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Global per capita spending on wellness

JANUARY 2025
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BlueVerve

THE HEARTBEAT OF HEALTHY LIVING

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Transformative role of Hormone Replacement Therapy (HRT) in enhancing women's healthspan."

WELLNESS

The power of weekly reflection



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Shaping the future of longevity

The global wellness economy - encompassing everything from fitness and mental health to nutrition, personal care, and wellness tourism - is projected to reach \$8.7 trillion by 2027. Longevity, a key and fast-growing component of the global wellness economy, is estimated to hit \$610 billion this year. To put this into perspective, the wellness industry is now larger than the global pharmaceutical market, reflecting a tectonic shift from reactive treatment to preventative care.

The rapid growth of the longevity industry has not gone unnoticed—it featured prominently in discussions at the recently held World Economic Forum. Influential thought leaders, scientists, and investors have gathered at Davos to explore the latest advancements in longevity science and innovation.

One factor fueling the longevity boom—as evidenced by the proliferation of wellness clinics and biotech startups—is advancements in technology, especially artificial intelligence. A case in point is OpenAI's upcoming AI model GPT-4b micro, developed in collaboration with Retro Biosciences, a longevity science startup aiming to extend human lifespan by 10 years. This AI model is designed to enhance the effectiveness of two key Yamanaka factors- proteins capable of re-engineering regular cells into stem cells. Retro believes this innovation could be the first step toward developing human organs and ensuring a sustainable supply of replacement cells.

To state the obvious, both genes and environmental factors influence our lifespan. Today, AI can help us uncover the intricate interactions between the human body and external environmental factors. This gives scientists the ability to decode complex biological processes, such as aging, at a scale never known before.

Beyond longevity biotechnology, AI is also revolutionising the drug discovery process, which traditionally takes years to progress to clinical trials and involves millions of dollars, sometimes billions, in costs. Thanks to machine learning algorithms capable of analysing vast genomic and clinical datasets, researchers can now quickly detect biomarkers associated with aging and develop targeted therapeutic interventions to promote healthier aging.

Now the caveat: AI, as is the case with any other emerging technology, comes with its own set of challenges and ethical concerns. The increasing reliance on AI in longevity science raises issues around data privacy, algorithmic bias and accessibility. While AI's role in longevity biotechnology is undeniably transformative, it must be approached with enough guardrails and a commitment to equitable wellness solutions.

Thanks for reading, and I wish you all a healthy 2025.

Jeevan Thankappan
Managing Editor

Small habits, big changes



As we step into 2025, there's an unmistakable energy in the air—a mix of optimism, ambition, and maybe just a hint of “new year, new me” fever. It's the season of resolutions, where we're all inspired to turn over a new leaf. But let's be honest: resolutions often have the staying power of a snowflake on a sunny day. They start with a bang and fizzle out by February, leaving us wondering why we even bothered. Sound familiar? Don't worry; we've got you covered.

In this special issue of BlueVerve, we're hitting the refresh button on transformation. Forget the pressure of grand, sweeping changes—we're here to show you how tiny, manageable tweaks can lead to life-altering results. The best part? You can start today, see noticeable improvements in just 30 days, and carry those benefits through the remaining 360. It's not about perfection; it's about progress.

To bring this vision to life, we've tapped into the wisdom of longevity experts from across the globe. These brilliant minds have shared actionable tips and science-backed strategies to help you reimagine what it means to live well. Spoiler alert: it's not about crash diets or punishing gym routines. Instead, it's about cultivating habits that fit seamlessly into your life—like swapping one sugary drink for water each day or dedicating ten minutes to mindful breathing. Small steps, big rewards.

One of the gems you'll find in this issue is the power of weekly reflection. It's a simple practice that can transform how you approach your goals. Take a few minutes every Sunday to ask yourself: What went well this week? What could I improve? By celebrating your wins and learning from your missteps, you'll build momentum that keeps you motivated week after week. It's like having a personal cheerleader, except the cheerleader is you.

We've also packed this issue with stories and insights that inspire you to embrace a longer, healthier, and more vibrant life. From the latest in wellness tech to tried-and-true lifestyle hacks, there's something for everyone. Looking to reboot your mental health? We've got tips for decluttering your mind. Need a physical reset? Check out our guide to micro-movements that pack a punch. Craving emotional balance? Dive into our feature on the art of letting go.

What makes this journey exciting is that it's uniquely yours. There's no one-size-fits-all formula for well-being, and that's a beautiful thing. Whether you're ready to overhaul your morning routine or simply add more greens to your plate, every choice counts. Start where you are, grow at your own pace, and remember—progress is the goal, not perfection.

