in May 2006, 0.5 in Jan 2004. Testosterone in 2008 (approx same as prior years) below normal with free 32.8 (nl>50), total 172 (nl>260). All other hormone tests normal: FSH, LH, IgF1, DHEA-S, Progesterone, Prolactin."*

— Woodson Merrell, June 2008 ([b61a6d542f9036550ba9c401c80f00ef](#))

Epstein's testosterone was chronically low — documented across at least a decade of testing. This would become a recurring theme.

Part IV: The Patient File — Epstein's Body as Battlefield

The archive reveals Epstein's own health conditions in his own words — a man whose body was falling apart while he funded the world's most advanced biological research.

In July 2016, Epstein sent an associate a remarkably detailed medical summary:

“spinal stenosis. 8mm. pseudo claudication upon walking 1/4 mile. need to bend over to relieve it... I have possible sleep apnea. sinus polyps. allergic to cats, trees, grass, rast and skin test. hypertriglycerides, 500 for 15 years. (double negative gene) cholesterol 190. blockage less than 50%. angioedema twice in two years once a month ago, took medrol pack to reduce swelling.”
— Jeffrey Epstein, July 31, 2016 ([EFTA02348796](#))

And at 3am, to Bruce Moskowitz:

“as you can see from the time stamp my sleep pattern is not wonderful. I am hesitant to start a regimen of hormones. my low testosterone has been there for 15 years.”
— Jeffrey Epstein, April 24, 2015 ([EFTA02404148](#))

In June 2015, Epstein shared his labs with Attia:

“Please give some thought Total cholesterol 198 . Hdl 24 testosterone 121 parathyroid 75 ca 9'6 trig 525 however same for 20 years”
— Jeffrey Epstein, June 8, 2015 ([vol00009-efta00854969-pdf](#))

HDL of 24 is critically low (normal is >40). Testosterone of 121 is severely deficient. Triglycerides of 525 are dangerously elevated.

In August 2017, Epstein wrote what amounts to a complete medical self-summary — likely for a new physician:

“age 64. doctors bruce moskowitz, rony shemony, eva. recently lethargic. last year gonorrhea (ceftriaxone, erythromycin, keflex). clomid. lipitor. vit d. fola prol (missing folic acid gene). hypertriglyceridemia, double gene, 500 for 20 years. crestor, niacin. cholesterol 200. low hdl 26. low test 115... four cases of angio edema in two years. tachycardia at altitude. cialis or adcirca. bowels slow, citrucel or magnesium.”
— Jeffrey Epstein, August 29, 2017 ([vol00009-efta01036743-pdf](#))

A neurologist responding to this summary suspected **hereditary angioedema** (C1 inhibitor deficiency) as a “smoking gun” connecting multiple symptoms ([EFTA02348796](#)).

This was the body of a man who funded longevity research to cheat death — while his own biology was in open rebellion.

Part V: GHB and the Architecture of Sleep

One of the most striking revelations in the archive is Epstein's managed GHB protocol — designed specifically to optimize growth hormone release during sleep.

In September 2014, **Jason Camm** — described as a health advisor — sent Epstein a detailed clinical memo about benzodiazepines, sleep architecture, and growth hormone:

“Benzodiazepines act on similar receptors to GHB. Whilst they are both CNS depressants, Benzo’s actually reduce the amount of stage 3 and 4 sleep (deep sleep associated with growth hormone release and memory consolidation) to almost negligible levels. GHB, as we have discussed before, is actually a potent initiator of stage 3 and 4 sleep.”
— Jason Camm, September 14, 2014 ([EFTA02387645](#))

Camm noted that Epstein was already using **Ambien (Zolpidem)** on nights he didn’t use GHB, and recommended a three-night sleep study measuring sleep architecture with and without **Xyrem** (pharmaceutical-grade GHB). He referenced a prior “Metamed report” — MetaMed was a personalized medicine startup funded by Peter Thiel.

The same day, Peter Thiel responded on the thread:

“Quick feedback from my on-staff health expert... Last night was a lot of fun, as always!”
— Peter Thiel, September 14, 2014 ([EFTA02387645](#))

This wasn’t recreational drug use. This was a clinically managed sleep optimization protocol, designed to maximize the body’s natural growth hormone production — a key mechanism in the anti-aging pharmacopoeia. And it was shared between Epstein and Thiel’s medical networks.

