



Lee Stein Biography

Environmentalism, Philanthropist, Serial Entrepreneur, Inventor, Attorney; Significant personal and family history navigating complicated medical challenges.

www.stein.to
[@leestein](http://www.spiral.health)
leestein@gmail.com

Current: XPRIZE Foundation Trustee (<https://www.xprize.org/about/boards/board-of-trustees>).

Current: University of San Diego UCSD– Medical Advisory Board Science and Technology Committee, Nominating Committee (<https://medschool.ucsd.edu/about/index.html>).

Current: Preventative Medicine Research Institute Board of Directors (<https://pmri.org/>);

Personal Focus: Posture, Aging in Place, Health Span, BacterioPhage Research, Vagal Nerve ANG Autonomic Neurography, Microbiome Research and Mycellium Research, Yoga practice & other.

Patents: Holder of 7 patents USPTO, early Internet pioneer in payment systems. Most recent 11,883,153 (Digital platform to identify health conditions and therapeutic interventions using an automatic and distributed artificial intelligence system.)

Former: E2, Environmental Entrepreneurs Co-Founder Southern California; Directors Cabinet of the Scripps Institution of Oceanography and its delegation to UNFCCC, Copenhagen; Board of Scripps Health Foundation; Founding Chairman of Scripps Center for Integrative Medicine; State of Wyoming – ENDOW Gubernatorial Invitation, The Economically Needed Diversity Options for Wyoming Advisory Board; Chairman of the San Diego Stadium Authority; Business Manager to platinum level rock stars and academy awards winning actors; Stanford University Woods Institute INOGO Initiative; President, Seaport Village, San Diego, CA; other.



Health Innovation Biography

Lee's transformative journey to integrate human healthspan and longevity.

Introduction

Lee Stein has learned the lesson that Life is the greatest teacher. His family encountered a series of medical challenges which caused him to successfully search for, and eventually identify, multiple forward looking wellness solutions.

Lee has served on multiple Boards that innovate and/ or provide health and wellness medical services, including, but not limited to: The University of California San Diego Health System, The XPrize Foundation, The Preventive Medicine Research Institute, The Scripps Health Foundation amongst others.

As an innovation leader, Lee is an advocate of IRB (Institutional Research Board) studies and has facilitated a number of N of 1 IRB research studies to assure quality and integrity of medical exploration. N of 1 IRB also enables early access to analytical or therapeutic modalities. Stein acknowledges that while a study of 1 is considered statistically irrelevant, the studies are not irrelevant to the family of the individual and can also demonstrate the viability of future larger studies.

His pioneering philanthropic work has led Lee to focus his attention on "Preventive and Proactive" healthcare. Historically, Lee holds seven patents including Artificial Intelligence related to Musculoskeletal as well as financial services.

Living the transformative journey to activate human healthspan reflects his lifelong commitment to advancing healthcare through innovative technologies, preventive strategies, and strategic partnerships. His experience spans Integrative Medicine, MedTech/AI, Robotics (humanoids), Genomics/Stem, and Mycology related to viral treatments. Lee consistently advocates the elimination of outdated models to create systems that promote longer, healthier lives. From global collaborations to pioneering AI-driven health solutions, Lee's impact resonates across industries and borders.

/ 2018 – Present

University of California San Diego (UCSD) Health, Science and Technology Board of Advisors

Lee serves on the University of California San Diego Health's (UCSDHealth) Science and Technology Board of Advisors, contributing to its mission of integrating research, teaching, and clinical care. As one of California's premier academic medical centers, UCSDHealth emphasizes providing top-tier care while training future healthcare leaders.

The work of the Science and Technology Board facilitated initiatives such as the creation of the Joan & Irwin Jacobs Center for Health Innovation, which leverages digital tools and AI to enhance patient outcomes and accessibility in the UCSD hospital and clinical system.

- [UCSD Health – stein.to](#)
- [UCSD Jacobs Center for Health Innovation](#)
- [UCSD Health](#)
- [Healthcare AI at UCSD Health](#)



Roles and Responsibilities of the UCSD Medical Science and Technology Medical Advisory Board

The UCSD Medical Science and Technology Medical Advisory Board plays a crucial role in guiding the strategic direction and ensuring the integration of medical science and technology within the university's healthcare and research initiatives.

Roles and Responsibilities

Strategic Guidance

The board provides **strategic guidance** to align the university's medical science and technology initiatives with its broader mission. This involves advising on the development of new programs, research directions, and technological advancements that can enhance patient care and medical education.

Integration of Research and Clinical Care

The board is responsible for **integrating research, teaching, and clinical care** across various locations. This integration ensures that the latest scientific discoveries are translated into practical applications within clinical settings, thereby improving patient outcomes.

➤ [Roles & Responsibilities of the UCSD Medical Science and Technology Advisory Board](#)

Note:

This was created by BeaGo AI and has not been validated.

