

# Renowned Physician Dr. Steven Gabriel Unveils Groundbreaking Approach to Slowing the Aging Process

LOS ANGELES, CA, UNITED STATES, February 27, 2025 /EINPresswire.com/ -- [Dr. Steven Gabriel](#), a board-certified Emergency Medicine physician with a fellowship in Anti-Aging and Regenerative Medicine, is challenging the conventional wisdom of aging with a science-backed approach to slowing—and even reversing—the process at the cellular level.

With decades of research in genetics, molecular biology, and emergency medicine, Dr. Gabriel believes that aging is not an inevitable decline but rather a result of cellular information loss and oxidation over time. His innovative methods focus on preserving DNA function, reducing inflammation, and optimizing health to help individuals reclaim their vitality.



Dr. Steven Gabriel, MD

“This isn’t about how long we live—it’s about how great we feel today,” said Dr. Gabriel. “Aging doesn’t have to mean slowing down. By protecting our cells, supporting DNA integrity, and making informed lifestyle and supplement choices, we can dramatically improve our energy, mobility, memory, and overall well-being.”

Dr. Gabriel’s passion for longevity began in 1989 at UCLA, where he majored in Microbiology and Molecular Genetics. His early studies on DNA and telomere shortening set the foundation for his lifelong pursuit of understanding aging at the cellular level. After years in emergency medicine, treating thousands of patients suffering from conditions such as Alzheimer’s, heart disease, and cancer, he turned his focus back to the root causes of aging—oxidation, inflammation, glycation, and environmental toxins.

His research has led to the development of key strategies and products designed to slow the aging process, protect cellular function, and enhance overall vitality. Through his work, he aims



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*Dr. Steven Gabriel, MD*

to empower individuals with cutting-edge science and practical solutions to restore youthful energy and resilience.

"I don't have all the answers yet—this is a journey," said Dr. Gabriel. "But I'm confident that through lifestyle adjustments, and removing harmful toxins, we can slow aging, feel younger, and even rediscover the joy and energy of our youth."

Dr. Gabriel is now sharing his findings and breakthrough

solutions to help others "biohack" their way back to feeling their best. His mission is to redefine aging—not as an unavoidable decline, but as a process that can be managed, optimized, and even reversed.

#### About Dr. Steven Gabriel

Dr. Steven Gabriel, M.D., is a board-certified physician with specialized training in anti-aging and regenerative medicine. After completing his residency at UCLA and fellowship in anti-aging medicine, he has been on a mission to uncover solutions that reverse the aging process at the cellular and genetic level. His expertise has made him a trusted name in wellness and longevity, working with athletes and industry leaders to deliver cutting-edge health solutions.

Dr. Gabriel's passion for optimal health is reflected in his product line, each item designed to support vibrant living and well-being at the molecular level.

For more information, visit <https://drsg.co/>, follow on [Instagram](#), and like on [Facebook](#).

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