



Drinking More
Green Tea
Seems To Have Made Me
A Year Younger
In Just A Month



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Abstract

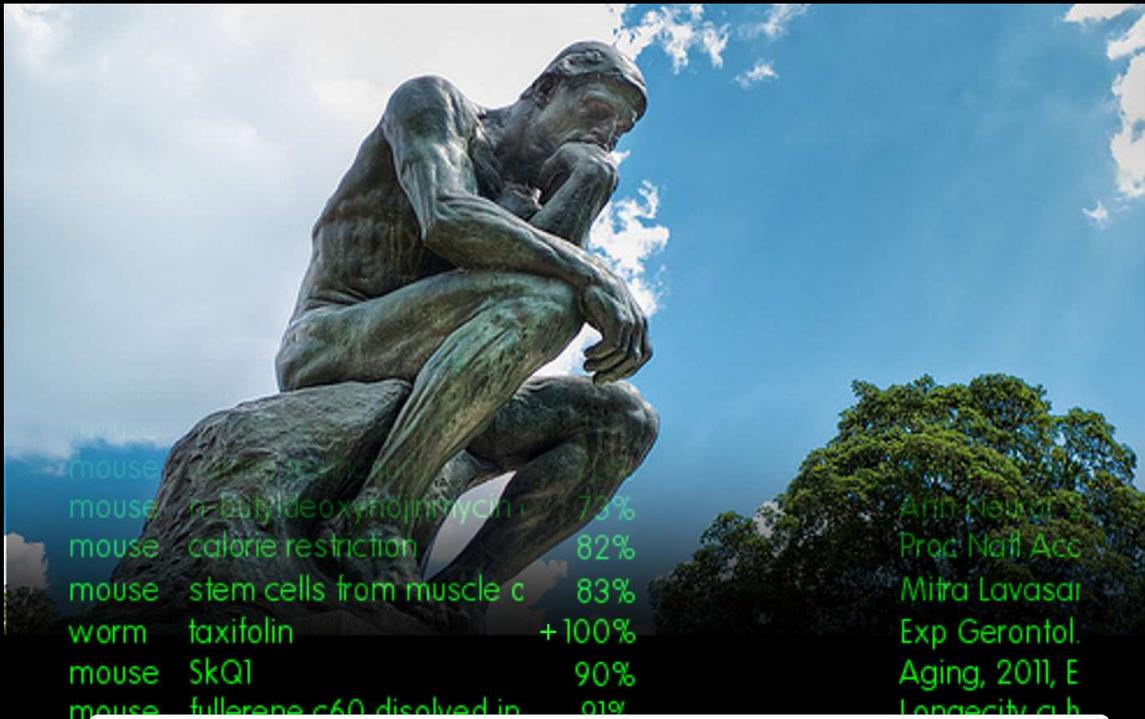
Green tea makes people live longer[1,2,3,4].

I thought it might make me younger.

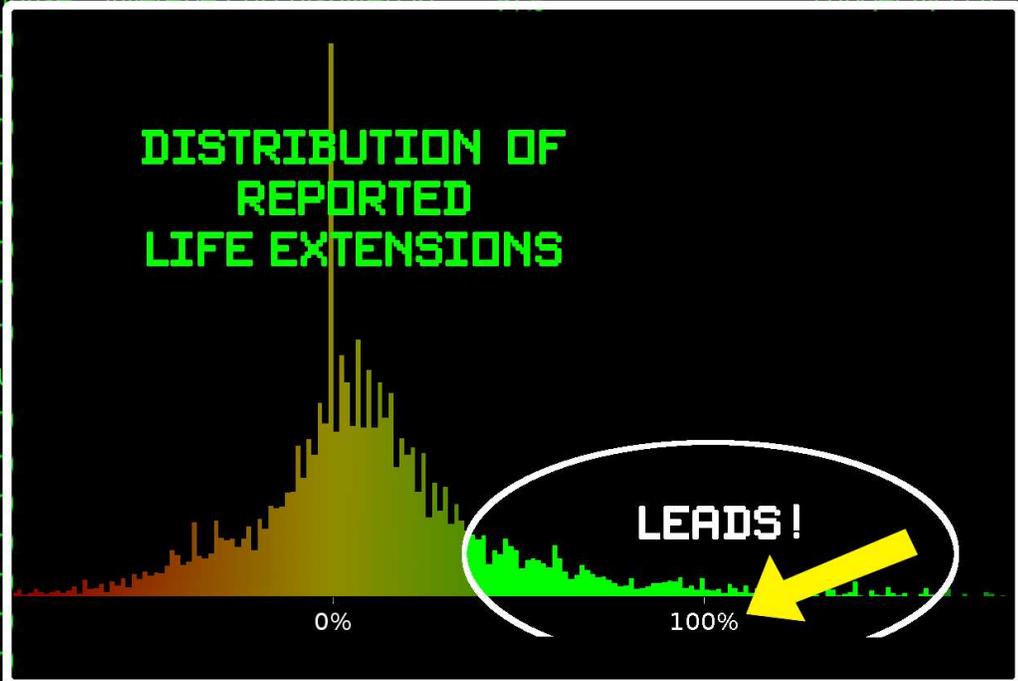
I drank more while continuing to measure my biological age every day[5].