/ 2005 – Present

The XPRIZE Foundation, Board of Trustees

Since 2005, Lee Stein has supported the XPrize Foundation, an organization dedicated to solving humanity's grand challenges through incentivized competition.

As a Trustee, Lee is a vocal advocate for the XPrize HealthSpan Prize, a \$101 million global competition aimed at extending healthy human life by targeting biological aging. This project seeks equitable, innovative solutions to redefine aging and improve health outcomes worldwide.

➤ [The XPRIZE Foundation – stein.to](https://stein.to)

➤ [XPRIZE Website](https://xprize.org)

➤ [XPRIZE Healthspan](https://xprize.org/healthspan)

➤ [XPRIZE Board of Trustees](https://xprize.org/board-of-trustees)

Proposed Rules:

The winning team of the \$101M XPRIZE Healthspan must demonstrate that their therapeutic treatment restores muscle, cognitive, and immune function by a minimum of 10 years, with a goal of 20 years, in persons aged 50–80 years. The therapeutic treatment must take 1 year or less.

The winning team of the \$10M FSHD (Facioscapulohumeral muscular dystrophy) Bonus Purse must demonstrate that their therapeutic solution substantially improves FSHD-relevant muscle outcomes based on: 1) fat infiltration in muscle via any imaging modality or change in a relevant FSHD biomarker, and 2) corresponding improvement of muscle function, compared with controls. The therapeutic treatment must take less than 1 year.



/ 2008 – Present

Preventive Medicine Research Institute (PMRI), Board of Directors

Since approximately 2008, Lee Stein has served on the Board of Directors of PMRI, a 501(c)(3) non-profit founded by Dr. Dean Ornish.

Dr. Ornish first rose to international fame when the Journal of the American Medical Association (JAMA) and the Journal of Cardiology each published the reversal of heart disease. Stein's involvement in this pioneering work was in his role at Scripps Health, one of the initial study sites.

- [JAMA Study – Effect of Lifestyle Changes on Coronary Heart Disease](#)
- [PubMed Clinical Study – Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial](#)
- [PubMed Clinical Study – Intensive lifestyle changes for reversal of coronary heart disease](#)



PMRI's mission is to leverage lifestyle medicine—nutrition, exercise, stress management, and social connection—to reverse and prevent chronic diseases.

PMRI's groundbreaking studies were the first to demonstrate that lifestyle changes can reverse severe conditions such as coronary heart disease and early-stage prostate cancer. Collaborations with luminaries like Nobel Laureate Elizabeth Blackburn and genomic pioneer Dr. J. Craig Venter have expanded PMRI's influence, proving that lifestyle changes can lengthen telomeres and alter gene expression.

Today, PMRI continues to redefine healthcare by exploring innovative approaches to combat diseases like Alzheimer's, a condition with few effective treatments. Dr. Ornish's program, now Medicare-approved, exemplifies PMRI's mission to make quality healthcare more accessible and cost-effective.

- [Preventive Medicine Research Institute, Board of Directors – stein.to](#)
- [Intensive Lifestyle Changes for Reversal of Heart Disease – stein.to](#)
- [Effects of intensive lifestyle changes on the progression of mild cognitive impairment or early dementia due to Alzheimer's](#)
- [pmri.org](#)

/ 2016 – Present

Spiral Health, Chairman of the Board

As Chairman of Spiral Health, Lee leads the development of a Neural-Code AI-driven app to revolutionize musculoskeletal (MSK) therapy. The original patents modified by Spiral Health are based on licenses which originate from Cornell Weill Medical invented by Dr. Sheila Nirenberg. Spiral Health uses the Neural-Code AI to both perform predictive MSK analytics and a proprietary recommendation engine, combined with large language models to offer personalized, 24/7 MSK solutions, making effective care accessible and affordable.

[A study released by Harvard](#) and Stanford showed that MSK and Postural Therapy had remarkable outcomes in the MSK arena. Using AI and 3D Spiral provides both proactive and predictive wellness analytics.

Beyond healthcare, Spiral Health explores Neural-Code AI applications in hospital care, sports analytics, and industrial automation, positioning itself as a future leader in innovation across industries.

