



A Water Filter That Increases pH Seems To Have Lowered My Biological Age By About A Year



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0.1 Abstract

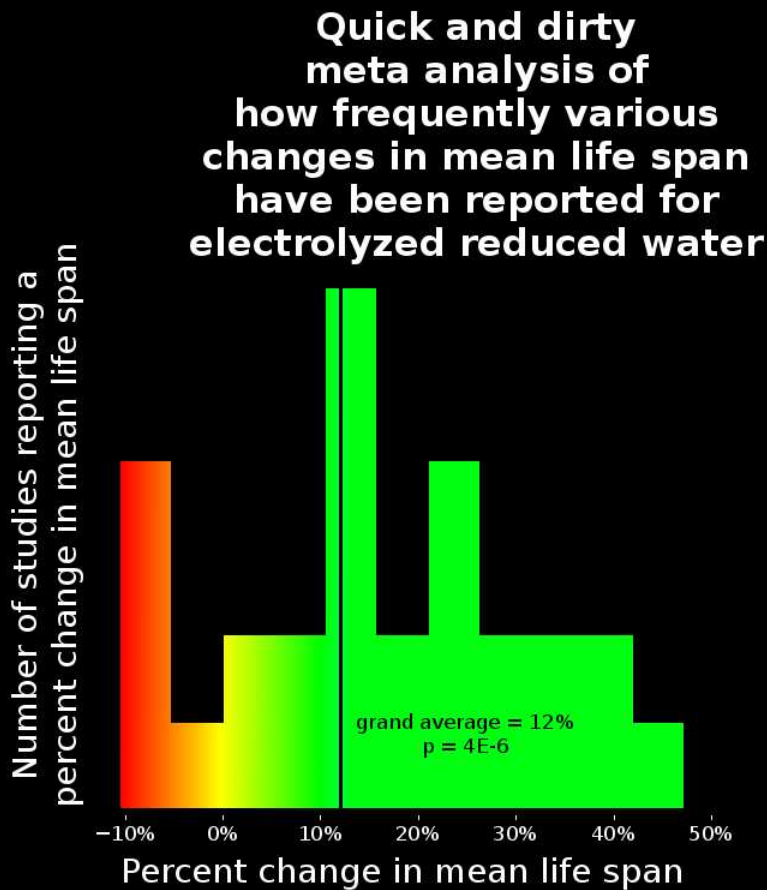
Drinking and cooking with high pH water seems to have lowered my biological age by 1.13 years after only twelve days (p value = 0.045)¹.

¹Statisticians often say a difference is statistically significant when its p value is less than 0.05.

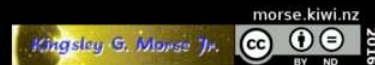
0.2 Methods

I drink and cook with tap water that's already filtered and disinfected by a local government water processing plant. A report dated 2021 said analytic testing indicated it had compliant levels of eight contaminants²³

I read reports of electrolyzed reduced water increasing the lifespans of lab animals⁴



Source: 29 experiments from Kingsley's big spread sheet of life span experiments



2

Barium, Copper, Lead, Nitrate, turbidity, total Trihalomethanes, Halo-acetic acids, and Chlorine.

3

Water Quality Report

4

Which are summarized in my ginormous spread sheet of life span experiments¹

A cool relative gave me a water pitcher that claims to filter and *increase the pH* of water⁵.

It's a Chubby pH+ from Waterdrop (model number WD-PT-04C-A).

Waterdrop's web site says it's NSF 42⁶. & 372⁷ certified⁸.

I tested if it increased the pH of my tap water. I used a test kit called "AquaChek". It said the water's pH was increased from about 6.8 to 8.4.



An AquaChek test said a Waterdrop Chubby pH+ water filter increased the pH of tap water from about 6.8 to 8.4.

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5

For my birthday.

6

Aesthetic Effects

7

Lead content.

8

Waterdrop Chubby

An email from the company's support address said they use carbonate minerals (adjusted for human body) and $\text{HCO}_3^-/\text{CO}_3^{2-}$ ions to increase pH.

I used the pitcher for water that I drink and cook with.

I wouldn't be surprised if I drank about 120 ounces⁹ of water a day.

I weigh about 160 pounds¹⁰

I didn't use it for showering or washing my hands.

I kept measuring my biological age every day[2].

⁹

About 3.5 liters.