Part VI: The Metformin Gospel

If Attia was the prophet, metformin was the sacrament. Epstein didn’t just take it — he evangelized it.

To Ed Boyden, the MIT neuroscientist:

“dont forget the metformin, for insulin resistance. it is supposedly a wonder drug.”
— Jeffrey Epstein, April 20, 2017 ([EFTA02652224](#))

Boyden thanked him:

“Thanks for the metformin reminder! So far my immediate family has avoided diabetes by diet choice, but for my other relatives, I’ll let them know.”
— Ed Boyden, April 24, 2017

When **Nadia** sent Epstein an article titled “The Diabetes Drug That Could Be an Anti-Aging Miracle” alongside information about **Elysium Health’s BASIS** supplement (an NAD+ precursor marketed by Nobel Prize-winning scientists), Epstein’s response was dismissive — of her age, not the science:

“Too young for you”
— Jeffrey Epstein to Nadia, April 13, 2016 ([EFTA02467376](#))

By 2017, metformin had become a fixture in Epstein’s worldview — not as a diabetes drug, but as a longevity intervention. The TAME trial (Targeting Aging with Metformin), proposed by Dr. Nir Barzilai at Albert Einstein College of Medicine, was the first FDA-approved clinical trial to test a drug for “aging” rather than a specific disease. Epstein was tracking this space.

Part VII: The Vampire Memo — Senolytics and Young Blood

On November 2, 2011, the journal *Nature* published a landmark paper from the Mayo Clinic: Jan van Deursen’s team had genetically engineered mice to destroy their senescent cells — the zombie cells that accumulate with age and damage surrounding tissue. The results were dramatic: delayed cataracts, preserved muscle fiber, youthful body composition.

Boris Nikolic — a venture capitalist and former science advisor to Bill Gates — forwarded the paper to Epstein:

“Being around old — even if these are your own cells can’t be good for you! It is a breakthrough...”
— Boris Nikolic, November 6, 2011 ([EFTA02031516](#))

Epstein’s response was characteristically dark:

“*LOVE how it starts: ‘Memo to mature, health-minded vampires: You might want to consider limiting your treats to victims under age 30.’ Jee was right all along!!!!!!!!!!!!!!*”

— Jeffrey Epstein, November 5, 2011

“Jee” — JE — Jeffrey Epstein. He was claiming vindication. The van Deursen paper would go on to launch the entire field of senolytics — drugs designed to clear senescent cells from the body. Unity Biotechnology, co-founded by van Deursen, raised over \$300 million to commercialize the approach.

Young Blood

The senescent cell memo was part of a broader obsession with young blood. Barry Josephson wrote:

“*All you need is a blood transfusion from the pack and you reverse aging!!*”

— Barry Josephson, January 5, 2016 ([EFTA01801501](#))

In October 2017, an associate curated a list of 17 scientists for Epstein’s attention. At the top:

“*1. Tony Wyss-Coray (Stanford) — Youth, aging, parabiosis, biomarkers*”

Wyss-Coray’s Stanford lab had demonstrated that transfusing young blood plasma into aged mice reversed cognitive decline — work that launched Alkahest, a company developing plasma-derived therapeutics for aging. Epstein was being specifically briefed on this research.