So, here's to 2025: a year of mindful choices, joyful moments, and meaningful transformations. Let's make it the year we embrace not just resolutions, but revolutions—in how we think, feel, and live. Ready? Let's take this journey together, one step, one day, one habit at a time.

Happy New Year, happy reading, and most importantly, happy living.

Sarah Gaur
Assistant Editor

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xLongevity



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Enhanced IV therapy



Photobiomodulation therapy



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LONGEVITY

Decoding the future of health: How genetic testing at AEON Clinic is redefining longevity

Dubai's commitment to pioneering healthcare innovation has taken a major leap forward with the Department of Health's integration of genetic testing into the Premarital Screening Programme. This groundbreaking initiative, set to take effect in January 2025, reflects the UAE's unwavering dedication to improving public health outcomes by leveraging cutting-edge medical advancements. In an era where prevention is better than cure, genetic testing has emerged as a cornerstone of personalised and preventive medicine, allowing individuals to understand their genetic predispositions and mitigate health risks long before they develop into chronic conditions.

At the forefront of this innovation is AEON Clinic, located within the iconic Atlantis The Royal. Known for its commitment to longevity and regenerative medicine, AEON Clinic provides advanced genomics services, empowering individuals with vital insights into their health. Under the leadership of Dr. Sabah Habibollah, Clinical Scientist in Genetics and Genomics, AEON is redefining healthcare by helping individuals uncover the blueprint of their genetic makeup and take proactive control of their future.

Genetic testing is more than just a tool for diagnosis—it is a gateway to preventive healthcare. By analysing an individual's DNA, genetic testing identifies variations and mutations that could lead to hereditary conditions, chronic illnesses, and predispositions for diseases such as diabetes, cancer, cardiovascular issues, and neurological disorders.

LONGEVITY

DNA Health & Wellness opens Abu Dhabi clinic

DNA Health & Wellness, the UAE's health optimisation and longevity clinic group, has opened its state-of-the-art facility in Abu Dhabi, Al Manhal area.



Spanning over 11,000 square feet, the new clinic is poised to be one of the largest and most advanced health optimisation and longevity centres in the region, offering a comprehensive range of personalised treatments that focus on prevention, optimisation, rejuvenation, and longevity. The facility integrates cutting-edge technologies, including advanced diagnostic imaging, advanced blood testing, AI-based reporting software, and precision medicine therapies.

"We are excited to bring our innovative approach to health and wellness to Abu Dhabi," said Sho Choudhury, Co-Founder, Chairman & Group CEO of DNA Health & Wellness. "Our success to date has highlighted a growing demand for personalised and preventative healthcare. Our expansion

underscores our dedication to making advanced health solutions more accessible to a broader community."

The Abu Dhabi clinic will feature specialised treatments including everything from preventative health screenings that analyse over 15,000 parameters and provides 100Gb data, focusing on biomarkers, oxidation levels and lipids, to peptides, stem cells and IV therapy.

"We focus on the early detection and management of diseases, said Dr. Nasr Al Jafari, Co-Founder & Group Medical Director of DNA Health & Wellness. "By preventing and catching these conditions at their earliest stages, we provide effective healthcare plans to treat illnesses before they can cause harm."

TECH

M42 CALLS FOR **GLOBAL COLLABORATION ON AI AND GENOMICS**



M42, a global health leader powered by artificial intelligence (AI) and technology, has urged healthcare, technology, and academic leaders to join forces in the battle against disease by shifting the industry's focus from treating sickness to prioritizing prevention. The call to action was made by Hasan Jasem Al Nowais, Managing Director and Group Chief Executive Officer of M42, during his keynote speech at the 7th Annual Longevity Forum.

Al Nowais highlighted the severe health threats facing humanity and the mounting financial strain on nations due to rising healthcare costs, which are projected to reach US\$10 trillion by 2026. He stressed the unsustainability of the current reactive healthcare model and called for greater global collaboration on AI and genomics to advance the prevention agenda.

Among M42's pioneering initiatives is Med42, an open-access clinical large language model, and an AI-powered chest X-ray system designed for early detection of tuberculosis. Additionally, Al Nowais detailed how Cleveland Clinic Abu Dhabi—where he also serves as Chairman—is integrating AI into endoscopic colon screening. AI algorithms now analyze endoscopic images and videos to identify abnormalities, lesions, and potential signs of cancer, allowing doctors to create personalized treatment plans and remove precancerous polyps before they develop into cancer.

