

THE SCIENCE OF AGING GRACEFULLY

Explore More

Participant Resource Guide | Week 4

How to use this guide

These resources are optional. Choose what interests you most. Watch a short TED Talk, listen to a podcast during a walk or drive, read an article, or explore a book in more depth.

Resource titles are active links. Click an underlined title to open it.

WEEK 4: The Mind-Body Connection

Hormones and aging, immunity and inflammation, hearing and balance, the gut-brain-immune connection, vaccines, nutrition, sleep and stress, Long COVID, rheumatoid arthritis, osteoarthritis, and practical strategies for aging well.

BOOKS

- **SUZANNE'S PICK** [The Complete Idiot's Guide Glycemic Index Cookbook — Joan Clark-Warner, M.S., R.D., CDE & Lucy Beale](#)

A practical low-glycemic cooking resource with more than 325 recipes. It explains the glycemic index and offers everyday ideas for building meals that have a gentler effect on blood glucose.

- [The Good Gut — Justin Sonnenburg, Ph.D. & Erica Sonnenburg, Ph.D.](#)

Two Stanford microbiome researchers explain how the gut microbiota interacts with diet, immunity, metabolism, and health. A useful companion to our discussion of the gut-brain-immune connection.

LISTEN

- **SUZANNE'S PICK** [Arthritis Foundation: Arthritis Explained](#)

An accessible conversation about what arthritis is, what it is not, and how osteoarthritis differs from inflammatory forms of arthritis. Includes practical discussion of treatment and living well with joint disease.

- [Arthritis Foundation: Rheumatoid Arthritis Explained](#)

A clinician-guided overview of rheumatoid arthritis as an autoimmune disease, including how it affects the joints and the rest of the body, how it is treated, and ways people can manage it.

WATCH

- **Matt Walker: Why Sleep Matters Now More Than Ever**

Sleep scientist Matt Walker connects sleep with memory, immune health, mood, and whole-body functioning—and shares practical ways to improve sleep.

- **Stefanie Malan-Muller: The Brain in Your Belly**

A clear introduction to the gut-microbiota-brain axis and the ways microbes in the digestive system communicate with the brain and influence health.

- **National Institute on Aging: Sleep and Older Adults**

A short expert video on why sleep remains essential for physical and cognitive health in later life.

- **National Institute on Aging: Older Adults and Hearing Loss**

A concise visual explanation of age-related hearing loss and why hearing changes matter in everyday life.

READ

- **National Institute on Aging: Sleep and Older Adults**

A practical overview of how sleep changes with age, why sleep still matters in later life, and strategies that can support better sleep.

- **National Institute on Aging: Beyond the Brain — The Gut Microbiome and Alzheimer's Disease**

A readable look at emerging research on the gut-brain axis, aging, diet, the microbiome, and brain health—while making clear where the science is still developing.

- **National Institute on Aging: Hearing Loss — A Common Problem for Older Adults**

Explains common causes of age-related hearing loss and why hearing changes matter for communication, cognition, social connection, safety, and fall risk.

- **National Institute on Aging: Vaccinations and Older Adults**

A consumer-friendly guide to why vaccination remains important in later life and which vaccines older adults may need to discuss with a health care professional.

- **CDC: Long COVID**

Current public-health information on Long COVID, including symptoms, risk, diagnosis, and the reality that recovery can look very different from one person to another.