¹⁰

About 72 kilograms.

0.3 Results

A sensitive version of my biological age clock reported a statistically significant age reversal of 1.13 years after using the filtering and alkalizing water pitcher for only 12 days ($p=0.045$)¹¹.

The same test said I was 1.20 years younger biologically after 31 days ($p=0.02$).

A high ph water filter lowered biological age by a year

Change: -1.20 years

control

p value: 0.02

Alkaline water filter

48.2

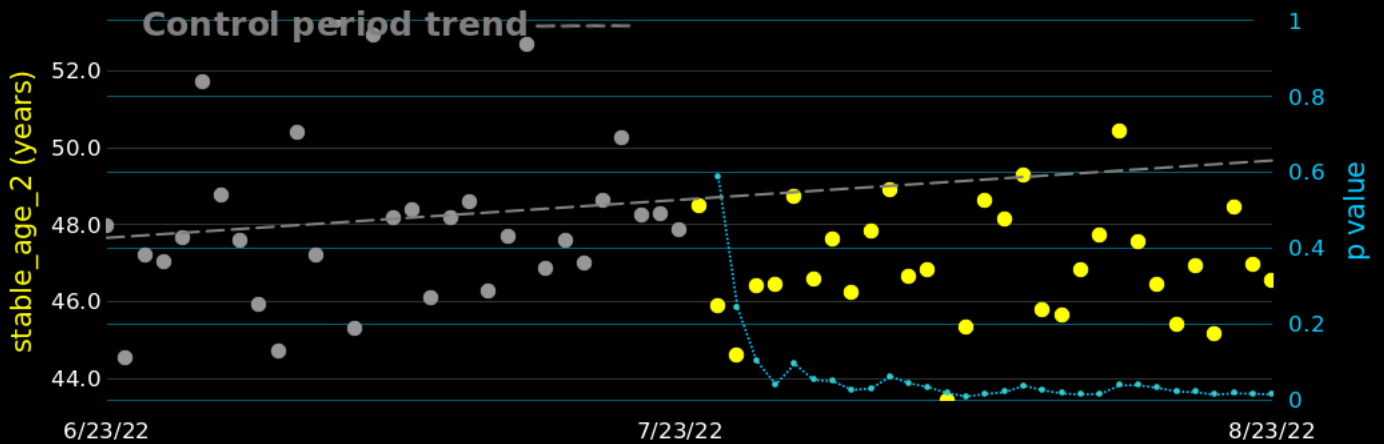
average stable_age_2 in years

47.0

31

days

31



0.4 Discussion

I wonder why the filter seems to have lowered my biological age.

It's said to

1. reduce lead,
2. have aesthetic effects and
3. increase pH.

I'm not sure, but it seems to me that increasing pH is probably why, because

1. electrolyzed reduced water was reported to let lab animals live longer,
2. my tap water is said to already be low in lead and
3. I expect "aesthetic" effects differ from anti-aging and health effects.

This is the seventh intervention that my testing suggests lowered my biological age.

The others are

1. cocoa[3],
2. more green tea[4],
3. intermittent fasting[5],
4. tomatoes[6],
5. Hawthorn berries, Prickly Ash and Horse Chestnut[7] and
6. lecithin and hemp seed oil, and less fish and olive oil[8].

My ginourmous spread sheet now summarizes over 40,000 life span experiments.

I use it to find leads to test.

I'm making good progress on the fourth version of my technology for measuring biological age.

I'd sell each for \$US 1,000,000.

0.5 Conclusion

Drinking and cooking with filtered high pH water seems to have lowered my biological age by 1.2 years after only a month (p value = 0.02).

0.6 Conflict of Interest

None.

0.7 References

1. Kingsley's Big Spread Sheet Of Life Span Experiments
2. What I learned from trying to measure my biological age throughout 2018
3. Kingsley's Fast Screen For Anti-Aging Compounds Worked With Cocoa
4. Drinking More Green Tea Seems To Have Made Me A Year Younger In Just A Month
5. Not Eating For 14 Hours A Day For A Month Seems To Have Made Me About A Year Younger
6. Cooking Raw Tomatoes Seems To Have Made Me About A Year Younger
7. Hawthorn Berries, Prickly Ash and Horse Chestnut Lowered Biological Age
8. More Lecithin and Hemp Seed Oil, and Less Fish and Olive Oil, May Have Lowered My Biological Age