OpenAI Enters Scientific Discovery with **AI-Powered Stem Cell Research**

OpenAI is expanding its reach into scientific discovery, unveiling an AI model designed to aid in stem cell manufacturing. This marks OpenAI's first venture into biological data and its first public assertion that its models can drive unexpected scientific breakthroughs. The initiative also serves as a crucial test in determining whether AI can make true discoveries, a milestone some believe is essential on the path to achieving artificial general intelligence (AGI).

The project began a year ago, when Retro Biosciences, a San Francisco-based longevity research company, approached OpenAI for collaboration. Retro's mission is to extend the average human lifespan by 10 years, and its research focuses on Yamanaka factors—a group of proteins that can transform human skin cells into stem cells capable of regenerating any tissue in the body.

This cellular reprogramming process holds immense potential for rejuvenation therapies, organ regeneration, and cell replacement treatments. However, the process is currently inefficient, taking several weeks, with less than 1% of treated cells successfully completing the transformation.

To tackle this inefficiency, OpenAI developed GPT-4b Micro, an AI model trained to enhance the function of Yamanaka factors. Using OpenAI's model, researchers were able to re-engineer two of these proteins, reportedly making them 50 times more effective, according to preliminary findings.

This breakthrough suggests that AI-driven biological research could revolutionize regenerative medicine, paving the way for faster and more efficient cell therapies.

Decoding aging

Andrea B Maier is the Director of the Center for Healthy Longevity at the National University of Singapore and the co-founder of Chi Longevity. Her research focuses on unravelling the mechanisms of aging and age-related diseases to bring diagnostics and interventions to optimise health into clinical practice. In this free-wheeling chat, Professor Maier discusses how longevity is not just about lifespan but about enhancing healthspan and quality of life.

 BY JEEVAN THANKAPPAN
TEAM BV

What inspired your interest in gerontology?

I studied medicine, and even as a child, I was fascinated by the concept of ageing. During my

medical studies, I was deeply curious about questions like: What is ageing? Can we age more gracefully? Although there wasn't a well-defined term for it back then, I pursued a PhD in the fundamental biology of ageing.

My journey then transitioned

into clinical work, and later into data analysis. Over time, I realised that what truly defines me is my ability to combine these fields. I see myself as a translator, bridging the gap between the biological aspects of ageing and their clinical implementation. My role also





involves bringing people together to build networks and lay the foundation for optimizing health and extending health spans as we age.

This work aligns perfectly with the emerging specialty of health and longevity medicine, which focuses on optimizing health while counteracting the processes of ageing throughout the lifespan.

Looking back on my journey over the past decades, my efforts have been driven by a desire to define and understand these concepts, always with a focus on prevention and enhancing the natural beauty and functionality of the human body.

When we talk about longevity, we often focus on physical health. But how do we define the relationship between longevity, mental health, and broader aspects like purpose and fulfilment?

Personally, I'm not a fan of the term longevity on its own. I prefer healthy longevity because it's not just about extending life—it's about living well. For me, the idea of being alive at 90 but unable to enjoy life or remain functional doesn't appeal. It's all about health, not just the duration of life. If we can extend life and maintain health, that's wonderful, but it's not the ultimate goal.

The discussion around healthspan is evolving—should it be defined solely by the absence of diseases? Or should it be based on what we are physically and mentally capable of doing (function)? Perhaps it should also include what we actually do with those capabilities, which ties into quality of life. For example, there's often a significant gap between what younger individuals are physically capable of and what they actually do.

Furthermore, should we consider the meaning or purpose we derive from our lives as part of healthspan? This brings us to the quality of life and the value we place on our experiences. These elements are crucial in defining not only healthspan but also the purpose

of life itself. While these ideas are often associated with spiritual terminology, they are deeply relevant. After all, why should our bodies continue to exist if we don't find meaning or joy in being alive?

Do you have any core practices you can recommend to our readers to help strengthen their resilience as they age, particularly in terms of mental health?

For me, the number one priority—up to number 20—is sleep. What keeps me mentally stable is sleep. If my sleep is disrupted—whether by external factors or by my own actions—I may still be mentally stable, but I don't feel like myself. Mental health is incredibly important, but defining and measuring it can be complex. There's an objective side to mental health, which involves measurable criteria, and there's also a subjective side, which is more about personal perception—how you actually feel. However, this subjective perception doesn't necessarily align with how others see it.

For me, good mental health is fundamentally about having a willingness to live and to make something meaningful out of life. That's the purest definition I can offer, at least from my perspective. It's also a principle we frequently apply in patient care because, without that willingness or purpose, what would be the point?

