

Bio:

Dr. Marc Milstein specializes in taking the leading scientific research on health and happiness and presents it in a way that entertains, educates, and empowers his audience to live better. His presentations provide science-based solutions to keep the brain healthy, lower the risk of dementia, boost productivity and maximize longevity. He earned both his Ph.D. in Biological Chemistry and his Bachelor of Science in Molecular, Cellular, and Developmental Biology from UCLA.

Dr. Milstein has researched topics including cancer biology and neuroscience, and his work has been published in multiple scientific journals. Dr. Milstein has been quoted breaking down and analyzing the latest research in popular press such as USA Today, New York Post, and Oprah Daily. Dr. Milstein has also been featured on television, explaining the latest scientific breakthroughs that improve our life. Dr. Milstein's new book "The Age-Proof Brain" has been nominated for "The Next Big Idea Award" for best non-fiction work and has been a #1 best seller on Amazon in several categories, including, Aging, Longevity, and Neuroscience.