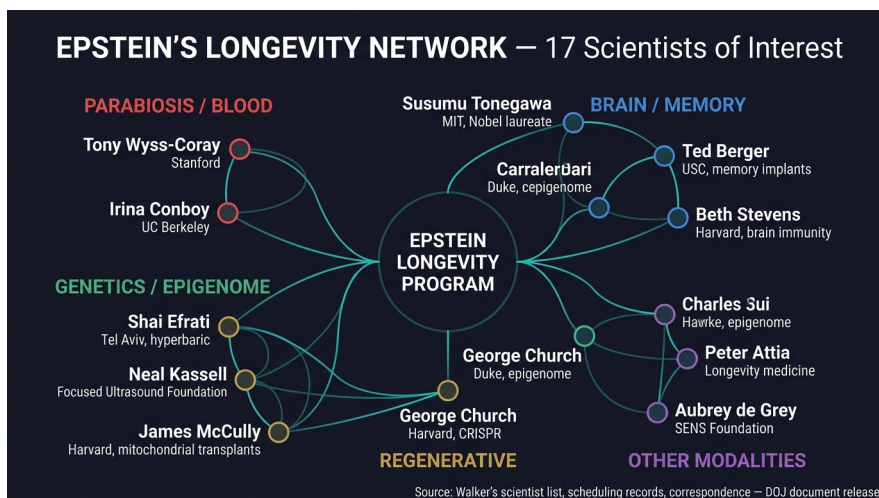
Part VIII: The Scientists of Interest

The full October 2017 list reveals the breadth of Epstein’s life extension ambitions — a curated funding target list covering the frontier of anti-aging science:

#	Scientist	Institution	Field
1	Tony Wyss-Coray	Stanford	Parabiosis, aging biomarkers
2	Susumu Tonegawa	MIT	Memory, false memory
3	Beth Stevens	Harvard	Glia, brain immunity and aging

#	Scientist	Institution	Field
4	Michael Levin	Tufts	Morphogenetic code
5	David Issadore	U Penn	Diagnostic “tricorder” devices
6	Edward Botchwey	Georgia Tech	Advanced cell manufacturing
7	Ted Berger	USC	Memory implants
8	Baljit Khank	UCLA	Brain circuitry
9	David Barker	UW	Designer proteins
10	Irv Weissman	Stanford	Stem cells
11	Klaus Ley	La Jolla Institute	Vaccines beyond infectious disease
12	Charles Gersbach	Duke	Programming the epigenome
13	Michael Schwartz	Weizmann	Neuroimmuno gatekeeping
14	Eran Elinav	Weizmann	Personalized nutrition, microbiome
15	Shai Efrati	Tel Aviv University	Hyperbaric medicine
16	Neal Kassell	FUS Foundation	Focused ultrasound
17	James McCully	Harvard/Boston Children’s	Mitochondrial transplants

Source: ([EFTA02361620](#)), October 3, 2017



This is not a general science interest list. It is a longevity investment pipeline: parabiosis, epigenome programming, stem cells, memory implants, mitochondrial transplants, hyperbaric medicine. The sender included budget codes (C2, C4, C240) next to each entry — suggesting these were being evaluated for specific funding amounts.

Part IX: Health Nucleus — Craig Venter’s \$25,000 Physical

In late 2016, Epstein inquired about **Health Nucleus** — the executive health screening service created by J. Craig Venter’s company Human Longevity Inc. The experience offered whole-body MRI, full genome sequencing, metabolomics, and microbiome analysis for approximately \$25,000.

Health Nucleus responded with three separate emails:

“Welcome to the future of human health. I’m a concierge from Health Nucleus, following up on your inquiry. Thank you for being proactive about your personal health by requesting more information... Let’s schedule some time to talk in more detail. We can find out if you are a candidate for the Health Nucleus experience, and, if so, we can book an appointment for your one-day, immersive genetic testing and health screening.”

— Anthony O’Connell, Health Nucleus, December 29, 2016 ([EFTA02365853](#))

O’Connell followed up again in January 2017 ([EFTA02358393](#)) and March 2017 ([EFTA02381470](#)). The persistence of Health Nucleus’s outreach — three emails over three months — suggests Epstein had expressed genuine interest but hadn’t committed.

Venter himself appeared in Epstein’s network through Edge Foundation events: John Brockman’s master class invitations consistently listed both Epstein and Venter alongside Jeff Bezos, Sergey Brin, Bill Gates, Larry Page, George Church, and other tech billionaires ([EFTA02538781](#)).

Part X: The Epigenetic Clock

In April 2014, a full Nature article on **Steve Horvath’s epigenetic clock** appeared in Epstein’s email archive — the most significant aging biomarker discovery of the decade:

“As a teenager in Germany, Steve Horvath, his identical twin Markus and their friend Jorg Zimmermann formed ‘the Gilgamesh project’, which involved regular meetings where the three discussed mathematics, physics and philosophy. The inspiration for the name, Horvath says, was the ancient Sumerian epic in which a king of Uruk searches for a plant that can restore youth.”