Green tea seems to have made me a year younger in just a month ($p=0.02$).

Look For Leads To Reverse Age In Kingsley's Big Spread Sheet Of Life Span Experiments[4]



mouse	...	73%	Ann Neurol
mouse	n-butyldeoxythymine	73%	Proc Natl Acad Sci
mouse	calorie restriction	82%	Mitra Lavasari
mouse	stem cells from muscle c	83%	Exp Gerontol
worm	taxifolin	+100%	Aging, 2011, E
mouse	SkQ1	90%	Longevity a b
mouse	fullerene c60 dissolved in	91%	

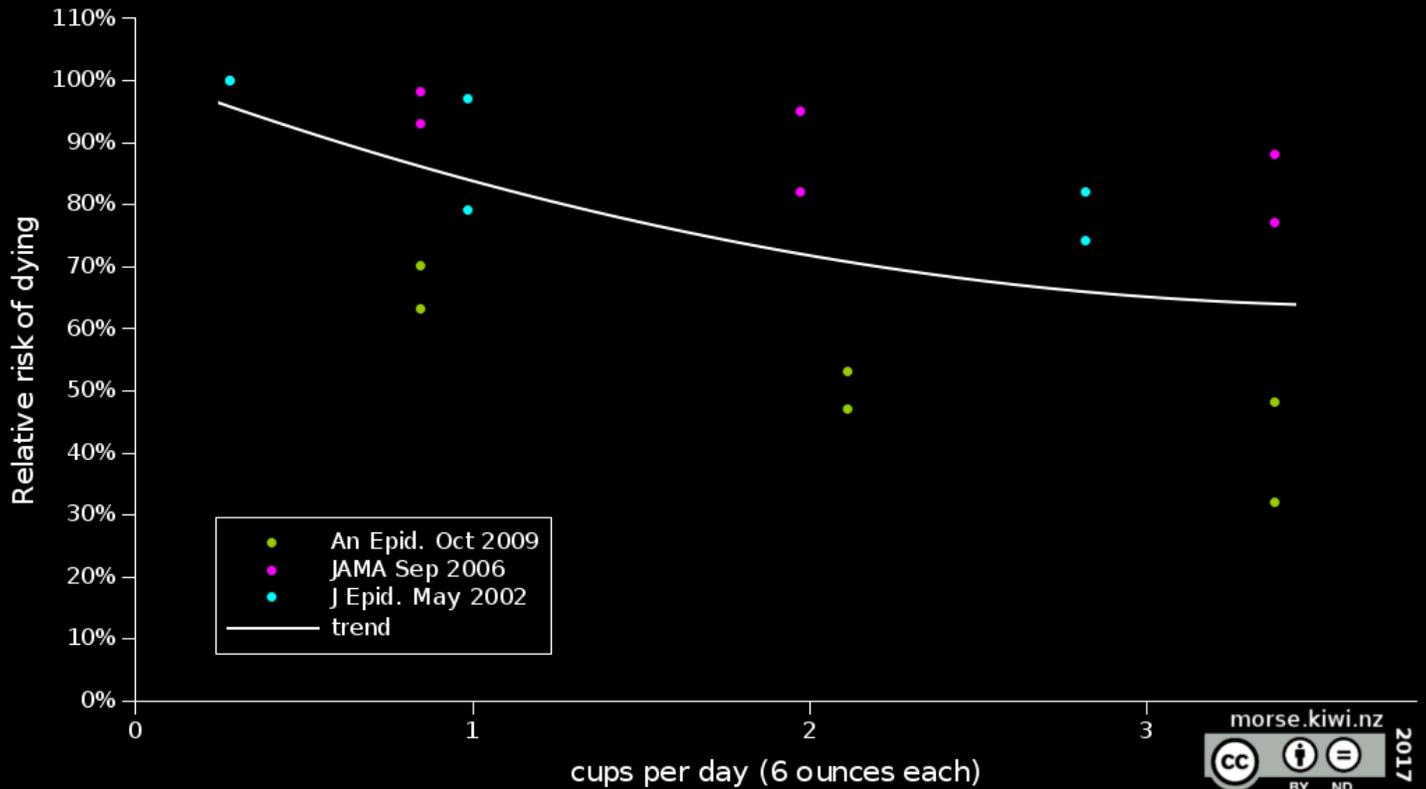


mouse	gene, Zdhc13	<0%	Saleem AN, A
mouse	insulin like growth factor	<0%	Aging Cell. 20
mouse	2-mercaptoethano	>0	Mech Ageing
mouse		>0	Overexpressi
mouse	thymosin	>0%	Mech Ageing

