



Abundant Health Physical Medicine Releases Educational Video on How Aging Affects the Body's Natural Repair Processes

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Abundant Health Physical Medicine has released an educational video resource examining the biological processes behind the decline in the body's repair capacity after age 30 and the role of regenerative medicine approaches. The video, titled "The Hidden Reason You're Aging Faster Than Your Age" was published on August 14, 2026, through the clinic's official channel and features commentary from Dr. Sinan Gocmen, D.C., a chiropractor and regenerative medicine specialist at the practice in Davenport, Iowa.

In the video, Dr. Gocmen outlines that biological aging involves a gradual loss of the body's ability to repair itself rather than simply the passage of chronological time. He notes that this reduction in repair capacity begins after age 30 as key systems start to function less effectively. The presentation references research describing aging as a progressive loss of physiological integrity that leads to impaired function and greater vulnerability. Everyday cellular damage, protein breakdown, and DNA errors occur routinely, yet the systems responsible for addressing these issues diminish over time.

Four specific repair systems are identified in the discussion as beginning to decline after age 30.

Mitochondrial efficiency decreases, resulting in reduced energy production and increased cellular waste. Chronic low-grade systemic inflammation rises, accelerating tissue breakdown across multiple areas including joints, brain, arteries, and organs. Regenerative signaling, the chemical communication that directs cells to repair and regenerate, weakens. Stem cell function also decreases, limiting the activity and capacity of the body's reserve repair cells to replace damaged tissue. These systems interact and can reinforce one another, creating a compounding effect.

The video introduces the concept of inflammaging, described as chronic sterile low-grade inflammation that develops with advanced age in the absence of overt infection and is linked to increased morbidity. This process places the immune system in a persistent low-level state that contributes to simultaneous declines across tissues. Regenerative medicine is presented as an approach that seeks to restore the balance between tissue breakdown and repair capacity rather than addressing isolated symptoms or single systems.

Dr. Sinan Gocmen graduated from Palmer College of Chiropractic in 2013. His professional certifications include the Webster Technique, Torque Release Technique, advanced extremity adjusting, and certification as a Functional Hyperbaric Clinician. He established Abundant Health Physical Medicine after identifying a community need for coordinated natural and alternative health care options. The clinic operates under the Renew Healing Framework, which develops individualized care plans based on evaluation findings that address contributing factors.

Patient assessments at the clinic include review of health history, physical examination of the spine and joints, range of motion testing, orthopedic and neurological evaluations, and diagnostic tools such as digital X-rays, ultrasound, and Fit3D scans. Complementary services available include knee and joint regenerative therapy, which involves introduction of stem-cell-rich tissue to support cellular and tissue processes, as well as neuropathy-related regenerative approaches using mesenchymal stem cells sourced from umbilical cord tissue and processed in FDA-compliant laboratories. Additional modalities include medical grade red light therapy, mild hyperbaric oxygen therapy, the Normatec Recovery System, spinal and knee decompression therapy, and IV therapies administered by a nurse practitioner.

"Most people think aging is just getting older, but biologically, aging is a gradual loss of repair capacity, and that loss starts a lot earlier than you may think. After 30, your body begins losing its ability to fix itself. Not because it's supposed to break down, but because the repair systems that keep you alive start going offline," said Dr. Gocmen in the video.

In a further portion of the presentation, Dr. Gocmen stated, "Aging isn't about how many birthdays you had, it's all about how well your body can fix itself. Your biological age and your chronological age are not the same thing. You can be 50 with a cellular health of a 40-year-old, or the cellular health of a 65-year-old. The difference is how well your repair systems are still functioning."

The video emphasizes that single-system interventions may prove incomplete because multiple repair systems decline concurrently and influence one another. It references broader shifts in longevity-related approaches that move from reactive management of decline toward support of the body's inherent repair mechanisms. The clinic's materials on regenerative therapies describe efforts to support cellular activity, reduce chronic inflammation, improve circulation, and promote tissue processes in conditions such as joint concerns and neuropathy.

Abundant Health Physical Medicine maintains a facility with a reception area offering refreshments, dedicated treatment rooms, and monitors displaying informational content. Many insurance plans, including Medicare, participate in the network. An initial consultation with a concierge patient care coordinator helps determine alignment between patient needs and available services, with referrals arranged when appropriate.

The educational video forms part of the clinic's efforts to explain biological concepts related to repair capacity and regenerative options. Dr. Gocmen's commentary draws on established observations regarding mitochondrial function, inflammatory processes, signaling pathways, and stem cell activity. The presentation positions regenerative approaches as focused on systemic coordination of repair rather than isolated interventions.

Dr. Gocmen's background includes personal experience with chiropractic care that influenced his professional path, along with participation in athletic activities during his training. Family and community involvement form part of his personal context. The clinic continues to provide evaluation-based care that integrates chiropractic assessment with available regenerative and complementary modalities under the Renew Healing Framework.

Abundant Health Physical Medicine is a physical medicine clinic located in Davenport, Iowa. It was established by Dr. Sinan Gocmen following his graduation from Palmer College of Chiropractic. The practice offers chiropractic evaluations, regenerative therapy options for joint and neuropathy concerns, and related services through individualized planning processes.

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Abundant Health Physical Medicine

*At Abundant Health Physical Medicine, we offer a patient-centered approach to neuropathy treatment at our clinic in
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