— Nature 508, 168-170, April 10, 2014 ([EFTA01800803](#))

Horvath’s algorithm used 353 DNA methylation sites (CpG sites) to calculate biological age with a median error of just 3.6 years — far more accurate than telomere length (correlation

0.96 vs 0.5). The article noted that a five-year acceleration in epigenetic age corresponded to a **15% increased mortality risk**.

The article's presence in Epstein's archive — sent as a complete, carefully formatted text rather than a link — indicates someone in his network flagged it as essential reading. The connection to Horvath's teenage "Gilgamesh project" — a quest to restore youth — would not have been lost on Epstein.

Part XI: Rapamycin, Autophagy, and the Drug Pipeline

In May 2015, an associate pitched Epstein on rapamycin — the immunosuppressant drug that had shown remarkable anti-aging effects in animal studies:

“Jeffrey, are you familiar with ‘autophagy’? Basically cell cleaning to get rid of ‘poop’ (easiest way I can think of to describe it). Apparently, rapamycin (sirolimus) has been shown to slow aging and solve neuro-degenerative disorders in mice and fruit flies. My friend is in town this weekend if you have any interest in meeting to hear his research theory (he’s still working on the paper). Trying to figure out a way to make money from it — Pfizer holds the patent on Rapamune which is only approved for kidney transplants.”
— Associate to Epstein, May 27, 2015 ([EFTA02077324](#))

This pitch — presented as both science and business opportunity — is characteristic of how longevity research was framed in Epstein's world: not as humanitarian work, but as a market to be captured.

Part XII: Deepak Chopra and the Telomerase Retreat

Even Epstein's relationship with Deepak Chopra had a longevity dimension. In February 2017, Chopra invited Epstein to his wellness center's programs:

“Perfect Health — which I do not teach — is great for rejuvenation and included daily massages — the girls or even you would enjoy it. **It changes entire genome activity and telomerase in 1 week.**”
— Deepak Chopra, February 19, 2017 ([EFTA02385261](#))

Chopra was also integrating microbiome research, offering Rob Knight (the UC San Diego microbiome researcher) as a speaker at his “Journey into Healing” program. The blend of evidence-based science and wellness marketing was precisely calibrated for Epstein's

interests.

Part XIII: Cryonics — Alcor, Nectome, and Preserving the Mind

While Epstein ultimately chose burial over cryopreservation, the archive reveals sustained interest in the technology through multiple channels.

Joscha Bach's Assessment

In April 2018, Joscha Bach — the AI researcher and frequent Epstein correspondent — met with the CEO of **Nectome**, a brain preservation startup, and reported back:

“While in SF, I have met Robert McIntyre (the CEO of Nectome) and spent an evening with him. I got the impression that he is sincere and smart, but Nectome is just a two people show at this point, with a 2M runway. **I don’t believe that they have a meaningful shot at reviving people, but then, nobody really does.** At the moment, they seem to be trying for the much smaller market of transhumanist funeral rites, but since they only share it with **Alcor** even that might work out.”
— Joscha Bach, April 15, 2018 ([EFTA02470197](#))

Sam Altman — now CEO of OpenAI — had reportedly paid \$10,000 for Nectome’s waiting list. Bach was positioning Nectome against Alcor Life Extension Foundation as competitors in the brain preservation market — and briefing Epstein on both.

The Cryonics Decision Framework

Seven months earlier, Bach had used cryonics to illustrate Bayesian decision-making to Epstein:

“I have recently learned that people that subscribe for Cryonics (freezing one’s head or body in the hope to be revived when future technologies make it possible) assign a **lower probability** to that it works than the general population. But whereas ‘normal’ people tend to make binary models about the world: something is ‘probably not going to work, so let us not bother’, many of the Cryonics folks will argue that **paying \$500 a month for a 1% chance of immortality seems like a bargain.**”
— Joscha Bach, August 26, 2015 ([EFTA02488879](#))

Epstein pushed back on the probabilistic framing:

“probabilities vs similarities. I suggest you take care with the concept of probabilities which really requires repetition, symmetry, and independence.”

The Brain Joke

By late 2018, cryopreservation was casual social currency in Epstein’s circle:

“your connections are limitless!!! ... I told him you were the hardest brain to cryopreserve because going so fast always it must overheat!!”