- [Spiral Health](#)
- [Spiral Health Website](#)
- [Video: Stacy Shulman of Intel at A360](#)
- [Listen on Spotify: Neural Codes: AI Innovates Chronic Pain Management](#)



- [JAMA Study: Effect of a Biopsychosocial Intervention or Postural Therapy on Disability and Health Care Spending Among Patients With Acute and Subacute Spine Pain: The SPINE CARE Randomized Clinical Trial](#)
- [JAMA Study: Trials Test Mushrooms and Herbs as Anti-COVID-19 Agents](#)

Transformative Results Beyond Traditional Therapy

46%

greater pain reduction
after three months

77%

greater pain improvement
after one year

250%

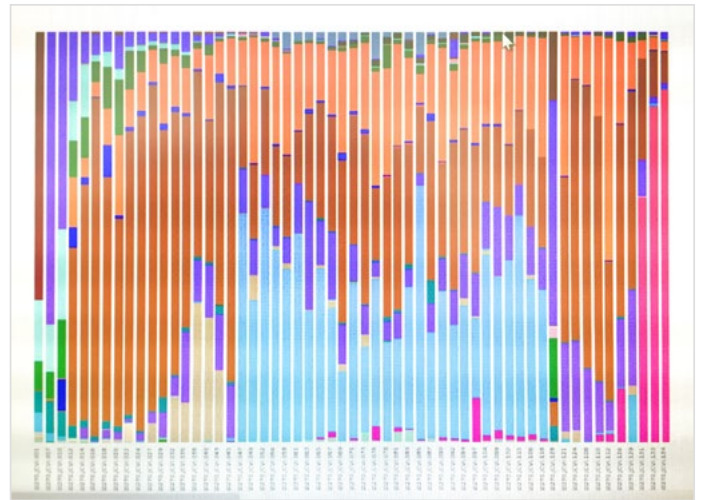
greater enhancement
in overall quality of life

Source: National Institute of Health – The Spine Care Randomized Clinical Trial

Human Longevity, Inc. (HLI), Research and Philanthropy

In 2014, when Lee's son contracted Lyme disease (neurological) and took a medical leave of absence from Harvard Business School, Lee contacted an associate, Dr. J. Craig Venter and the J. Craig Venter Institute (JCVI), the first person to sequence the human genome. With JCVI an N of 1 Study was launched to sequence stool, saliva and urine, every Monday for 52 weeks.

HLI, founded by Dr. Venter, is Longevity Care program which uses advanced genomic data to reduce biological age and optimize health, aligning with global efforts to shift from reactive "sickcare" to proactive, personalized healthcare. Skyler was an early patient of HLI due to his work with Dr. Venter.



➤ [Video: The Microbiome May Reinvent Medicine As We Know It](#)



/ 1997 – 2012

Scripps Center for Integrative Medicine, Chairman Emeritus

Lee, alongside his wife, June Stein, co-chaired the founding of the Scripps Center for Integrative Medicine (SCIM) Advisory Board from 1997 to 2004. Under their leadership, SCIM transitioned from a concept to a world leader in integrative medicine, offering comprehensive care that combines conventional and complementary therapies.

Scripps Center became a pioneer in addressing chronic illnesses through integrative approaches, receiving national recognition and securing multimillion-dollar funding. Lee's goal was to empower individuals to take control of their health through prevention, education, and lifestyle changes.

➤ [Scripps Center for Integrative Medicine](#)



Additional Supporting Roles & References

Moore Cancer Center

➤ <https://moorecancercenter.ucsd.edu>

- » Attn: Dr. Diane Simeone, Executive Director
- » (Publishing soon) R2: Research Story: AI Transforming Cancer Research at MCC

Sanford Stem Cell Institute

➤ <https://stemcells.ucsd.edu/>

- » Attn: Dr. Catriona Jamieson, MD, PhD

➤ <https://www.biocom.org/people/catriona-jamieson/>

Center for Innovative Phage Applications & Therapeutics (IPATH)

➤ <https://idgph.ucsd.edu/research/center-innovative-phage-applications-and-therapeutics/index.html>

- » Attn: Steffanie Strathdee, PhD

➤ <https://profiles.ucsd.edu/steffanie.strathdee>

➤ https://en.wikipedia.org/wiki/Steffanie_Strathdee

Life Itself Conference – Medical Curator / Advisor

➤ <https://www.lifeitself.health/>

- » Attn: Marc Hodosh, Founder

Near Future Summit – Medical Curator / Advisor

➤ <https://www.nearfuturesummit.com/about-us>

- » Attn: Zem Joaquin, Founder

State of Wyoming

- » Medical Digital Innovation Sandbox Act

➤ <https://health.wyo.gov/admin/dupre/medical-digital-innovation-sandbox-act/>

- » Attn: Senator Ogden Driscoll

- » President of the Senate, State of Wyoming (<https://wyoleg.gov/Legislators/2021/R/1972>)

Krupp Center for Integrative Research

➤ <https://cih.ucsd.edu/research>

➤ [JAMA Study: Trials Test Mushrooms and Herbs as Anti-COVID-19 Agents](#)

- » Attn: Dr. Gordon Saxe, MD PhD MPH

Fungi Perfecti, LLC

➤ fungi.com

- » Attn: Paul E. Stamets

➤ [Nature Study: Extracts of Polypore Mushroom Mycelia Reduce Viruses in Honey Bees](#)

Conclusion

Lee Stein's health innovation journey showcases a rare combination of visionary leadership, technological acumen, and a deep commitment to improving global health. His initiatives—from integrative medicine to AI-driven solutions—continue to push the boundaries of healthcare, offering hope and enhanced quality of life for millions. As he collaborates with leaders worldwide, Lee remains at the forefront of a healthcare revolution that prioritizes longevity, prevention, and personalized care.

