

## Futurist Jamie Metzl: How genetic engineering could help us live longer

[Jamie Metzl](#) is a technology and healthcare futurist and geopolitical expert, novelist, entrepreneur, media commentator, and Senior Fellow of the Atlantic Council.

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Longevity.Technology: How do you see genetic engineering contributing to the field of Longevity and later-life therapies?

Jamie Metzl: All interventions will need to be based on when is the optimal moment for taking an action. Some types of interventions will most profitably occur at the early stage of an egg cell or pre-implanted embryo. Other interventions could happen most efficiently when cells begin to differentiate after a pregnancy is formed, then there will be, a whole series of interventions like gene therapies that people will get over the course of their lives that are designed to achieve different results.

There'll be many hacks, some of them will be genetic.

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The sophistication of our tools is increasing daily and there will come a time when the sophistication of our tools exceeds the complexity of our biology, and there will be a whole range of interventions that feel like science fiction now but will become increasingly possible over time.

**Read full, original post:** [Hacking Longevity: Exclusive with Jamie Metzl](#)