— Gianni Serazzi, November 29, 2018 ([EFTA02613159](#))

Marvin Minsky and Alcor

The Alcor Life Extension Foundation connection ran through **Marvin Minsky** — the MIT AI pioneer who served on Alcor’s scientific advisory board. Minsky was a regular at Epstein’s intellectual salons, appeared on at least two Epstein-associated flights (March 2001), and his daughter Margaret emailed Epstein directly ([EFTA02714591](#)). When Minsky died in January 2016, his brain was preserved at Alcor — precisely the technology he had discussed in Epstein’s orbit.

Part XIV: “De Grey Is a Showman Only”

Epstein wasn’t indiscriminate in his life extension enthusiasm. He had clear opinions about who was serious and who was not.

In February 2006, Stephen Kosslyn forwarded Epstein a magazine article about Aubrey de Grey — the flamboyant Cambridge gerontologist who founded the SENS Research Foundation and claimed aging could be “cured.” Church weighed in with a scientific response.

Epstein’s verdict was swift:

“great article... **de grey is a showman only**... what is noteworthy is how many people he can excite.. the work on *c. elegans*, is much more exciting, but lacks public impact... can we do both”

— Jeffrey Epstein, February 27, 2006 ([738eb56c27495ced50e8c41a7366d9bc](#))

In one email, Epstein revealed his evaluation framework: de Grey was a showman, but the *C. elegans* aging research (worm genetics that would inform much of modern longevity science) was “much more exciting.” Epstein wanted both — the public excitement and the real

science. This hierarchy — preferring Church’s methodical work over de Grey’s evangelism — explains why Epstein’s money went to Harvard, not to SENS.

Victoria Stodden, a researcher in Epstein’s circle, captured the tension in September 2009:

“I think immortality is so seductive it’s got these guys a bit mesmerized, but I like that people are interested in researching aging.”
— Victoria Stodden ([EFTA02436368](#))

Larry Summers, however, saw the funding angle clearly:

“Anything in pursuit of immortality is easy to fund. Fundamental genius much harder. And it’s cheap. U or someone a megahero for a few million.”
— Lawrence Summers, November 28, 2015 ([EFTA02479585](#))

And in November 2018, the de Grey connection nearly closed. Gianni Serazzi wrote to Epstein:

“Having dinner with Aubrey de Grey... He said he does not know you but would love to meet you.”

Epstein’s response:

“of course, i know of him. im having lunch tomorrow with george church.”
— Jeffrey Epstein, November 29, 2018 ([EFTA02613159](#))

Twelve years after dismissing de Grey as “a showman,” Epstein still knew of him — but preferred to spend his time with Church. The hierarchy held.

Part XV: HGH, Hormones, and the Aging Male Body

The archive documents a pattern of associates seeking Epstein’s guidance on anti-aging hormones — positioning him as a node in a knowledge network around male aging.

In February 2012, “Melanie” wrote:

“HGH, for anti aging. My endocrinologist thinks I should consider it as part of the hormone replacement cocktail. Not a huge downside that I can see. Have you heard or considered?”
— Melanie, February 3, 2012 ([EFTA01841347](#))

Epstein's response:

“when you come to ny, let me and you sit with people who really are the best at this”

Melanie followed up:

“All the rage in the neuro circles right now is a smartening drug currently available over the counter.”

Meanwhile, Harry Fisch — the urologist who had referred Epstein to California Cryobank for sperm banking — was also working with Epstein on testosterone research. Fisch forwarded his blog post on “Increasing a Man’s Testosterone Production” to Epstein and his network ([EFTA01856801](#)).

Epstein's own testosterone — tracked across a decade of lab results — tells the story of a man whose body defied his ambitions:

Year	Testosterone	Normal Range	Source
2004	Not listed	—	—
2008	Total 172, Free 32.8	>260, >50	Merrell
2015	121	>260	Attia labs
2017	125	>260	Moskowitz

Severely low testosterone for 15 years. Epstein acknowledged it — “I am hesitant to start a regimen of hormones” — but funded the scientists who might one day make hormonal decline irrelevant.