For someone looking to start their longevity journey, are there any simple but impactful steps you would recommend or prescribe?

I would say it's essential to have a deep understanding of yourself and what you truly want. This isn't just about what you want to achieve, because often we achieve something and then realize it doesn't provide the fulfillment or purpose we were seeking. Instead, it's about asking the deeper questions: Why do I want to be physically healthy? Why do I want to avoid diseases? Why do I want to live? Why do I want to have children? Why do I want whatever it is I'm pursuing?

In clinical care, we often see people living without a clear sense of purpose, which can diminish their motivation. Understanding your purpose provides the drive for everything you do—whether it's going to bed on time, going to work or school, investing in relationships, making decisions, or even smiling. It fundamentally shapes how you rest, care for your body, and navigate life.

Unfortunately, we often focus too much on external factors like socioeconomic status, age, or other determinants while overlooking the central question of purpose. In geriatrics, my field, we address this explicitly, especially in end-of-life decision-making. We ask: What is your purpose? Should we continue to invest in your care? But I believe these conversations shouldn't be limited to the later stages of life. They are equally critical for younger individuals. For example, if someone is diagnosed with a manageable condition like Type 2 diabetes, we should ask: What is your purpose? Do you want to take control of your health, and if so, what will you do with that?

These questions are often forgotten in both medical practice and everyday conversations. Many people simply exist—they wake up, go through their routines, and keep moving forward without fully considering the deeper “why.” But understanding that “why” can transform how we live and approach life at any age.

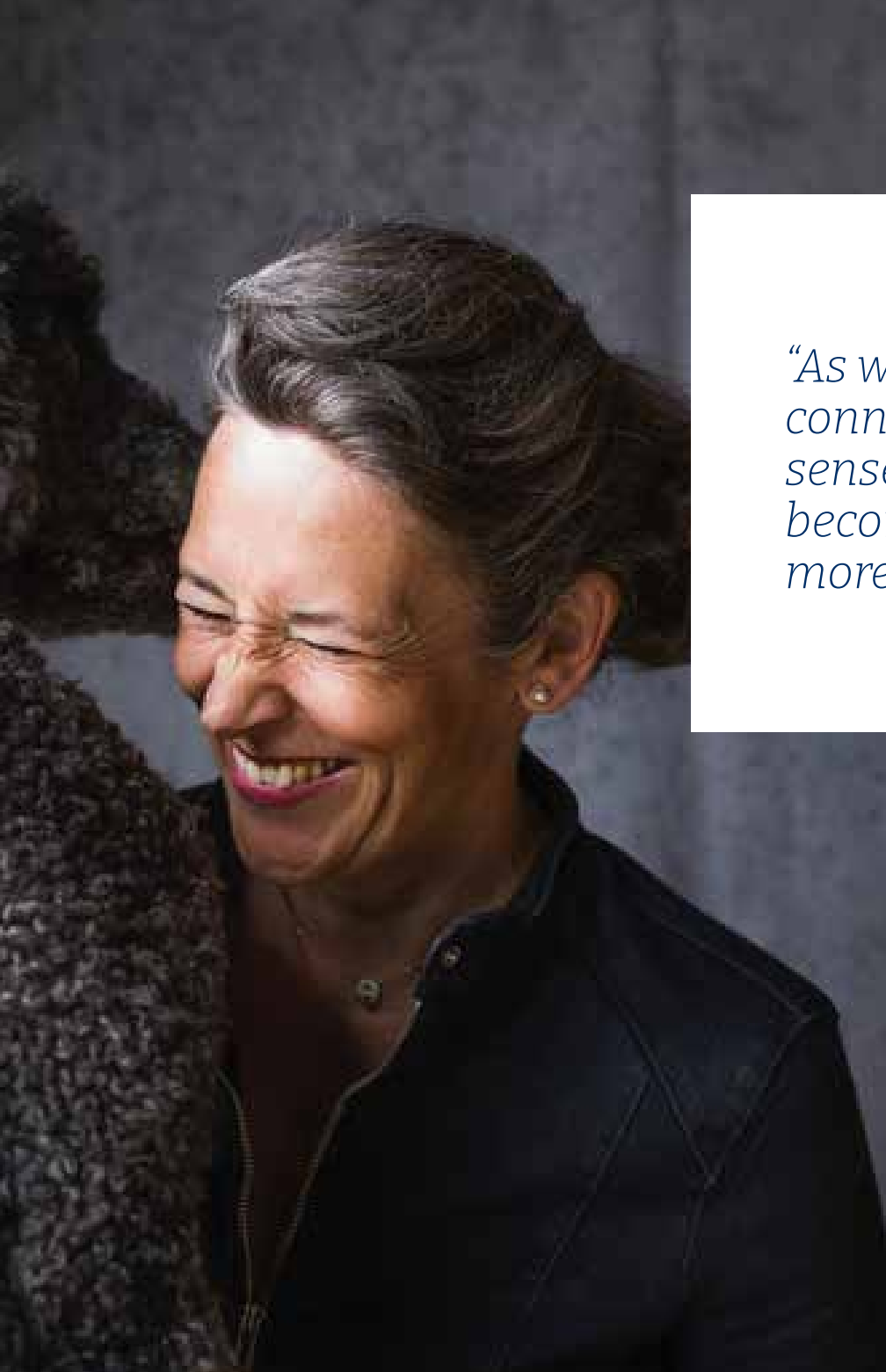
Do you think it's possible to reverse biological ageing within this decade?

