



A Blend of Extracts of Hawthorn Berries, Prickly Ash and Horse Chestnut Seems To Have Lowered My Biological Age By About A Year



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0.1 Abstract

Drinking a daily tonic of extracts of three herbs named

1.) hawthorn berry,

2.) prickly ash and

3.) horse chestnut

seems to have lowered my biological age by 0.94 years after 25 days (p value = 0.04).

0.2 Methods

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

I tried a daily tonic containing extracts of three herbs named hawthorn berry, prickly ash and horse chestnut.



I

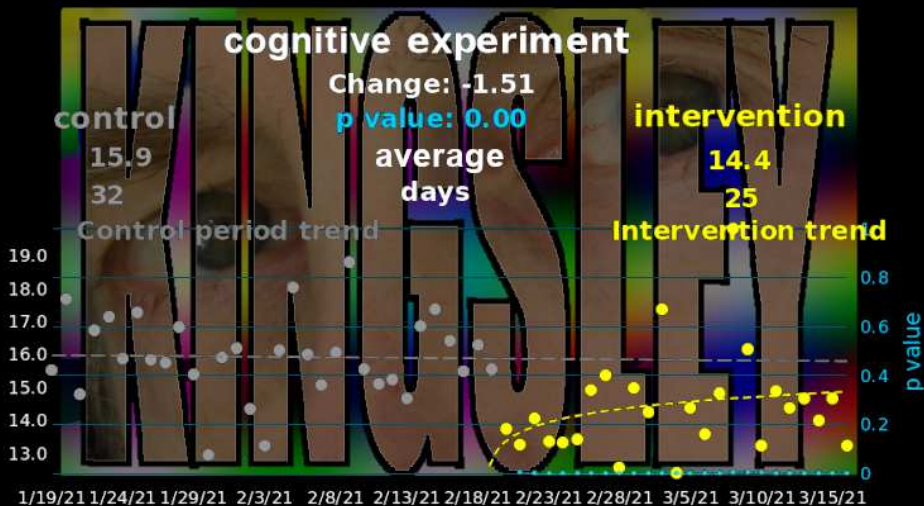
1. simmered the hawthorn berries and prickly ash in about 8 ounces of water for 5 to 10 minutes,
2. let it cool for another 5 to 10 minutes,
3. filtered out solids and
4. added drops of an extract of horse chestnut.

¹Although cognitive performance declines with age, my current tech for measuring biological age doesn't consider it, yet. I may include the cognitive biomarker in future tech for measuring biological age, so I'm not identifying it here.

0.3 Results



My biological age went down 0.94 years (p value = 0.04)²



A biomarker of aging that measures cognitive performance³ also improved by 9% (p value = 0.0003)

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

³I didn't consider the cognitive biomarker when calculating my biological age.

I noticed rashes on my ankles 6 and 49 days after starting the tonic. They didn't itch, and seem to have healed after 128 days.

I noticed rashes on my ankles 6 and 49 days after starting to take the herbal "vein tonic" on Feb. 19, 2021. They seem to have healed.

February 25, a few hours after first noticing rashes
day 6

March 14
day 23

March 26
day 37

June 27
day 128

left



right



March 30, 2021

0.4 Discussion

I'm aware of 15 experiments that tested if hawthorn affected animal life span. 11 suggest it works[1].

Maybe these 3 herbs work by improving circulation. The herbalist who suggested it calls the mix a "vein tonic"⁴

I'd love it if someone tries to replicate my anecdote, especially with hawthorn berry, and lets me know what happened.

I waited to publish these results until I knew more about the rash on my ankles. A naturopath said they can be caused by many things, and mine didn't seem like a crisis. An herbalist suspected stagnant circulation. I don't know if it was related to the vein tonic or not.

I previously found that cocoa, green tea, intermittent fasting and cooking raw tomatoes seemed to lower my biological age a little[2,3,4,5].

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 studies⁵, and tells me if I'm younger, which is soooo much better than just living longer.

I'm trying to make it even faster.

⁴Wonderland Herbs, Teas & Spices Wonderland Herbs, Teas & Spices

⁵Mortality studies take years.

0.5 Conclusion

Drinking a daily tonic of extracts of hawthorn berries, prickly ash and horse chestnut seems to have lowered my biological age by about a year after 25 days (p value = 0.04).

0.6 Conflict of Interest

The tea shop that suggested these herbs⁶ said it takes them time to figure out doses of the individual herbs, and it's OK if people call them for more info. Since they helped me and I want them to trust me, I chose not to publish the dose of any herb. I'll let other people decide for themselves whether to contact the tea shop or not.

0.7 References

1. Kingsley's Big Spread Sheet Of Life Span Experiments
2. Kingsley's Fast Screen For Anti-Aging Compounds Worked With Cocoa
3. Drinking More Green Tea Seems To Have Made Me A Year Younger In Just A Month
4. Not Eating For 14 Hours A Day For A Month Seems To Have Made Me About A Year Younger
5. Cooking Raw Tomatoes Seems To Have Made Me About A Year Younger
6. What I learned from trying to measure my biological age throughout 2018

⁶Wonderland Herbs, Teas & Spices Wonderland Herbs, Teas & Spices