Part XVI: The Financial Infrastructure

The kabasshouse financial database reveals the money flowing through Epstein's medical and scientific interests:

Entity	Amount	Direction	Period	Notes
Health & Science Interests II	\$1,773,590	TO Epstein via Mellon Bank	2001–2002	Science investment vehicle

Entity	Amount	Direction	Period	Notes
Regen Medical PC (NYC 10021)	\$453,959.81	Credits TO Epstein	Mar–Sep 2011	16 transactions, largest \$250K
C.O.U.Q. Foundation	\$3,796,963 net	Epstein’s science charity	2006–2010	Conduit for science grants
TMS National Health	\$50,000	FROM Epstein	Apr 2015	Via Scio Verum Corporation
Oxford Health Plans	\$434,296	Insurance premiums	Apr 2016	Staff health coverage
Joe Thakuria / MGH	\$13,000+	FROM Epstein	2013–2014	Genome sequencing + cell cultures
Androcyte LLC	\$200K proposed	Church’s \$10M proposal	2014	Supercentenarian genomes

Health & Science Interests II — a fund channeling \$1.77 million to Epstein through Mellon Bank across 2001-2002 — is the most cryptic entity. The name itself — “Health & Science Interests” — suggests a dedicated vehicle for Epstein’s biomedical investments. Four transactions: \$116,596 (October 2001), \$116,595 (July 2001), \$425,000 (April 2002), \$1,115,399 (October 2002).

The **\$453,959.81 from Regen Medical PC** — a regenerative medicine practice on the Upper East Side — remains unexplained. Sixteen wire transfers flowing *to* Epstein from a medical practice, with the largest single payment of \$250,000 on July 27, 2011.

Part XVII: The AI-Longevity Nexus

For Epstein, artificial intelligence and longevity were not separate interests — they were the same project.

Ben Goertzel — the AI researcher behind OpenCog and later SingularityNET — connected the dots explicitly when Epstein funded his work:

“The goal is to create an AI scientist who can solve these problems vastly better than we can. **Ultimately maybe to become this AI scientist, those of us who want to.**”
— Ben Goertzel, April 15, 2008 ([662d88f17b9221895afec2011df8f274](#))

Epstein funded Goertzel through the Singularity Institute (later MIRI), the C.O.U.Q. Foundation, and direct grants. In January 2013, Goertzel was in New York meeting “someone potentially interested in using OpenCog to help with longevity research” — and scheduled a face-to-face with Epstein at 9 East 71st Street the same trip ([vol00009-efta00398425-pdf](#)).

George Church recommended Ray Kurzweil’s *The Singularity Is Near* directly to Epstein in October 2007 ([c06fc06cf549aa8d](#)). The Singularity — Kurzweil’s prediction that AI would soon surpass human intelligence and solve aging — was the intellectual framework connecting Epstein’s AI and longevity investments.

As Epstein wrote to Attia in June 2015:

“longevity with constant cognitive ability, where the future money is”
— Jeffrey Epstein ([EFTA02499525](#))

Part XVIII: Timeline

Date	Event	Source
Feb 2006	Epstein on Aubrey de Grey: “a showman only... the work on c. elegans, is much more exciting”	738eb56c...
Oct 2007	George Church recommends <i>The Singularity Is Near</i> to Epstein	c06fc06c...
Jun 2008	Woodson Merrell documents Epstein’s testosterone: total 172, free 32.8 (both below normal)	b61a6d54...

Date	Event	Source
Apr 2008	Goertzel to Epstein: “The goal is to create an AI scientist... Ultimately maybe to become this AI scientist”	662d88f1...
Sep 2009	Epstein funds Singularity Institute (OpenCog) via C.O.U.Q. Foundation	vol00009-efta00770125
Sep 2009	Victoria Stodden: “I think immortality is so seductive it’s got these guys a bit mesmerized”	EFTA02436368
Nov 2011	Boris Nikolic forwards Mayo Clinic senescent cell paper — Epstein: “Jee was right all along!!!!”	EFTA02031516
Feb 2012	Melanie asks Epstein about HGH for anti-aging	EFTA01841347
Jan 2013	Goertzel meets someone interested in “OpenCog to help with longevity research,” sees Epstein same trip	vol00009-efta00398425
Apr 2014	Steve Horvath epigenetic clock article in Epstein’s archive — biological age from DNA methylation	EFTA01800803
Jun 2014	Moskowitz orders Epstein sleep study (Novasom)	vol00009-efta00367343
Sep 2014	Jason Camm sends GHB/sleep/growth hormone memo; Peter Thiel CC’d	EFTA02387645

