



Drinking MUCH More  
Green Tea  
Seems To Have Lowered  
My Biological Age  
By Another Year



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## 0.1 Abstract

I

1. roughly doubled or tripled my daily dose of organic high quality Fuji Sencha green tea leaves and
2. steeped the leaves for one to three hours, twice.

It tasted bitter.

When it upset my stomach, I drank it slower and buffered it with food, like raw veggies or chocolate.

It seems to have lowered my biological age by another 1.06 years (p value = 0.0004<sup>1</sup>).

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

## 0.2 Methods

I

1. bought tea leaves described as high quality organic Fuji Sencha in bulk ,



This is the tea I tested

2. increased my daily dose from about 24 grams of leaves to about 45 to 60 grams



On some days I may have steeped as much as 60 grams (2 ounces) of green tea leaves.

- steeped them in a large strainer and about 28 ounces of boiling hot high pH water<sup>2</sup> for one to three hours,
- steeped them for another one to three hours in about another 28 ounces of boiling hot high pH water<sup>3</sup> and .



The only thing bigger than the tea strainer I used is my ginormous spread sheet summarizing the results of over 40,000 life span experients

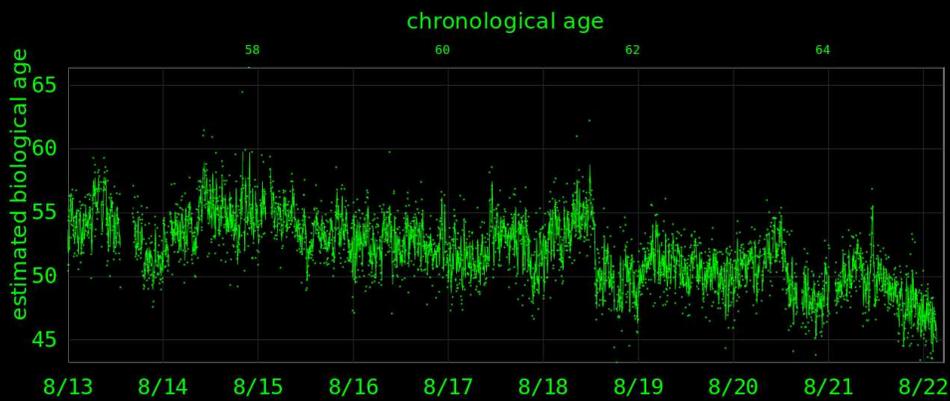


- drank all 56 ounces ( 2 \* 28 ounces = 56 ounces). It tasted bitter. When it upset my stomach, I drank it slower and buffered it with food, like raw veggies or chocolate, and

<sup>2</sup>pH was increased by a water filter<sup>9</sup>.

<sup>3</sup>I also steeped about a tea spoon of hawthorn berries with them each day, but that dose was unchanged.

6. kept trying to measure my biological age every day by measuring things that change with age, like blood pressure<sup>4</sup>, and feeding that data into algorithms that reverse engineer age <sup>5</sup>.



I've been trying to measure my biological age every day for years

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<sup>4</sup>Like in this picture of someone else having his blood pressure measured. The historic chart below it is of my estimated biological ages.

<sup>5</sup>What I learned from trying to measure my biological age throughout 2018

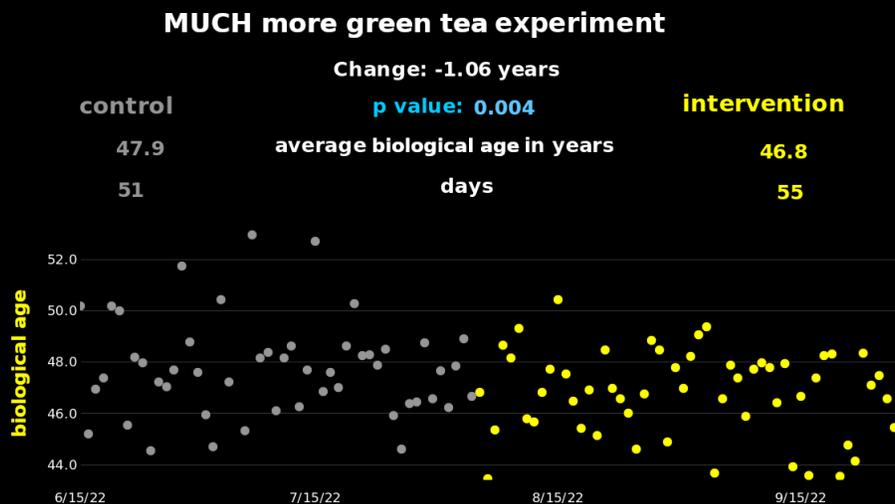
# 0.3 Results

The tea was more alkaline.



