HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Therapeutic Plasma Exchange (TPE) for Longevity: Benefits, Safety, and Anti-Aging Science

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Aging gracefully isn't just about looking younger, it's about feeling energetic, maintaining cognitive clarity, and supporting your body's resilience. While lifestyle factors like nutrition, exercise, and sleep are foundational, science is increasingly focusing on *blood-based interventions* to support healthy aging and longevity. One emerging therapy gaining attention is ***Therapeutic Plasma Exchange (TPE),*** also known as plasmapheresis.

Originally used for autoimmune and inflammatory conditions, TPE is now being explored for its potential in longevity, regenerative medicine, and anti-aging interventions.

What is Advanced Therapeutic Plasma Exchange?

Advanced Therapeutic Plasma Exchange involves removing a patient's plasma, the liquid part of blood containing cholesterol, chemicals, plastics, toxins, antibodies, and replacing it with a substitute. This process helps clear inflammatory proteins, autoantibodies, and age-related plasma factors that can drive chronic disease and tissue dysfunction. Advanced Therapeutic Plasma Exchange removes the plasma containing the toxins and replaces it with vital nutrients and immunoglobulins (IVIG) intravenously to ensure oxygenation and vitality of the blood. At Holistique, this advanced form of TPE is provided by Circulate Health, combined with the proprietary supportive protocol Holistique provides around it.

TPE has a strong track record in treating conditions like *Guillain-Barré syndrome, myasthenia gravis, and autoimmune disorders.* Its potential role in *longevity and regenerative medicine* stems from its ability to modulate systemic inflammation and restore a more youthful biological environment.

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Is TPE safe?

Therapeutic Plasma Exchange (TPE) is generally well tolerated when performed by experienced clinicians. Some patients may experience mild, temporary side effects such as lightheadedness, fatigue, low blood pressure, or changes in calcium levels, which are carefully managed with supplementation when needed.

At Holistique, Dr. Darvish and the team of skilled providers from Circulate Health specializing in TPE follow strict safety protocols, including pre-procedure labs, close electrolyte monitoring, and post-treatment follow-up to ensure this therapy is both safe and effective.

TPE and Longevity: What the Research Shows

Recent studies suggest TPE may influence *biological markers of aging*. A 2025 clinical trial tested TPE with or without IVIG found that participants receiving both therapies had an average reduction in biological age of *2.6 years*. TPE alone reduced biological age by 1.3 years. (trial.medpath.com)

The study highlights that TPE can shift systemic immune profiles and lower circulating inflammatory proteins, creating a biological environment more conducive to *cellular repair and regenerative processes.* (pubmed.ncbi.nlm.nih.gov)

Preclinical research also supports these findings, showing that TPE can reduce *senescence-associated secretory factors (SASP)* and other age-elevated proteins linked to chronic inflammation and tissue decline. (nature.com)

How Advanced Therapeutic Plasma Exchange Supports Longevity

TPE may complement other regenerative therapies by:

- **Reducing chronic inflammation and pro-inflammatory cytokines** that accelerates aging
- **Removing pathogenic autoantibodies** in autoimmune conditions
- **Supporting tissue repair** and cellular regeneration
- **Clearing circulatory immune complexes** that activate inflammation
- **Modulating immune function** for better systemic resilience
- **Improving neurological recovery**
- **Removing plasma-bound toxins** like heavy metals, chemicals, environmental pollutants, and metabolic wastes to reduce stress on organs of elimination.

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- **Restoring youthful plasma profiles** by removing senescence-associated secretory factors (SASP), inflammatory cytokines, and extracellular vesicles that impair tissue regeneration; thereby improving plasma health.
- **Supporting mitochondria health,** its repair and energy function, especially when combined with IV nutrition. Patients report increased energy, mental clarity, joint recovery and skin rejuvenation.
- **Reducing biological age and immune burden** by removing toxic stress on aging cells to improve telomere length especially when combined with other regenerative therapies.
- **Improving cognitive function, mood and sleep** as reported by patients often.

By recalibrating the internal environment, TPE allows the body to respond more effectively to stem cell therapy, peptides, and other regenerative medicine interventions.

Integrative Approach at Holistique

At Holistique, we view TPE as part of a personalized, integrative plan rather than a standalone solution. Advanced Therapeutic Plasma Exchange combined immunoglobulins and lifestyle strategies, nutrition, regenerative therapies, and immune support can help optimize longevity and overall vitality.

Our approach focuses on:

- Supporting *immune system balance*
- Reducing *inflammation and oxidative stress*
- Enhancing *tissue repair and cellular communication*
- Removing environmental toxins (plastics, chemicals, heavy metals, etc)
- Integrating Advanced Therapeutic Plasma Exchange with *other regenerative medical therapies* for comprehensive care

At Holistique, Circulate Health provides Therapeutic Plasma Exchange with or without IVIG, while we provide proprietary supportive therapies to optimize the TPE therapy benefits.

Those supportive therapies include:

- Personalized IV Nutrition for mitochondrial and total functional health support
- Personalized peptides for tissue repair and immune modulation
- Oxygenation and ozone therapies for mitochondrial and immune support
- Hormone optimization for metabolic balance and biochemical health
- Immunoglobulins for immune support in those chronically ill
- Functional lab testing to guide personalized care

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Important Considerations

TPE is *not a cure for aging*, and it is not suitable for everyone. Clinical studies on longevity are still in early stages, and long-term outcomes in humans require further research. TPE should be used under specialist guidance and as part of a broader integrative wellness plan.

Key Takeaways

Advanced Therapeutic Plasma Exchange is an exciting tool in the emerging field of *regenerative medicine and longevity science*. By reducing inflammatory and age-related plasma factors, TPE may help support immune balance, cellular repair, and tissue resilience, contributing to healthier aging when combined with a personalized integrative care plan.

If you are interested in exploring Advanced Therapeutic Plasma Exchange and other *regenerative therapies* for longevity, the team at **Holistique** can help you build a safe, individualized longevity plan and coordinate your Therapeutic Plasma Exchange with Circulate Health. Contact us by text or call **(425) 451-0404**.

REFERENCES

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