Date	Event	Source
Apr 2015	Epstein to Moskowitz at 3am: “my sleep pattern is not wonderful. my low testosterone has been there for 15 years”	EFTA02404148
May 2015	Associate pitches rapamycin/autophagy for anti-aging; wants to “make money from it”	EFTA02077324
May 2015	Eva Dubin introduces Peter Attia to Epstein	EFTA02357039
Jun 2015	Attia sends blood draw kit to 9 E 71st; phlebotomist house call scheduled	EFTA02076817
Jun 2015	Attia: “My goal is to combine the best evidence of diet/sleep/exercise/drugs/hormones into a super longevity package”	EFTA02353720
Jun 2015	Attia prescribes livalo, ubiquinone, trilipix, metformin — “pharmaco strategy”	vol00009-efta00852949
Jun 2015	Epstein: “protecting yourself FROM nature is the essence of longevity”	EFTA02353720
Jun 2015	Epstein sends Attia’s longevity manifesto to Larry Summers	EFTA02353720
Jun 2015	Attia: “People come to you for a low fanfare, below the radar desire to compound their wealth. People do the same with me for their health”	vol00009-efta00854969

Date	Event	Source
Aug 2015	Joscha Bach: cryonics subscribers argue “paying \$500 a month for a 1% chance of immortality seems like a bargain”	EFTA02488879
Jan 2016	Barry Josephson: “All you need is a blood transfusion from the pack and you reverse aging!!”	EFTA01801501
Feb 2016	Attia’s nurse Nakema Autry draws blood at Epstein’s Manhattan home	Calendar
Apr 2016	Nadia sends metformin anti-aging article + Elysium Health BASIS; Epstein: “Too young for you”	EFTA02467376
Dec 2016	Health Nucleus (Craig Venter) first outreach — “Welcome to the future of human health”	EFTA02365853
Jan 2017	Health Nucleus second outreach	EFTA02358393
Feb 2017	Deepak Chopra invites Epstein to telomerase rejuvenation retreat	EFTA02385261
Mar 2017	Health Nucleus third outreach — “are you still interested?”	EFTA02381470
Apr 2017	Epstein to Ed Boyden: “dont forget the metformin, for insulin resistance. it is supposedly a wonder drug”	EFTA02652224

Date	Event	Source
Oct 2017	“Scientists of Interest” list — 17 longevity researchers curated for Epstein funding	EFTA02361620
Oct 2017	Moskowitz labs: Epstein testosterone 125, pancreatic test normal	EFTA02386700
Apr 2018	Joscha Bach reports on Nectome vs. Alcor for brain preservation	EFTA02470197
May 2018	Moskowitz sends Epstein ketogenic diet / neurovascular function study	vol00009-efta01045495
Nov 2018	Gianni Serazzi: “the hardest brain to cryopreserve because going so fast”	EFTA02613159
Jan 2018	Epstein’s personal VIP list includes both “attia” and “church”	EFTA02540965

Part XIX: What the Documents Don’t Show

“Epstein Was Frozen at Alcor”

False. Jeffrey Epstein was buried at IJ Morris Star of David cemetery in West Palm Beach, Florida, on August 13, 2019. No evidence of any Alcor membership or cryopreservation arrangement appears in the archive.

“Vatican Cryopreservation ‘Like Walt Disney’”

The task description references a viral claim about Vatican cables requesting help to preserve someone “same as Walt Disney.” No such document appears in the Epstein email archive. Walt Disney was cremated in 1966; the persistent urban legend that he was cryogenically frozen is false.

“Epstein Was All-In on Anti-Aging”

Paradoxically, Epstein expressed philosophical skepticism about the very project he funded. In June 2018, responding to an anti-aging article from Harvard researcher Leon Peshkin, Epstein wrote:

■ *“not sure why anti age, is a good thing. a complex system i believe as part of an ecology. would be dangerous to the system so i would be there are many redundancies to make sure people die at the same age as they did during the bible.”*
— Jeffrey Epstein, June 21, 2018 ([EFTA02571042](#))

This is Epstein arguing that aging exists for ecological reasons and that the system has “many redundancies to make sure people die.” The man taking metformin, banking sperm, growing cell lines, and employing a longevity physician was simultaneously arguing that death might be necessary. Whether this was genuine ambivalence or intellectual posturing, it complicates the narrative of a man single-mindedly pursuing immortality.

