

High-value keyword list covering the most current medical, wellness, and longevity topics.

These are the terms audiences are actively searching for – ideal for Cura's **Health, Innovation & Compassion** ecosystem, content strategy, newsletters, and SEO.

I grouped them by category so you can plug them directly into campaigns, articles, CuraLink topics, and web metadata.

TOPIC: LONGEVITY & HEALTHSPAN

- longevity
- human longevity research
- healthspan
- lifespan extension
- longevity science
- longevity medicine
- blue zones
- biological age
- epigenetic age
- aging and inflammation
- senolytics
- mitochondrial health

- NAD+ boosters
- NMN / NR research
- metabolic health longevity
- longevity biomarkers
- healthy aging strategies
- preventive aging
- age reversal research

TOPIC: REGENERATIVE MEDICINE & CELL / GENE THERAPY

- regenerative medicine
- cell therapy
- stem cell research
- tissue regeneration
- gene therapy
- CRISPR
- precision medicine
- personalized medicine
- genomic medicine
- regenerative healing

- advanced biomedical therapies
- immunotherapy
- anti-inflammatory therapies
- future of medicine

TOPIC: DIGITAL HEALTH, AI & EMERGING TECH

- digital health
- AI in healthcare
- machine learning diagnostics
- wearable health tech
- real-time health monitoring
- digital biomarkers
- telehealth
- smart health devices
- predictive health analytics
- AI medical breakthroughs
- digital therapeutics
- virtual care innovation
- healthcare data science

TOPIC: BRAIN HEALTH, MENTAL WELLNESS & COGNITIVE LONGEVITY

- brain health
- cognitive longevity
- neuroplasticity
- Alzheimer's prevention
- neuroprotection
- mental health wellness
- stress reduction
- mindfulness
- meditation benefits
- sleep science
- emotional resilience
- trauma-informed care
- mental fitness

TOPIC: PREVENTION, WELLBEING & LIFESTYLE MEDICINE

- preventive medicine

- lifestyle medicine
- metabolic health
- cardiovascular prevention
- inflammation control
- gut health
- immune resilience
- nutrition and immunity
- exercise and longevity
- healthy habits
- wellness optimization
- healthy lifestyle routines
- chronic disease prevention

TOPIC: PUBLIC HEALTH & COMMUNITY WELLBEING

- public health education
- infectious disease prevention
- community health
- health communication
- vaccine awareness

- health literacy
- environmental health
- global health initiatives
- community resilience
- food insecurity solutions
- humanitarian aid health
- health access challenges

TOPIC: COMPASSION, HUMAN DIGNITY & SOCIAL WELLNESS

- compassionate care
- dignity in healthcare
- community support programs
- crisis relief
- humanitarian wellness
- health equity (if not using the term, you can reframe as “health access”)
- vulnerable populations health
- psychosocial support
- spiritual wellness
- whole-person well-being

TOPIC: CUTTING-EDGE WELLNESS (TRENDING)

- cold exposure therapy
- saunas + heat therapy
- metabolic flexibility
- intermittent fasting
- circadian rhythm health
- gut-brain axis
- longevity supplements
- red light therapy
- peptide therapy
- hormone optimization (HRT, TRT, menopause care)