Additional Reference Materials

- [Smart Health Overview – 07.15.2024.pdf](#)
- [Lee Stein at TED MED 2011](#)
- [An Interdisciplinary Collaboration Accelerating Breakthroughs in Medical Imaging](#)
- [U.S. Patent 11,883,153](#)
- [NIRENBERG NEUROSCIENCE 1-Page](#)
- [Retina prosthesis – Patent WO-201106783-A2 – PubChem](#)

Appendix

Scripps Center for Integrative Medicine, Chairman Emeritus

- [Scripps Center for Integrative Medicine \(https://stein.to/heath-and-medicine/scripps-center-for-integrative-medicine-chairman-emeritus\)](https://stein.to/heath-and-medicine/scripps-center-for-integrative-medicine-chairman-emeritus)

The XPRIZE Foundation, Board of Trustees

- [The XPRIZE Foundation – stein.to \(https://stein.to/venture-philanthropy/the-xprize-foundation-board-of-trustees\)](https://stein.to/venture-philanthropy/the-xprize-foundation-board-of-trustees)
- [XPRIZE Website \(https://www.xprize.org\)](https://www.xprize.org)
- [XPRIZE Healthspan \(https://www.xprize.org/prizes/healthspan\)](https://www.xprize.org/prizes/healthspan)

Preventive Medicine Research Institute (PMRI), Board of Directors

- [JAMA Study – Effect of Lifestyle Changes on Coronary Heart Disease \(https://jamanetwork.com/journals/jama/article-abstract/1731195\)](https://jamanetwork.com/journals/jama/article-abstract/1731195)
- [PubMed Clinical Study – Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial \(https://pubmed.ncbi.nlm.nih.gov/1973470/\)](https://pubmed.ncbi.nlm.nih.gov/1973470/)
- [PubMed Clinical Study – Intensive lifestyle changes for reversal of coronary heart disease \(https://pubmed.ncbi.nlm.nih.gov/9863851/\)](https://pubmed.ncbi.nlm.nih.gov/9863851/)
- [Preventive Medicine Research Institute, Board of Directors – stein.to \(https://stein.to/philanthropy/preventive-medicine-research-institute-board-of-directors\)](https://stein.to/philanthropy/preventive-medicine-research-institute-board-of-directors)
- [Intensive Lifestyle Changes for Reversal of Heart Disease – stein.to \(https://stein.to/heath-and-](https://stein.to/heath-and-)

[medicine/intensive-lifestyle-changes-for-reversal-of-heart-disease\)](#)

- ↗ [Effects of intensive lifestyle changes on the progression of mild cognitive impairment or early dementia due to Alzheimer's \(https://res.cloudinary.com/ornish/image/upload/v1717741018/Lifestyle_Changes_and_Alzheimer_s_study_64f59728fb.pdf\)](#)
- ↗ [Preventative Medicine Research Institute \(pmri.org\)](#)

University of California San Diego (UCSD) Health, Science and Technology Board of Advisors

- ↗ [UCSD Health \(https://stein.to/heath-and-medicine/ucsd-health-medical-advisory-board\)](#)
- ↗ [UCSD Jacobs Center for Health Innovation \(https://healthinnovation.ucsd.edu/\)](#)
- ↗ [UCSD Health \(http://health.ucsd.edu/\)](#)
- ↗ [Healthcare AI at UCSD Health \(https://healthinnovation.ucsd.edu/our-principles\)](#)
- ↗ [Roles and Responsibilities of the UCSD Medical Science and Technology Medical Advisory Board \(https://www.beago.ai/share/62554057534284424\)](#)

Spiral Health, Chairman of the Board

- ↗ [Spiral Health \(https://stein.to/heath-and-medicine/spiral-health-chairman\)](#)
- ↗ [Spiral Health Website \(https://spiral.health/\)](#)
- ↗ [Video: Stacy Shulman of Intel at A360 \(https://stein.to/videos/stacy-shulman-of-intel-at-a360\)](#)
- ↗ [JAMA Study: Effect of a Biopsychosocial Intervention or Postural Therapy on Disability and Health Care Spending Among Patients With Acute and Subacute Spine Pain: The SPINE CARE Randomized Clinical Trial](#)

Human Longevity, Inc. (HLI), Research and Philanthropy

- ↗ [Video: The Microbiome May Reinvent Medicine As We Know It \(https://stein.to/exponential-tech/the-microbiome-may-reinvent-medicine-as-we-know-it\)](#)