“Epstein Discovered Immortality”

The archive shows a man pursuing every available longevity intervention — from metformin to GHB sleep protocols to supercentenarian genome sequencing — while his own body documented the limits of that pursuit: chronically low testosterone (121-172 range), dangerous triglyceride levels (525 mg/dL), spinal stenosis, sleep apnea, and angioedema. He died at 66.

“Peter Thiel’s Young Blood Transfusions from Epstein”

No evidence of blood transfusions between Thiel and Epstein or any shared parabiosis protocol. The Thiel connection in the archive is limited to a single thread about GHB sleep optimization and a shared health advisor (Jason Camm).

Part XX: What the Documents Show

The Epstein email archive reveals a 13-year campaign against biological aging — not as philosophy, but as a funded, clinical, pharmacological project managed by multiple physicians and informed by the world’s leading longevity researchers.

What is documented:

1. **Peter Attia served as Epstein’s personal longevity physician** from 2015 onward — making house calls, running blood panels, prescribing a specific drug stack (livalo, ubiquinone, trilipix, metformin), and developing a “super longevity package” of diet, sleep, exercise,

drugs, and hormones. Attia's manifesto was forwarded to Larry Summers.

2. **Epstein used a GHB (Xyrem) sleep protocol** specifically designed to maximize growth hormone release during deep sleep. The protocol was managed by Jason Camm and shared with Peter Thiel's health advisor. This wasn't recreational — it was a clinically monitored anti-aging intervention.
3. **Epstein evangelized metformin as an anti-aging drug** to at least three people in his network: Ed Boyden (MIT), Nadia, and Peter Attia. He wrote "your metformin is probably right on" to Attia in the same email where he articulated his core philosophy: "protecting yourself FROM nature is the essence of longevity."
4. **The Mayo Clinic senescent cell paper** — the foundational discovery in senolytics — was forwarded to Epstein in 2011, four years before senolytics became a recognized field. Epstein's response ("Jee was right all along!!!") suggests he had been discussing cellular aging before the science caught up.
5. **A curated list of 17 scientists** was prepared for Epstein's consideration in 2017, covering parabiosis (Wyss-Coray), stem cells (Weissman), memory implants (Berger), mitochondrial transplants (McCully), epigenome programming (Gersbach), and hyperbaric medicine (Efrati). Budget codes accompanied each entry.
6. **Health Nucleus (Craig Venter's Human Longevity Inc.)** pursued Epstein for their \$25,000 executive health screening three times between December 2016 and March 2017.
7. **Cryonics was actively discussed** as both a practical option (Bach's Nectome/Alcor briefing) and a philosophical framework (Bach's Bayesian argument for a "1% chance of immortality"). Associates joked about preserving Epstein's brain. Minsky — a member of Epstein's circle — served on Alcor's advisory board and had his brain preserved there.
8. **Epstein's own body was failing** throughout this period: testosterone 121-172 (severely low for 15 years), triglycerides 525 (dangerously high), HDL 24 (critically low), spinal stenosis causing pseudo-claudication, sleep apnea, sinus polyps, angioedema. The man funding the world's most advanced longevity research was himself a case study in biological decline.
9. **Epstein articulated his longevity philosophy explicitly**: "longevity with constant cognitive ability, where the future money is." This framing — longevity as an investment thesis, not a humanitarian cause — explains why he funded Church's genome engineering, Attia's pharmacology, and Goertzel's AI in the same portfolio: all paths to the same goal.

The documents show a man who understood, with unusual clarity, that death was a problem to be solved — and who was willing to fund, network, and personally participate in every plausible approach to solving it. That the effort failed is evident in the cemetery where he lies, not in a cryogenic tank.

Report generated from primary source analysis of the Epstein email archive. All EFTA references link to original documents. No editorial interpretation has been added beyond what the emails themselves state.