



Not Eating For
14 Hours A Day
For A Month
Seems To Have Made Me
About A Year Younger



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Abstract

Fasting was reported to
make lab animals live longer[1,2].

I thought it might make me younger.

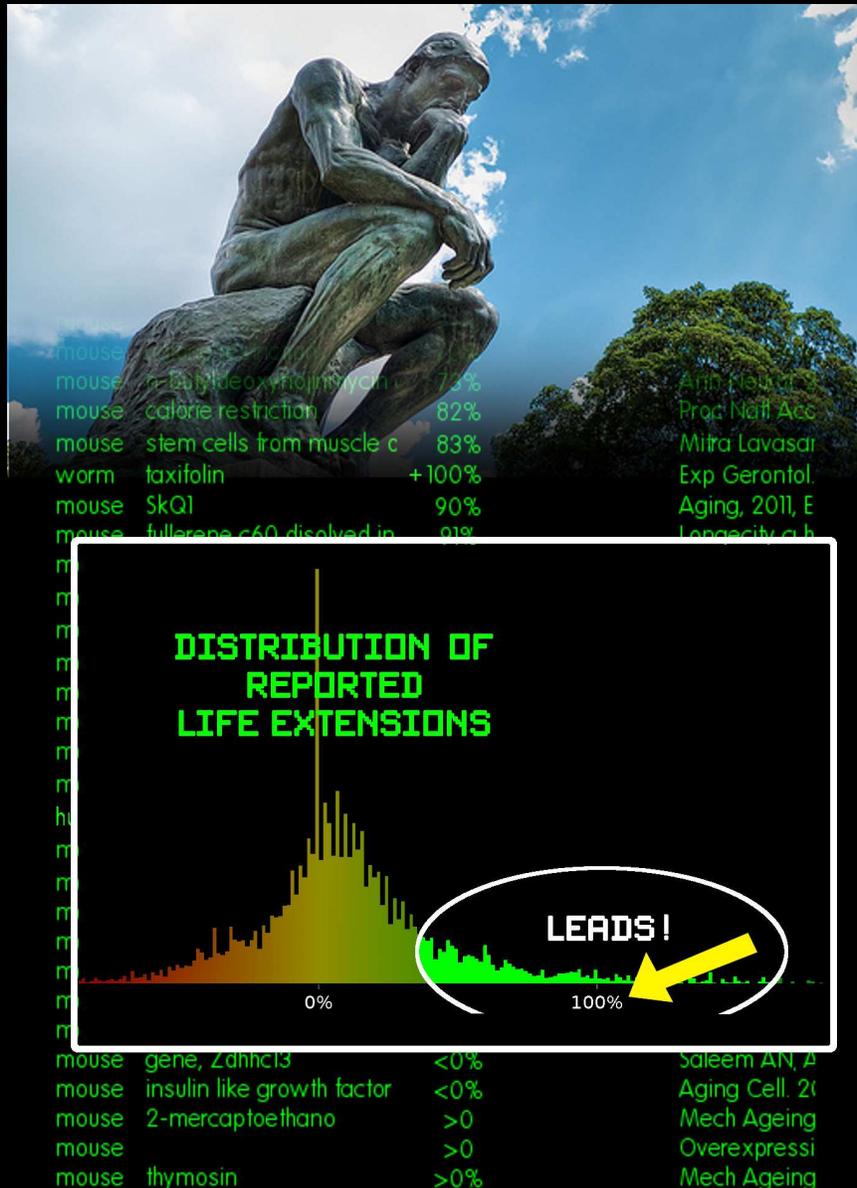
So I tested it.

Every day, I didn't eat for 14 hours.

I kept measuring my biological age[3].

After about a month, intermittent fasting seems to have made me about a year younger ($p=0.02$).

Methods



I look for ways to get younger in my big spread sheet of life span experiments[4].

Previous studies said intermittent fasting made lab animals live longer¹.

