



An herb called “basil” may have made me a little younger, but the improvement was temporary and statistically insignificant



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Abstract

I thought varying my diet might make me younger.

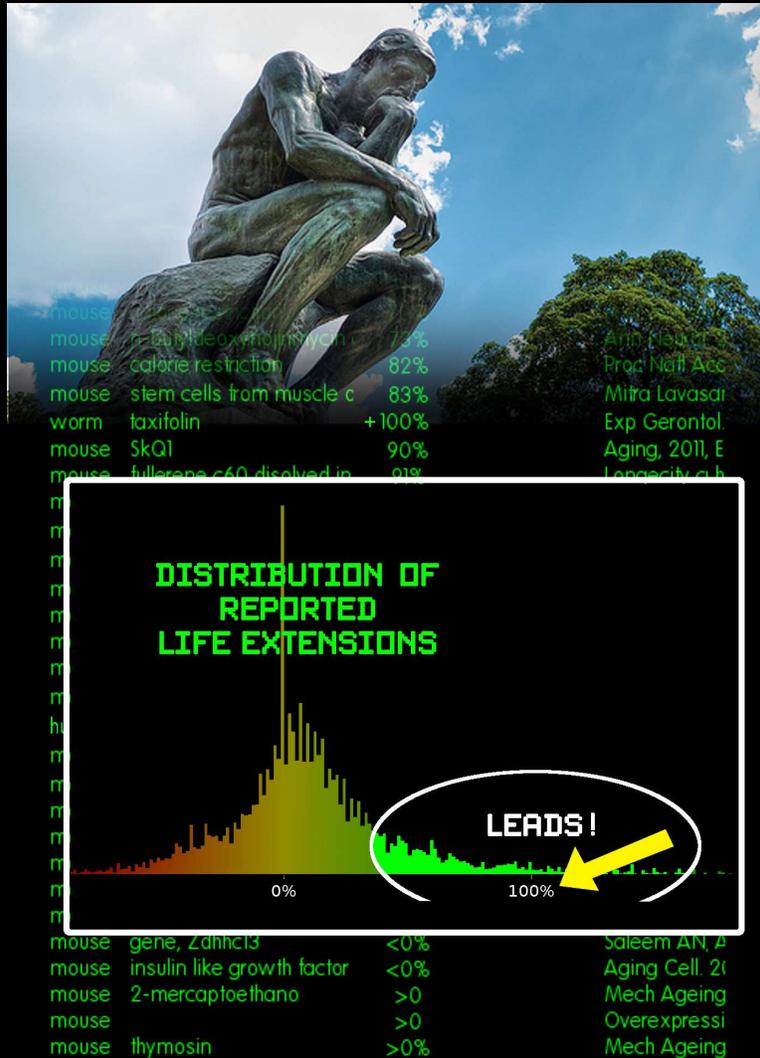
So I tried adding basil.

Every day, for over a month, I ate 3 to 4 ounces of fresh raw basil after dinner.

I kept measuring my biological age[1].

It doesn't seem to have helped much.

Methods



I look for ways to get younger in my big spread sheet of life span experiments[2].

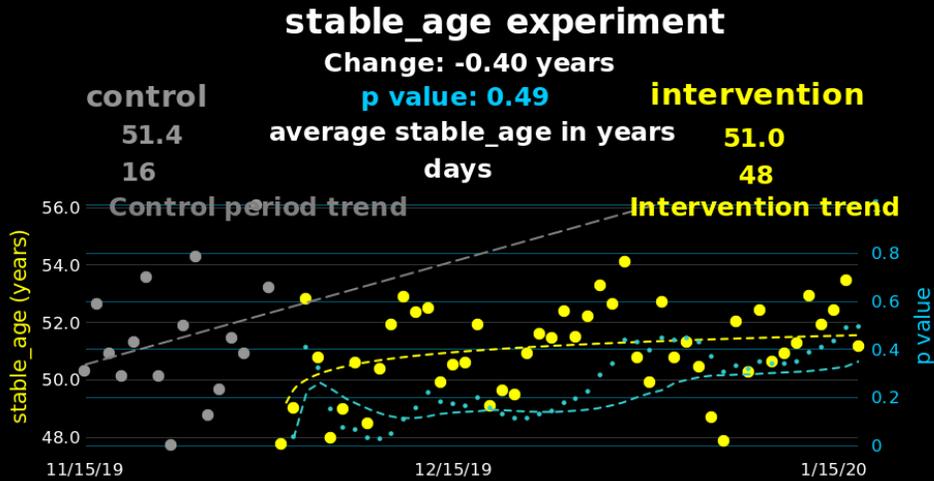
Previous studies found varying one's diet lets us live longer.

So, in late 2019, I bought a new herb with my usual groceries: basil.

I kept measuring my biological age every day.

I tried several brands: Simple Truth, Shenandoah Grower's, fresh basil still planted in clumps of dirt, and maybe another or others.

Results



Basil seemed to make me a little younger at first.

But it didn't last.

After eating it daily for about a month and a half, it may have lowered my biological age by 0.4 years, but an important test of statistical significance, the so called "p value", was 0.49¹.

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

Discussion

When basil seemed to work so well at first, I researched it.

It's evidently called "The king of herbs".

My naturopath said basil has all sorts of good stuff in it.

Why didn't it last?

Short answer? I dunno.

Long answer? Behold! My top 2 guesses!

- 2.) Some biological effects are temporary. Maybe basil's is too.
- 1.) Shenandoah Growers said basil has 200 genetic varieties, and the ones they sell vary by season and location, Maybe some work better than others.

If you try to replicate my results, please consider testing a brand that's packaged with information that identifies where it was grown, like a lot number. Evidently Shenandoah Growers does. If you discover something, please let us know.

I'm going to keep eating basil.

Even if it's not a statistically significant fountain of youth, my evidence suggests a small benefit.

Conclusion

Basil does not seem to have affected my biological age much.

Proximo sed nolo fumigare.

(Latin for "Close, but no cigar.")

References

1. Kingsley's Fast Screen For Anti-Aging Compounds Worked With Cocoa
2. Kingsley's Big Spread Sheet Of Life Span Experiments
3. What I learned from trying to measure my biological age throughout 2018
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 Seems to Have Made me About A Year Younger
6. Fast Test For Anti-Aging Interventions