

**Dear Rick 13 - The Future of Brain or Body Augmentation**

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**Scott: What about the future of brain or body augmentation?**

Rick: We're right on the cusp of it being cool to not want to die. There's only one celebrity who says he's going to be frozen to be resurrected later. And that's Simon Cowell, and he's well-known for being an asshole. That's no endorsement at all.

It's a creepy thing endorsed by an asshole. It is going to be clear in the next 5-10 years that on the medical horizon there are whole bunch of things that will help people live decades and decades longer. It will become okay and not creepy for people to start embracing that.

There are already groups that are small, and really fringe people, who do whatever they can including caloric restriction, where you eat as much as 40% of the normal American because it slows down aging so that you can live for an extra who knows how long.

But that's starving yourself. It's a horrible way to live. A lot of these people can't sit on a wooden chair because their asses hurt because there's no padding. In the near-near future, people are going to start figuring out or are going to believe, at least, that they can take some control over their aging.

It may be in combination with things like fitness bracelets that right now tell you what your heart rate and your BP are and how many calories you supposedly expended during a day. In the future, it will take on more monitoring functions and allow people who are super conscientious about their health to track more things and to take more care.

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