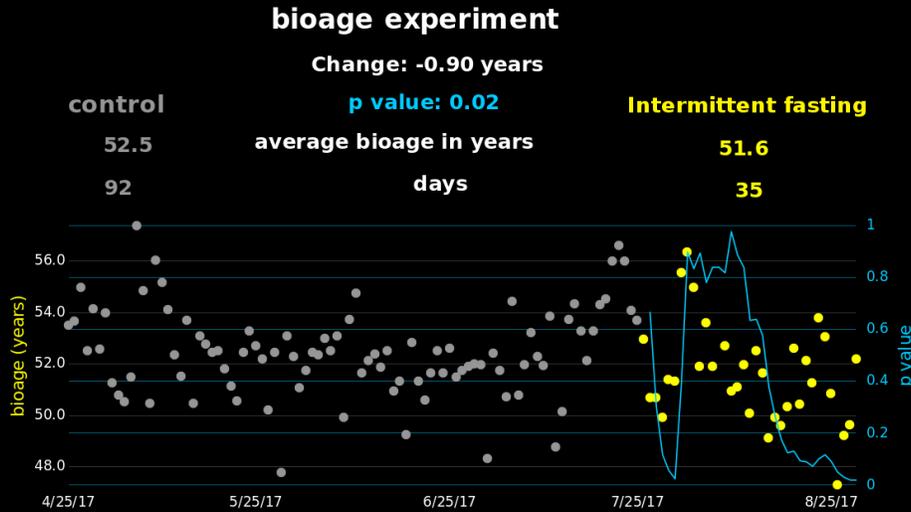
So, I tested it.

Every day, I kept measuring my biological age, and didn't eat from about midnight to 2 PM (14 hours)².

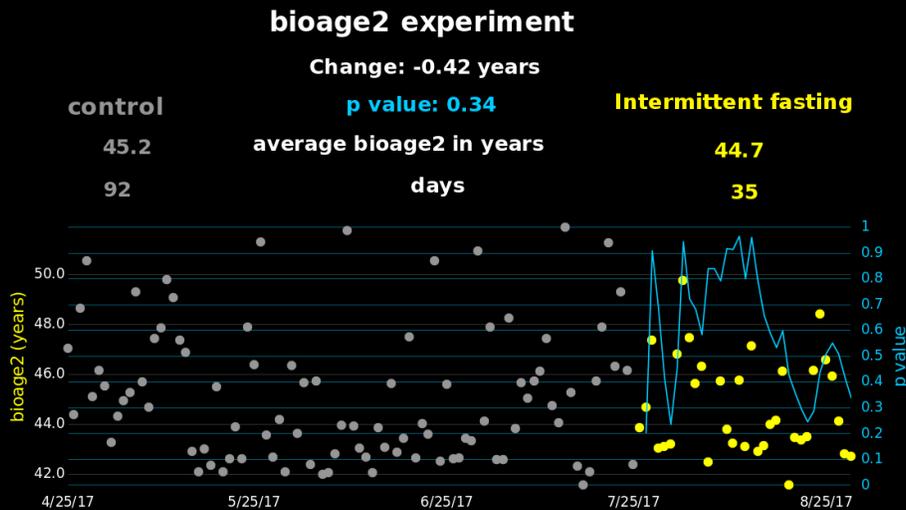
¹Calorie restriction seems to work too.

²I guess I previously fasted for about 12 hours a day.

Results



Intermittent fasting seems to have made me about a year younger in about a month ($p=0.02$)³.



A different way of measuring biological age also showed I got younger.
But its change was insignificant.

³Statisticians often say a difference is statistically significant when its p value is less than 0.05.

Discussion

Getting younger may lead to living longer.

That could explain the evidence for intermittent fasting doing both.

I also found that cocoa and green tea seemed to make me younger[5,6].

I like that they seem to work in just weeks.

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

It currently summarizes over 22,000 experiments.

Life extensions were reported for over 5,000 interventions.

I'm screening some with my fast test for anti-aging interventions[3,7].

I like my test.

It's fun, much faster than mortality studies⁴, and tells me if I'm younger, which is *soooo* much better than just living longer.

More research is needed.

Conclusion

Intermittent fasting for about a month seems to have made me about a year younger.

⁴Mortality studies take years.

References

1. Apparent prolongation of the life of rats by intermittent fasting, Carlson and Hoelzel, October 4, 1945
2. A Periodic Diet that Mimics Fasting Promotes Multi-System Regeneration, Enhanced Cognitive Performance, and Healthspan, Brandhorst et al., 2015, Cell Metabolism 22, 1–14, July 7, 2015 a2015 Elsevier
3. Kingsley's Fast Screen For Anti-Aging Compounds Worked With Cocoa
4. Kingsley's Big Spread Sheet Of Life Span Experiments
5. The Younger Year
6. Drinking More Green Tea Seems To Have Made Me A Year Younger In Just A Month
7. Fast Test For Anti-Aging Interventions