Yes, it's possible. In clinical practice,

we're already doing it to some extent. It's a matter of semantics when we talk about reversing, or delaying ageing. These terms often overlap, but they essentially refer to interventions that improve the biological age of an individual.

For instance, the XPrize Healthspan Challenge awards a prize to a group or individual who can make people 20 years biologically younger. What does that mean? Essentially, it's about achieving the functionality of someone who is 20 years younger. Is that reversing ageing? In a





“As we age, staying connected to our sense of purpose becomes even more important”

way, yes—it demonstrates the remarkable plasticity of the human body.

The body's ability to adapt and improve, particularly in middle-aged individuals, is incredible. With the right habits—consistent sleep, regular exercise, and a healthy diet free of junk food—you can dramatically enhance your body's functionality and biological age. Of course, there are limits. For instance, in cases of end-stage cancer or dementia, it's often too late to achieve such changes. But in principle, for many individuals, the

body is highly adaptable and capable of significant transformation.

How can we make longevity medicine accessible to all?

First of all, I don't think we should aim to make them accessible to everyone immediately. While democratizing such advancements is an important goal, I believe we need to approach this cautiously. Yes, I absolutely want to democratize these therapies. I run a publicly funded longevity clinic in a public hospital, as well as a high-end private clinic. Why do I do both?

Because we need to learn from both settings.

My ultimate aim is to optimize health for everyone and eventually democratize these interventions. However, the reality is that publicly funded clinics can only offer certain things, while private clinics allow for different kinds of exploration and experimentation. We need to identify where the evidence lies, determine which interventions should be universally available, and figure out how to prioritize individuals with the greatest need for specific treatments.

This is why research and clinical practice in both settings are crucial. At the publicly funded hospital, we can study and test interventions on a larger, more diverse population. In the private clinic, we can explore cutting-edge therapies that might not yet be feasible for widespread implementation. These learnings will eventually merge to foster growth in the field of healthy longevity medicine.

Whether the most impactful solutions involve stem cell therapy, supplements, or a combination of exercise and nutrient-rich foods (which are often overlooked), we first need robust evidence. The interventions with the strongest evidence base will be the ones that can be integrated into clinical practice globally and democratized effectively. ●●

The power of weekly reflection

How you can integrate this practice into your life.

Belgin Aksoy shares why weekly reflection is key to longevity and well-being in 2025.

Why is weekly reflection becoming an essential tool for longevity in 2025, and what makes it so powerful for long-term well-being?

Weekly reflection has emerged as a vital practice, especially as our lives become faster-paced and increasingly influenced by digital distractions. It provides individuals with an opportunity to step back, pause, and re-evaluate their lives with intention. Dedicating time each week for reflection enables us to reconnect with our core values, assess the effectiveness of our habits, and make intentional adjustments that nurture long-term health and happiness. The true power of weekly reflection lies in its ability to foster self-awareness, guiding us toward actions that align with our well-being goals and creating a sense of

purpose that enhances overall life satisfaction.

How can a regular reflection practice boost mental clarity, emotional resilience, and even physical health?

Reflection serves as a structured means to process our thoughts and emotions, which helps clear mental clutter and fosters greater clarity. It encourages us to pause and assess the emotional turbulence of the week, allowing us to address challenges, celebrate successes, and cultivate an attitude of gratitude. On the physical front, this practice of reflection often translates into healthier lifestyle choices, such as improved nutrition, regular exercise, and better sleep—all of which contribute to our long-term health. The holistic benefits of reflection thus span across the mental, emotional, and physical realms, improving resilience and overall well-being.

With our busy lives, it can

be hard to find time for self-reflection. What is your advice for making weekly reflection a simple and sustainable habit?

