



Eating more lecithin and hemp seed oil, and less fish and olive oil, may have lowered my biological age by about 1.5 years



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0.1 Abstract

A combination of four changes to my daily diet may have lowered my biological age.

I ate more sunflower lecithin and hemp seed oil.

To control the total calories I ate, which can also affect age, I also ate less olive oil and fish.

These four changes may have lowered my biological age by about 1.5 years after 19 days (p value = 0.01).

0.2 Methods

I measure my biological age and cognitive performance every day, and keep track of things that may change them¹

I made the following changes to my daily breakfast:

1. I added

- (a) 2 heaping tablespoons of sunflower lecithin and
- (b) about a tablespoon of cold pressed hemp seed oil, and

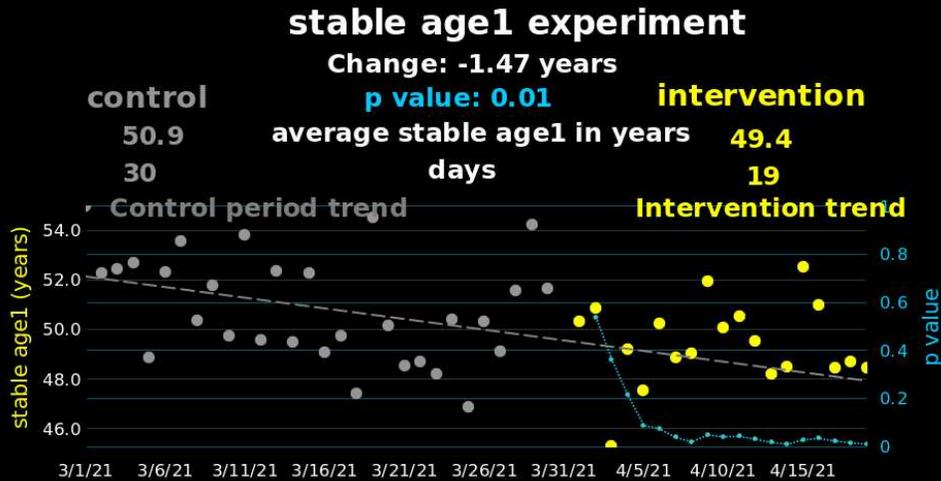
2. I eliminated

- (a) a quarter pound of fatty fish, typically Steelhead trout, and
- (b) roughly half a tablespoon of olive oil.

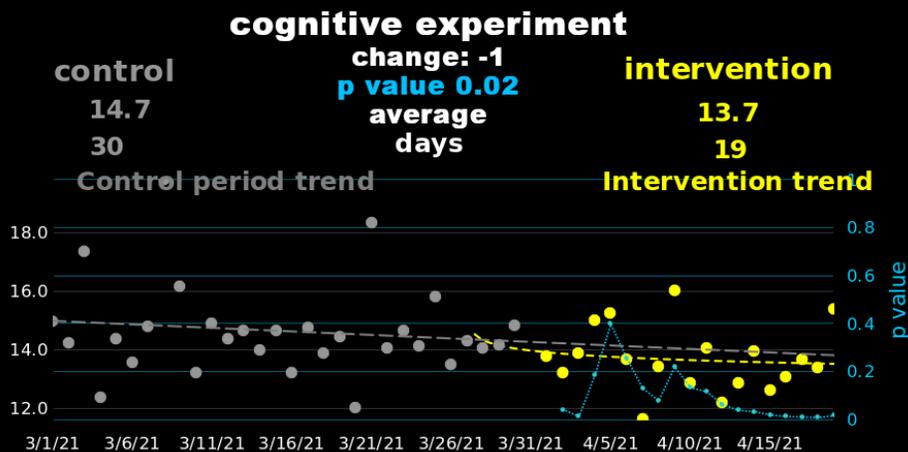


¹Although cognitive performance is one of the many things that declines with age, my current tech for measuring biological age doesn't consider it. I may include the cognitive biomarker in my future tech for measuring biological age, which I hope to sell, so I'm not identifying it here.

0.3 Results



19 days later my biological age had decreased by about 1.5 (p value = 0.01), or 1.6 years (p=0.004) depending on how I measured it.²



A biomarker of aging based on cognitive performance also improved by 7% (p value = 0.02)

I also lost a little weight, about 0.87 lbs (p=0.004).

²Statisticians often say a difference is statistically significant when its p value is less than 0.05.

0.4 Discussion

My inspiration for this experiment was healing old cell wall membranes. The clues leading up to it were:

1. reports of cell wall membranes deteriorating with age[7],
2. the recent availability of a product called “PlaqueX” in America[8], which is thought to replenish damaged cell wall membranes throughout the body,
3. a web page suggesting a chemist named Jacobus Rinse invented the original formula, whose key ingredients included lecithin and cold pressed safflower, sunflower or corn oil[9],
4. a report that much like the oils recommended by Jacobus Rinse, hemp seed oil contains a lot of linoleic acid[10],
5. reports linoleic extended life span of lab animals and reduced all cause mortality in people, sometimes dramatically[1],
6. James Roberts, MD’s videos on Polyenylphosphatidylcholine (PPC) in Cardiovascular Disease and Integrative Medicine[11,12],
7. experiments reporting phosphatidylcholine extended life span by an average of 9%[13],
8. lecithin contains phosphatidylcholine,
9. a report that dietary lecithin reduced all cause mortality by 38%[14] and
10. cold pressed hemp seed oil was readily available at a store where I live.

I can think of 3 weaknesses in this experiment:

1. Losing 0.87 pounds is evidence of *mild* calorie restriction, which I may have also benefited from.
2. I ate less fish, which contains an amino acid called “methionine”, which is also linked to aging[15].
3. Both my biological age and cognitive performance appear to have been improving before changing my diet, suggesting a previous change was responsible.

I previously found that

cocoa[2],

green tea[3],

intermittent fasting[4,],

cooking raw tomatoes[5] and

a triple herbal extract[16]

seemed to lower my biological age a little.

I like that they seemed to work in just weeks.

My big spread sheet of life span experiments has more leads[1].

It currently summarizes 38,984 experiments.

Life extensions were reported for over 5,000 interventions.

I'm screening some with my fast test for anti-aging interventions[2,6].

I like my test.

It's fun, much faster than mortality studies³, and tells me if I'm younger, which is *soooo* much better than just living longer.

I'm trying to make it even faster.

³Mortality studies take years.

0.5 Conclusion

Eating more lecithin and hemp seed oil, and less fish and olive oil, may have lowered my biological age by about 1.5 years (p value = 0.01).

0.6 Conflict of Interest

I had no conflict of interest.

0.7 References

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