Testing showed the tea was more alkaline than the water it was steeped in

A sensitive version of my biological age clock reported a statistically significant age reversal of another 1.06 years (p value = 0.0004)

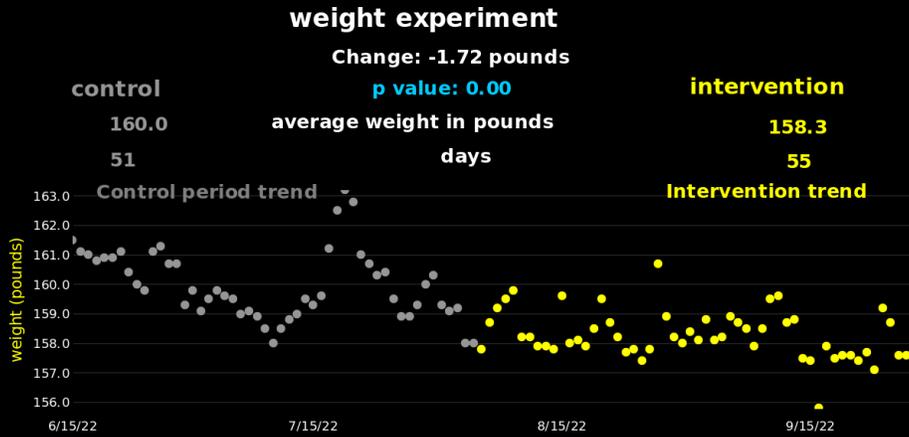


The age reversal was statistically significant<sup>6</sup>. within just 3 weeks<sup>7</sup>.

<sup>6</sup>P value under 0.05

<sup>7</sup>3 weeks is much, *much* faster than all-cause mortality studies. They take years. Plus, knowing if you're younger is much cooler than just living longer.

I seem to have lost about 1% of my weight over two months <sup>8</sup>.



I lost a pound or two in about two months.

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<sup>8</sup>-1.62 pounds / 160 pounds = 0.01 (p=3E-13)

## 0.4 Discussion

Increasing my dose of green tea back in January of 2017 (ie: "1/17") also seemed to lower my biological age.

### Experiments that seem to have lowered my biological age

when	intervention	change in biological age (years)	p value
2/15	cocoa[3]	-2.03	0.03
3/13 and 6/20	tomatoes[6]	-0.92	0.03
1/17	more green tea[4]	-1.6	0.02
7/17	intermittent fasting[5]	-0.9/0-0.42	0.02/0.34
2/21	Hawthorn berries, Prickly Ash and Horse Chestnut[7]	-0.94	0.04
4/21	lecithin and hemp seed oil, and less fish and olive oil[8]	-1.47	0.01
7/22	a water filter that increases pH[9]	-1.13	0.045
8/22	MUCH more green tea[10]	-1.06	0.0004

A few weeks after starting this experiment, a dentist said I had a so called “geographic tongue”. Geographic tongue is thought to basically be harmless sores on the tongue that come and go and are not well understood. I’m far from certain that my tea experiment gave me “geographic tongue”. I note the coincidence only to be open, forthright and all those good things.



Since the tea was so bitter and calorie restriction is known to slow aging, I checked if my appetite and caloric intake may have been restricted, lowering my age by that well known mechanism<sup>9</sup>. I seem to have lost about 1% of my weight over two months<sup>10</sup>. That’s much slower than another published result. It reported restricting calories by 20% led to a 7% loss in 3 months<sup>11</sup>, which is about a 5X faster weight loss than mine. Pro-rating the weight losses and calorie restriction suggests I ate 4% fewer calories, which would be a more modest restriction of calories than usually tested in lifespan experiments. I’ve seen reports of restricting caloric intake by over 10X that much: 50%. Maybe something else in green tea was responsible for my age reversal, like catechins<sup>12</sup>.

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<sup>9</sup>Impacts of Calorie Restriction and Intermittent Fasting on Health and Diseases: Current Trends

<sup>10</sup>-1.62 pounds / 160 pounds = 0.01 (p=3E-13)

<sup>11</sup>Effects of matched weight loss from calorie restriction, exercise, or both on cardiovascular disease

<sup>12</sup>An Update on the Health Benefits of Green Tea



## 0.5 Conclusion

Increasing my daily dose of high quality organic Fuji Sencha green tea leaves from about 24 grams to about 45 to 60 grams and steeping them twice for one to three hours seems to have lowered my biological age by another 1.06 years (p value = 0.0004).

Peace.

## 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
9. A Water Filter That Increases pH Seems To Have Lowered My Biological Age By About A Year
10. MUCH more green tea lowered BioAge