To establish a sustainable weekly reflection habit, start by dedicating just 10-15 minutes each week at a consistent time—perhaps Sunday evenings or Friday afternoons. Create a calming space, whether it's with a warm cup of tea, soothing music, or a quiet room. You can also use journaling prompts or guided reflections to structure your thoughts. Incorporating reflection into existing routines, such as during your commute or as part of your evening wind-down, makes it easier to integrate into your schedule. Consistency is key—small, regular sessions will gradually cultivate a powerful habit that contributes to your well-being over time.

In what ways can weekly reflection help people align their day-to-day actions with their bigger life goals, especially as they age?

Weekly reflection serves as a bridge between daily activities and long-term aspirations. By taking time to regularly evaluate our choices and assess their alignment with our broader life goals, we can make adjustments to ensure our actions are consistent with our vision for a fulfilling life. As we age, staying connected to our sense of purpose becomes even more important, and reflection helps ensure that we are not simply going through the motions, but are actively working toward a life that is meaningful, balanced, and aligned with our deepest values.

How does the act of reflecting weekly impact cognitive health and slow the aging process?

Engaging in regular reflection activates key cognitive functions, such as memory, critical thinking, and problem-solving. These mental exercises help keep the brain sharp and reduce the risk of cognitive decline. Additionally, by reflecting on positive experiences and setting intentional goals, we can lower



Belgin Aksoy
founder of
Global Wellness
Day (GWD)

stress levels, a significant factor in the aging process. The cumulative effect of weekly reflection is enhanced mental engagement, reduced stress, and a healthier emotional balance—crucial components in slowing the aging process and maintaining cognitive vitality.

Can weekly reflection help reduce stress and improve our ability to adapt to life's challenges? If so, how?

Absolutely. Weekly reflection allows us to identify sources of stress and proactively address them. It offers a structured opportunity to assess what's within our control and develop effective strategies for managing challenges. By fostering a growth mindset, practicing gratitude, and acknowledging both setbacks and triumphs, reflection

strengthens emotional resilience. Over time, this practice enables us to adapt more easily to change, approach adversity with a sense of agency, and experience less emotional upheaval, ultimately enhancing our ability to navigate life's complexities with greater ease.

What is the role of self-compassion in weekly reflection, and how does it contribute to emotional well-being and longevity?

Self-compassion is a central aspect of weekly reflection. It involves treating ourselves with kindness and understanding, especially when reflecting on past experiences or challenges. This mindset reduces self-criticism and promotes emotional healing, which is crucial for long-term mental well-being. Regularly practicing self-compassion helps build

emotional resilience, improve our outlook on life, and fosters a greater sense of inner peace—qualities that contribute to longevity and overall happiness. By consistently practicing self-compassion, we nurture our ability to remain balanced and positive as we move through life.

For someone new to the practice, what are a few simple tools or techniques to get started with weekly reflection?

For beginners, starting with a simple journal is a great way to begin. You can use reflection prompts such as, "What went well this week?" or "What could I improve?" Begin each session with mindfulness by sitting quietly and focusing on your breath. Another effective technique is to incorporate gratitude into your reflection, such as listing three things you are thankful for. Above all, remember that there is no right or wrong way to reflect; the key is to make the practice consistent and personal, gradually building a habit that works for you.

In your opinion, how can weekly reflection foster deeper connections with others and enrich relationships as we age?

Reflection encourages us to examine our emotions, values, and behaviors, which directly impacts how we interact with others. By regularly assessing our relationships and how we engage with loved ones, we can identify areas for growth and improvement. ●●

Belgin Aksoy graduated from the *Institute Hotelier César Ritz* in Switzerland. She has dedicated over 30 years to the tourism and hotel industry. With 20 years in the wellness industry, Belgin's mission is to inspire a physically, mentally, and spiritually healthier world. As the founder of Global Wellness Day (GWD), Belgin established a global movement celebrated in tens of thousands of locations by millions of people each year.

The future of aging



BY JOHN THOMSON SMITH

John Thomson Smith MBChB FRCS, Senior Medical Advisor at Rejuve.AI, on understanding biological age and the future of personalized wellness.

Biological age vs. chronological age—it sounds futuristic! Can you explain what biological age really means and why it's such a game-changer?

Biological age refers to an estimate of an individual's physical and functional state compared to typical age-related norms, rather than their chronological age (the number of years since birth). It reflects how well a person's body systems are aging and may differ significantly from their chronological age.

