

Here's How to Find out How Long You'll Live

JAN. 27, 2025

BY DAVID HARRY STEWART

Welcome to *The Mindset* by Super Age.

For over a decade, I've been exploring the idea of Super Aging—a philosophy rooted in living expansively, embracing our full capacities, and thriving in all aspects of life.

Recently, Bryan Johnson's "Don't Die" movement has gained attention, emphasizing biomarker optimization and algorithm-driven life management. We respect Bryan's commitment to health and longevity, and we admire the curiosity driving his self-experimentation. However, at Super Age, we take a different approach—one that's equally committed to longevity but prioritizes personal agency and inner wisdom.

The Super Age Philosophy: Cover the basics (sleep, stress, fitness, nutrition, relationships), trust your inner knowing, and create your own longevity journey. **Take the Super Age Longevity Quiz to find out how long you'll live and how your habits stack up.** There is no single path to thriving. Longevity isn't just about extending years; it's about expanding life—mentally, emotionally, and physically.

We believe that true wellness embraces the whole self, including our vulnerability, creativity, and connection with others, rather than strict protocols and extreme biohacking. Recently, Founding Editor Heather Hurlock met with tenderness researcher Meena Srinivasan, whose work reveals how **embracing tenderness can significantly improve health and wellbeing.** At Super Age, we believe that vulnerability is not a weakness; it's a strength—a pathway to deeper health and more meaningful human experiences.

We trust that you are brave, strong, and more capable than you may realize.

We're building this community of support so we can all live rich, fulfilling lives, find balance, and make choices that feel empowering—so we can super age together!

Onwards and upward!

David Stewart

Founder

?BODY WISDOM

Your Winter Immunity Playbook

With flu, RSV, COVID-19 variants, and norovirus circulating this winter, fortifying your immune system is more important than ever. Here are a few research-backed ways to protect your body from winter illness:

- ■ **Take Vitamin D + K** to reduce infections and support immune balance.
- ■ **Prioritize quality sleep** (7-9 hours) to help your body **produce infection-fighting cytokines**.
- ■ **Up your zinc** to support immune function—add pumpkin seeds, lentils, or oysters to your diet.
- ■ **Eat antioxidant-rich foods** like berries, spinach, and bell peppers for reduced oxidative stress.
- ■ **Stay active** with moderate exercise like brisk walks or yoga to promote immune cell circulation.
- ■ **Manage stress** with mindfulness practices like meditation and deep breathing.

- **Hydrate well** with herbal teas, lemon water, and broths to aid toxin removal.
- ■ **Support gut health** with probiotics from fermented foods like yogurt, kimchi, and sauerkraut.

These simple habits can help you stay healthy and energized all winter long. If you start to feel a tickle in your throat, the ~~VA Whole Health Library~~ highlights powerhouse herbs like echinacea, elderberry, astragalus, and andrographis for immune support. These natural allies pack antiviral properties, can reduce symptom severity, and may even shorten the duration of upper respiratory infections—perfect for navigating cold and flu season. Good luck out there!

EAT WELL

Fuel Your Health at the Cellular Level

Groundbreaking research reveals how short-chain fatty acids (SCFAs), specifically propionate and butyrate, act as unique epigenetic regulators—**linking diet, metabolism, and gene expression**. Found in fiber-rich foods like lentils, split peas, avocados, oats, millet, and raspberries, SCFAs not only support gut health, they influence how your genes express themselves for better overall well-being.

The takeaway? A diet rich in fiber isn't just good for digestion—it's foundational for longevity and cellular vitality.

Incorporate fiber-forward foods into your daily routine to nourish both your microbiome and your genetic potential. Small, consistent shifts in your plate can unlock lasting benefits for your healthspan. Nourish your body and fuel your cells!

DID YOU KNOW?

What's Really in Your Water

A newly identified chemical was just found in the tap water of millions of Americans

called chloronitramide anion. Municipal water in the U.S. is treated with chloramines to kill harmful microorganisms, but they can create toxic byproducts. Scientists say that's what's happening with the discovery of chloronitramide anion. Though its toxicity is unknown, its appearance is concerning.

U.S. tap water already shows traces of **lead, chlorine, microplastics, and PFAS chemicals**—contaminants linked to long-term health risks, including hormone disruption, cardiovascular issues, and developmental delays.

Being informed is key. The Environmental Working Group (EWG) offers a **free Tap Water Database** where you can easily check the safety of your local water supply by entering your ZIP code.

For cleaner, healthier water, consider using a high-quality filter. Prioritize options tested for contaminant removal, such as:

- **LifeStraw Home Water Filter Pitcher** —Reduces lead, mercury, and “forever chemicals,” and pesticides.
- **PUR Plus Faucet Filtration System** — Certified by the Water Quality Association to remove over 70 contaminants.
- **Aquasana Under Sink Water Filter System** — Reduces PFAS, microplastics, lead, and chlorine
- **AquaBliss Revitalizing Shower Filter** —Reduces chlorine, chlorine byproducts, and pesticides.
- **Home Master Artesian Reverse Osmosis System** —Removes up to 99% of contaminants, including chloramines, chlorine, and heavy metals.

Stay proactive, stay informed, and stay hydrated—on your terms.

STAY AMAZED

Kindness Linked to Longevity

Simple gestures like expressing gratitude, helping a neighbor, or volunteering can **lower stress, reduce inflammation, and support cardiovascular health, according to research from Harvard**. Acts of kindness can buffer against stress, offer perspective on personal challenges, and combat the health impact of loneliness, all while supporting cellular health by slowing the shortening of telomeres, a key factor in aging.

Consider this your reminder: Small, compassionate actions not only make the world better—they make you healthier, too. Whether offering a kind word, sharing a smile, or lending a helping hand, incorporating kindness into your daily routine is just good practice.

Stuff We Love

?Destination Inspiration

Renowned wellness spa **Palazzo Fiuggi** launched a **Hiking for Longevity program** that combines daily nature treks, mindfulness, Mediterranean meals, and wellness treatments, reminding us that longevity isn't just about personal health metrics but about connection, presence, and joy.

?Recipe of the Week

Tracee Ellis Ross's collard greens. Start by chopping the stems up tiny and cooking them in a small amount of water until tender. Then, add the leaves, using smoked salt for a rich flavor. Keep seasonings minimal, and add a splash of vinegar while cooking for brightness. Simmer gently until greens are tender and flavorful.

Read This

Breaking the Habit of Being Yourself, by Joe Dispenza, is essential intel, unpacking how your thought patterns shape your health, longevity, and happiness, blending cutting-edge neuroscience with practical strategies for real personal transformation. Think of it as a masterclass in rewiring your mind for a more vibrant life—without the fluff.

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