

本集内容

The man spending millions trying to reverse ageing 美国企业家花数百万美元试图“逆衰老”

文字稿

Bryan Johnson

"Biologically, I am a few hundred ages. My left ear is 64, my fitness test they say I'm 18. My heart is 37, my diaphragm strength is 18."

布莱恩·约翰逊

“从生理指标上看，我的年龄被测出有几百种结果。我的左耳是 64 岁，体能测试显示我是 18 岁。我的心脏是 37 岁，我的横膈膜强度是 18 岁。”

Tech entrepreneur Bryan Johnson spends millions of dollars a year trying to reverse his biological age. That's the age he seems, not the number of years he's been alive.

科技企业家布莱恩·约翰逊每年花数百万美元试图逆转自己的生理年龄。生理年龄是他看上去的年龄，而不是他的实际年龄。

Bryan Johnson

"I playfully say I'm trying to become like an 18-year-old. My son is 17, and so I always tease him and say: 'When I grow younger, I want to be like you.' If we slowed the speed of ageing, and even reversed it, it would change what it means to be human."

布莱恩·约翰逊

“我开玩笑地说，我正在试着变回 18 岁。我儿子今年 17 岁，所以我总是逗他说：‘等我返老还童了，我想变得和你一样。’如果我们能减缓衰老的速度，甚至逆转衰老的过程，这将改变我们对人类的定义。”

A team of 30 doctors and scientists treat and assess him.

一个由 30 名医生和科学家组成的团队为他提供医护服务并评估他的健康状况。

Bryan Johnson

"Every night, I was getting up one time per night to go to the bathroom. But when I did so, it produced less quality sleep. So, we got this machine to trial could we strengthen my pelvic floor and my bladder, so that I wouldn't get up at night to go to the bathroom. It's been successful."

布莱恩·约翰逊

“以前，我每天夜里都要起来上一次厕所。这样睡眠质量就会降低。所以，我们用这台机器做实验，看能不能强化我的骨盆底和膀胱的功能，这样我就不用起夜上厕所了。结果实验成功了。”

Lara Lewington, BBC Click

"Oh, it's like pins and needles. It's sort of tickling, but tickling in a quite hard, aggressive way."

劳拉·利文顿 BBC Click

“坐在这让我感觉全身发麻。有点像挠痒痒，但挠得很使劲、很厉害。”

Bryan Johnson

"We've made about 22 years of progress in reversing the age of my skin. It takes all these images of your face, and you get about 10 reports on pore size, UV spots, reds, browns. I have significant hearing damage and we're doing some root rejuvenation technologies trying to get my hearing back. Really hard going. It is a game now. It is so much fun to see what progress can be made from one measurement to another."

布莱恩·约翰逊

“我们在逆转我的皮肤老化方面，已经让我的皮肤年轻了 22 年。这台机器可以采集你面部的各种图像，然后得到大约 10 份关于你的毛孔大小、紫外线晒斑，如红斑和棕斑的报告。我的听力严重受损，我们正在用基础的再生技术来试图帮我恢复听力。但确实有难度。现在，整个逆转过程像是一种游戏。真的很有趣，因为能在一次又一次的测量后看到我的身体指标的改善。”

视频链接

<https://www.bbc.co.uk/learningenglish/chinese/features/lingohack/ep-230511>