Biological age considers factors like cellular health, tissue integrity, and the functioning of organs. It is influenced by many factors including genetics, lifestyle choices, environmental exposures, and chronic medical conditions. Biological age can be estimated using several techniques including epigenetic clocks (patterns of DNA methylation) and many molecular and physiological biomarkers.

A lower biological age compared to your chronological age generally indicates good health and slower aging, while a higher biological age may signal the need for interventions to improve overall

well-being. It is a clear game-changer as understanding your biological age can help guide healthier lifestyle choices and better management of your long-term health. We can identify the risks of age-related diseases and track the effectiveness of lifestyle changes or longevity interventions. The future is personalized healthcare with a focus on biological age rather than chronological age!

What breakthroughs in biological age testing excite you the most, and how close are we to making this a household concept?

Recent breakthroughs in biological age testing have dramatically improved measurement accuracy, consumer accessibility, and even our understanding of aging processes.

Epigenetic clocks estimate biological age by analyzing DNA methylation patterns. Recent developments have improved their accuracy and applicability across various tissues. For instance, the CheekAge test utilizes cheek swab cell samples to predict biological age, offering a non-invasive and more easily accessible alternative to blood-based methods.

AI-driven tools and machine learning models can integrate various biomarkers to calculate biological age. A good example is AI-

powered facial analysis which can estimate biological age by analyzing facial features. Machine learning models are being developed to estimate biological age by analyzing complex population health data. This is a key feature of our mission here at Rejuve.AI.

Recent breakthroughs in the integration of genomics, proteomics, and metabolomics will help create a comprehensive age profile and identify individual risk factors for aging at a personalized level.

Another cornerstone of our project at Rejuve.AI is the real-time tracking of biological age with the integration of wearable devices into a user-friendly app. This facilitates the monitoring of lifestyle changes and interventions to evaluate the effect on biological age in real time.

Do you think knowing our biological age could become as routine as tracking steps or monitoring heart rates?

Absolutely! As people become more proactive about health and wellness, there is increasing demand for tools that provide actionable insights into longevity and aging. Biological age is a powerful metric for understanding overall health and aging, making it attractive to health-conscious individuals.

Advances in technology such as the



current global boom in wearable devices and fitness trackers along with increasing accessibility and reducing cost of non-invasive testing like cheek swabs will allow more routine assessment of our biological age. I believe that regular updates on biological age could serve as a motivational tool, showing the effects of healthier behaviors over time.

How does knowing your biological age inspire people to make better health choices compared to traditional health metrics?

Biological age reflects the cumulative impact of lifestyle, genetics, and environment on the body. So, it can be more inspiring to know for individuals because it feels more personally relevant than isolated metrics like BMI or blood pressure. If someone's biological age is higher than their chronological age, it creates a tangible goal to "reverse the clock" and align their biological and chronological ages—or even become biologically younger!

Biological age integrates various health metrics into a single number, making it easier to understand and act upon. There is also a psychological element as being told you're biologically "older" than your chronological age can be a strong motivator to make immediate changes. Conversely, being "younger" biologically can reinforce a self-image as someone who is healthy and vibrant, encouraging

continued healthy behavior.

If someone wants to see a noticeable improvement in their biological age within 30, 60, or 90 days, what are the most effective steps they can take?

Individuals should focus on evidence-based lifestyle interventions that target the root causes of accelerated aging, such as inflammation, oxidative stress, and metabolic health. The 4 main domains to highlight here would be nutrition, exercise, sleep, and stress management.

The goal of optimal nutrition is to reduce inflammation, improve metabolic health, and enhance cellular repair. By adopting an anti-inflammatory diet with emphasis on whole, unprocessed foods like fruit and vegetables and considering a time-restricted eating window of 8-10 hours, we can vastly improve blood sugar control, reduce inflammatory markers (e.g., CRP), and gain better mitochondrial function within weeks.

Supplementation of our dietary deficits can also be used to support cellular health, reduce oxidative stress, and boost repair mechanisms. Vitamin D and Omega-3 would be the two supplements I would recommend personally. They are crucial for immune function and reducing inflammation.

Adequate exercise is one of the most fundamental and effective steps to take. It boosts cardiovascular

health, reduces biological stress, and enhances DNA repair. I would recommend daily physical activity to include at least 10,000 steps along with a combination of aerobic and anaerobic training (depending on an individual's constitution). High-interval training sessions have been shown to improve mitochondrial function and strength or resistance training builds muscle mass, prevents sarcopenia, and slows biological aging. VO2 max, a key physiological biomarker can be improved significantly within only 30-60 days with exercise.