Green Tea Looks Good

Quick 'n Dirty Meta Analysis Dose-Response Curve For Green Tea

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

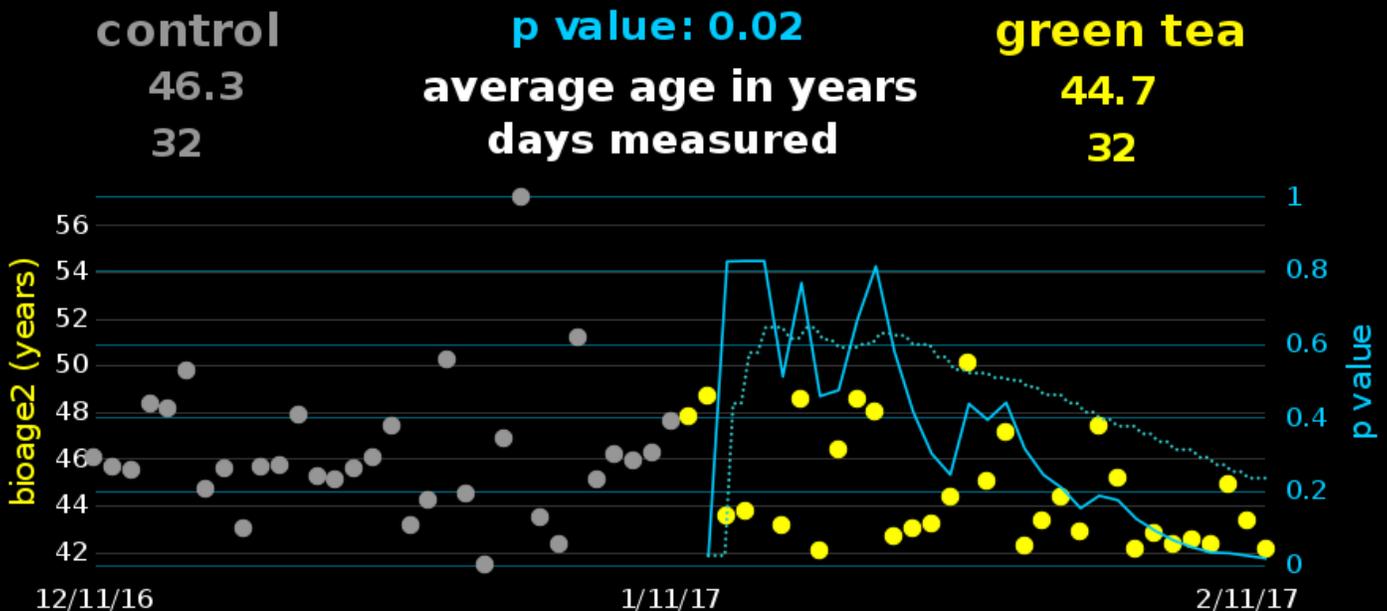


So I

1. kept measuring my biological age every day, and
2. increased my daily dose of Sencha green tea leaves
 - (a) from 2 heaping tea spoons steeped in 8 ounces of water with dinner
 - (b) to 4 heaping tea spoons steeped in 32 ounces, drunk over the course of roughly two hours, mid-day.

The Result?

**Drinking 2 More Cups Of Green Tea Per Day
Seems To Have
Made Kingsley A Year Younger
Within A Month**



Discussion

I replicated the result with a different way of measuring biological age.

Getting younger may lead to living longer.

That could explain the evidence for green tea doing both.

There's also evidence cocoa does both[6,7,8].

I like that they seem to have made me younger in just weeks.

My big spread sheet of life span experiments has more age-reversal leads[4].

I'm screening them with my fast test for anti-aging interventions[5,9].

I like my test.

It's fun, much faster than mortality studies¹, and tells me if I'm younger, which is soooo much better than just living longer.

Conclusion

Green tea seems to have made me a year younger in just a month.

More research is needed.

¹Mortality studies take years.

References

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