

Top 7 biohacks for longevity

Cheatsheet by
LongevityAdvice.com



Get outside first thing in the morning

#1

Sunlight regulates our circadian rhythm, and the blue-and-yellow-tinted wavelengths of early morning sunlight are crucial to helping you feel awake and energized, and for falling asleep later that night, as well.

<https://doi.org/10.1007%2Fs11818-019-00215-x>



#2

Take cold showers

Cold therapy reduces fat, improves mental health, and reduces inflammation. And it doesn't even need to be that cold! Benefits start at water temperatures of 50°F to 66°F (-10° C to 19° C).

<https://doi.org/10.1080%2F22423982.2022.211789>



Track your sleep

Sleep is one of the most overlooked keys to health and longevity. Getting bad sleep can lead to inflammation, cardiovascular disease, and early death. Sleep tracking with a wearable is key to learning what works for you to get quality rest.

<https://doi.org/10.1007%2Fs40675-019-00150-1>



#3

#4

Eat most of your calories in the morning

Your body metabolizes calories into energy the best in the morning. So consider front-loading your daily calories soon after you wake up for maximum benefit and minimum fat gain.

<https://doi.org/10.1002/oby.22518>



Skip dinner/Fast

Eating a late dinner can cause overeating, poor sleep, and increased weight gain. Fasting, on the other hand, can lower inflammation, lower body fat, and even extends lifespan in mice.

<https://doi.org/10.1016/j.cmet.2022.09.007>

<https://doi.org/10.1038%2Fs41467-017-00178-3>



#5

#6

Eat more protein

Higher protein intake is correlated with lower mortality risk. As you age your protein requirements increase, especially for women after 60. Studies suggest you should be eating protein at 1-1.6 g/kg of lean body weight/day, increasing to 1.8-2.2 g/kg/day after age 65 to prevent age-related muscle-wasting (called sarcopenia).

<https://doi.org/10.1136/bmj.m2412>

<https://doi.org/10.1186%2Fs12970-018-0215-1>



Drink white peony tea

Healthy polyphenols in tea like EGCG extend lifespan in animals, and lower inflammation, cancer risk, and cognitive decline in humans. Tea drinkers have a 1.5% lower mortality risk for each cup of tea drunk. White peony tea has the highest polyphenol count and lowest heavy metal toxicity.

<https://doi.org/10.1093%2Fadvances%2Fnmab010>



#7

For further reading:

<https://www.longevityadvice.com/protein-aging/>
<https://www.longevityadvice.com/tea-health/>
<https://www.longevityadvice.com/cryotherapy-benefits/>
<https://www.longevityadvice.com/intermittent-fasting-longevity/>