



Red Wine Does Not Seem To Have Made Me Younger



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October 14, 2017



Abstract

Red wine was reported to
make people live longer^[1].

I thought it might make me younger.

So I tested it.

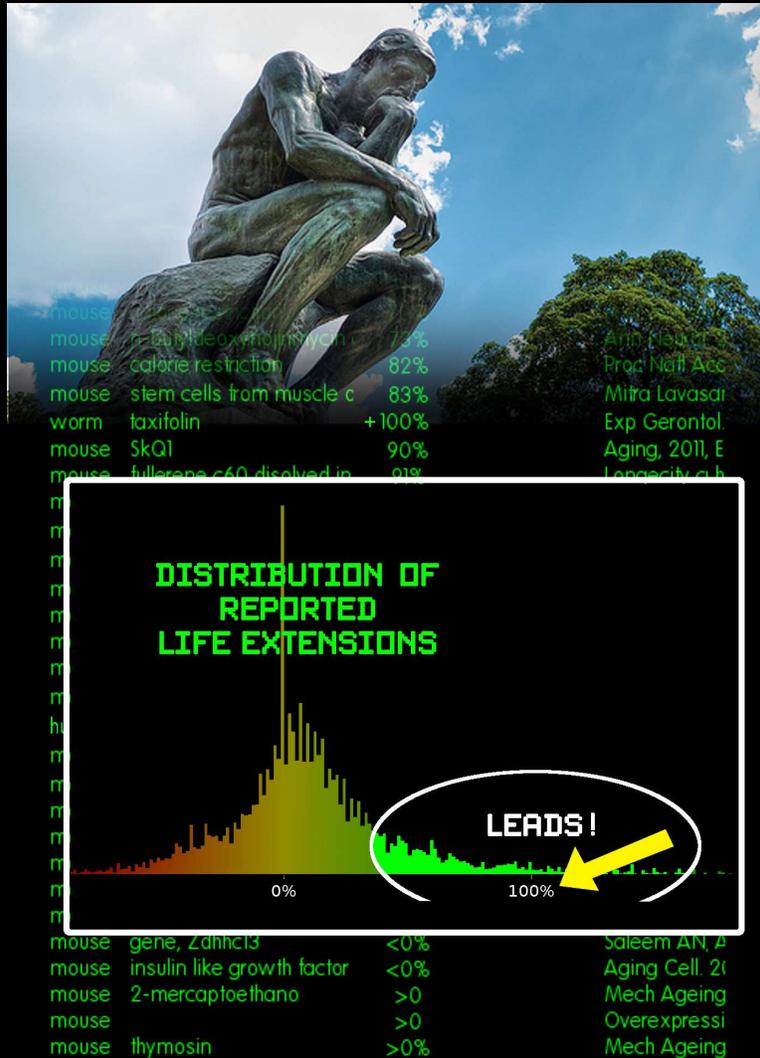
Every night, for over a month, I drank 4 ounces¹ of red wine.

I kept measuring my biological age^[3].

It doesn't seem to have worked.

¹About 125 milliliters

Methods



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

A previous study said red wine made people live longer[1]².

I kept measuring my biological age every day.

