

 [theday.co.uk/the-man-who-wants-you-to-to-live-for-ever-4](https://www.theday.co.uk/the-man-who-wants-you-to-to-live-for-ever-4)



Elixir of youth: Bryan Johnson, 46 (front) with son Talmage, 17, behind.

Are you tempted? Multimillionaire Bryan Johnson believes he has found a way to defeat ageing and live forever.

What's happening?

Beep-beep-beep! Bryan Johnson's alarm wakes him at 4.30am as usual. "I'm thirsty," he thinks. "I need a glass of water." But then he remembers — it can't be any old water. First he has to add 125 micrograms of liquid **iodine**. Then there are the eight drops of **manganese**, and a teaspoon of cinnamon... and... and...

This is part of the routine Johnson has worked out with a team of 30 **experts**.

Find out more

The experts tell him what to eat and when. Two thirds of his meals are exactly the same: boiled cauliflower, broccoli, mushrooms, ginger, **lentils** and garlic followed by a pudding of nuts, berries and seeds.

He drinks nothing after 4pm and goes to bed at 8.30pm. He says that at 46 he has the body of an 18-year-old — and believes he can live for ever.

He hopes others will follow his example, so he has started a movement called Don't Die.

Johnson believes that **AI** may one day rule the world. So, he says, it is more important than ever for humans to focus on staying alive as long as possible.

Are you tempted?

Some say

Yes! We should all try to be as healthy as possible. If we can stop getting older we can work together to solve the world's problems.

Others think

No! There is no point in living for ever if you are not having any fun. A diet of broccoli for the rest of your life sounds terrible!

Some people say

"We turn not older with years but newer every day."

Emily Dickinson (1830 – 1886),
American poet

Empty heading

What do you think?

Six steps to discovery

1. Connect

How do you feel about this story? -

Do you like broccoli? Do you know someone very old?

2. Wonder

What questions do you have? - For example: What does Johnson do for fun?

3. Investigate

What are the facts? - Pick out one thing we know for certain about this story and one thing we cannot say for sure.

4. Construct

What is your point of view? - Bryan Johnson invites you to stay with him and eat the same meals. Think about what you would say.

5. Express

What do others believe? - Which is the best vegetable? Talk about it with your classmates.

6. Reflect

What might happen next? - Imagine that Johnson asks you to help promote his lunch. Design a poster making it look as enjoyable as possible.

Glossary

Iodine - A mineral found in some foods.

Manganese - A hard, brittle metallic element. We need it in our bodies in small amounts.

Experts - Someone who knows a lot about a particular subject.

Lentils - A very small dried bean which can be cooked and eaten.

AI - A computer programme that has been designed to think.