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# How to Be 18 Years Old Again for Only \$2 Million a Year

Middle-aged tech centimillionaire Bryan Johnson and his team of 30 doctors say they have a plan to reboot his body.

By [Ashlee Vance](#)

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Johnson, 45, is an ultrawealthy software entrepreneur who has more than 30 doctors and health experts monitoring his every bodily function. The team, led by 29-year-old regenerative medicine physician [Oliver Zolman](#), has committed to help reverse the aging process in every one of Johnson's organs. Zolman and Johnson

including the costs of a medical suite at Johnson's home in Venice, California. This year, he's on track to spend at least \$2 million on his body. He wants to have the brain, heart, lungs, liver, kidneys, tendons, teeth, skin, hair, bladder, penis and rectum of an 18-year-old.

experiments, which they collectively call Project Blueprint. This includes strict guidelines for Johnson's diet (1,977 vegan calories a day), exercise (an hour a day, high-intensity three times a week) and sleep (at the same time every night, after two hours wearing glasses that block blue light). In the interest of fine-tuning this program, Johnson constantly monitors his vital signs. Each month, he also endures dozens of medical procedures, some quite extreme and painful, then measures their results with additional blood tests, MRIs, ultrasounds and colonoscopies. "I treat athletes and