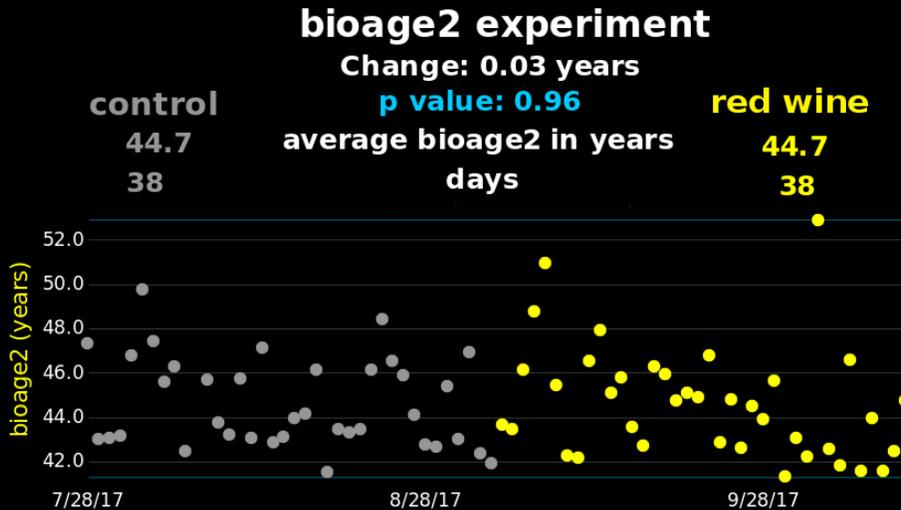
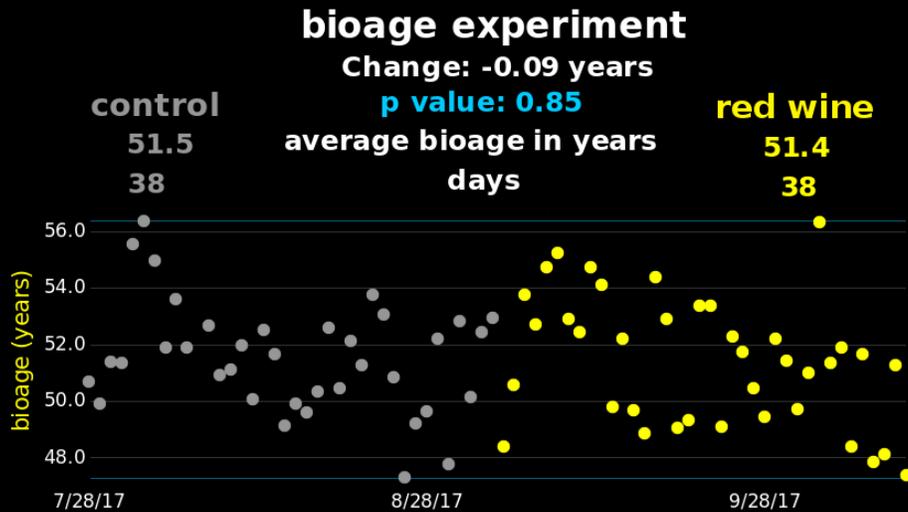
After teetotaling for a cool 38 years, I started drinking about 4 ounces³ of red wine every night with dinner.

I drank "Zinfandel", "Groundswell" and "Daily Red".

²Other wines have been reported to make people live longer too[2].

³About 125 milliliters.

Results



Red wine does not seem to have affected my biological age.

I measured it two ways.

Neither reported a statistically significant change from the month before⁴.

⁴Statisticians often say a difference is statistically significant when its p value is less than 0.05.

Discussion

Why didn't red wine seem to make me younger?

Short answer? I dunno.

Long answer? Behold! My top 4 stupendous guesses!

- 4.) Red wine delays dying, but not aging.
- 3.) The wines I drank didn't have enough sulfites⁵. Some life span studies of compounds containing sulfur got good results.
- 2.) The active ingredient is flavonoids, and I already get plenty from cacao[5] and green tea[6].
- 1.) Curse these good looks! ;-)

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

It currently summarizes a cool 22,549 experiments[4].

Life extensions were reported for over 5,000 interventions[4].

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 studies⁶, and tells me if I'm younger, which is soooo much better than just living longer.

More research is needed.

I have plans for an even better way of measuring biological age.

If I'm right, it will be more accurate and faster.

I'm back to teetotaling.

⁵Sulfites were originally used to preserve wine, but after being blamed for head aches, are now less common.

⁶Mortality studies take years. My test? Just weeks!

Conclusion

Red wine does not seem to have affected my biological age.

References

1. Br J Nutr. 2017 May;117(10):1470-1477., Association of flavonoid-rich foods and flavonoids with risk of all-cause mortality, Ivey KL et al.
2. BMJ. 1995 May 6; 310(6988): 1165–1169, Mortality associated with moderate intakes of wine, beer, or spirits, M. Grønbaek, A. Deis, T. I. Sørensen, U. Becker, P. Schnohr, and G. Jensen
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