Sleep is often overlooked but essential for cellular repair and immune function. I would suggest prioritizing 7-9 hours of high-quality sleep per night and maintaining a consistent sleep schedule and healthy sleep hygiene. ●●

John Thomson Smith MBChB FRCS is a medical advisor, MedTech consultant and surgeon with over 20 years of experience in the global medical devices, life sciences, and healthcare industry.

John has a first-class honours degree in Medicine and Surgery and 22 years of direct clinical care experience, including over 7500 registered operations.

John is currently a senior medical advisor for Rejuve.AI, harnessing cutting edge technology and a decentralized data platform to provide revolutionary insights into aging combat and longevity.

Empowering health

▾ *Marcus Gners, co-founder of Lifesum, on the role of technology in longevity*

What's the biggest roadblock you see when people try to turn longevity-focused resolutions into lasting habits?

The biggest challenge is the disconnect between expectations and reality. Longevity-focused goals often have long feedback loops, offering few quick wins to maintain motivation. When daily life introduces disruptions, it becomes increasingly difficult to stay consistent and committed to those plans.

Why do you think so many resolutions fail by February, and how can we break that cycle for good?

Lifesum's research reveals that 80% of New Year's resolutions fail by February, largely due to unrealistic expectations, inadequate planning, and insufficient support systems. These factors lead to unsustainable habits, which are eventually abandoned. Breaking this cycle requires setting achievable goals, having a clear plan, and building a strong support system to foster consistency.

How can digital health tools act as a "personal coach" for people striving to improve their health span?

Digital health tools like Lifesum serve as virtual "personal coaches" by providing personalized guidance, tracking progress, and delivering tailored recommendations. They ensure accountability and offer a cost-effective way to make healthy living accessible to everyone.

With so many apps and wearables available,

how can someone find the right tools to make their longevity journey easier and more effective?

To choose the right tools for a longevity journey, look for apps and wearables that align with your primary health goals, provide personalized feedback, and encourage real-world actions. The right combination will simplify your journey and amplify results.

If someone feels overwhelmed by the idea of "living longer," what's one simple step they can take today to get started?

Start with the basics: eliminate the most unhealthy foods from your diet, prioritize high-quality sleep, and stay physically active to promote blood flow. Longevity isn't about living forever—it's about maintaining the best possible health for as long as you can to enjoy a high quality of life.

Can you share a strategy for breaking long-term health goals into small, rewarding wins?

Think of life as a series of small experiments. Challenge yourself to drink more water daily, cut out sugar or alcohol for a week, or incorporate a short walk into your routine. Notice how these changes affect your sleep, mental clarity, or overall energy. Celebrate every small victory—it all adds up.

In your experience, which daily habits pack the most punch when it comes to adding quality years to our lives?

The most impactful habits involve optimizing energy utilization in the body through a combination of healthy eating, regular exercise, and high-quality sleep. Together,





Marcus Gners

co-founder of Lifesum

these foundational practices can significantly improve both lifespan and health span.

Stress, sleep, nutrition—where do you think people should focus their energy first for the biggest impact on longevity?

Nutrition offers the quickest and most impactful opportunity to make active changes that minimize negative habits. Sleep is equally critical, as it's a cornerstone of overall health. Our partnership with ŌURA highlights how sleep patterns can influence dietary choices over time. However, mindset is often the hardest to manage since its gradual

shifts are challenging to recognize until they've taken root.

How can people stay motivated to stick to habits that might not show immediate results but are crucial for long-term health?

Motivation is easier to sustain when you use tools like Lifesum to track daily wins and monitor the choices you make. These tools enhance awareness and keep you focused on long-term health goals by celebrating progress, even when results aren't immediately visible.

What's your advice for turning setbacks or "slip-ups" into stepping

stones on the path to longevity?

Forgive yourself and move forward! Longevity is about progress, not perfection. Don't let guilt or shame derail your journey. Instead, view setbacks as opportunities to learn and grow.

What's the most exciting innovation in digital health that you think will redefine how we approach living longer, healthier lives?

The integration of biomarkers with AI is revolutionizing how we approach health. It creates personalized experiences that lead to tangible improvements. Our acquisition of Lykon and the launch of our multimodal food tracker, powered by advanced AI, represent a new era of Nutrition Intelligence. This innovation bridges personalized health and cutting-edge technology, paving the way for healthier, longer lives.

How does your work help bridge the gap between setting health goals and turning them into sustainable, life-enhancing practices?

My work feels like an ongoing quest to uncover better ways to live. It's both challenging and personal. Like many others, I'm continually striving to improve myself and empower others by providing tools, insights, and support. This helps transform health goals into sustainable, life-enhancing practices. ●●

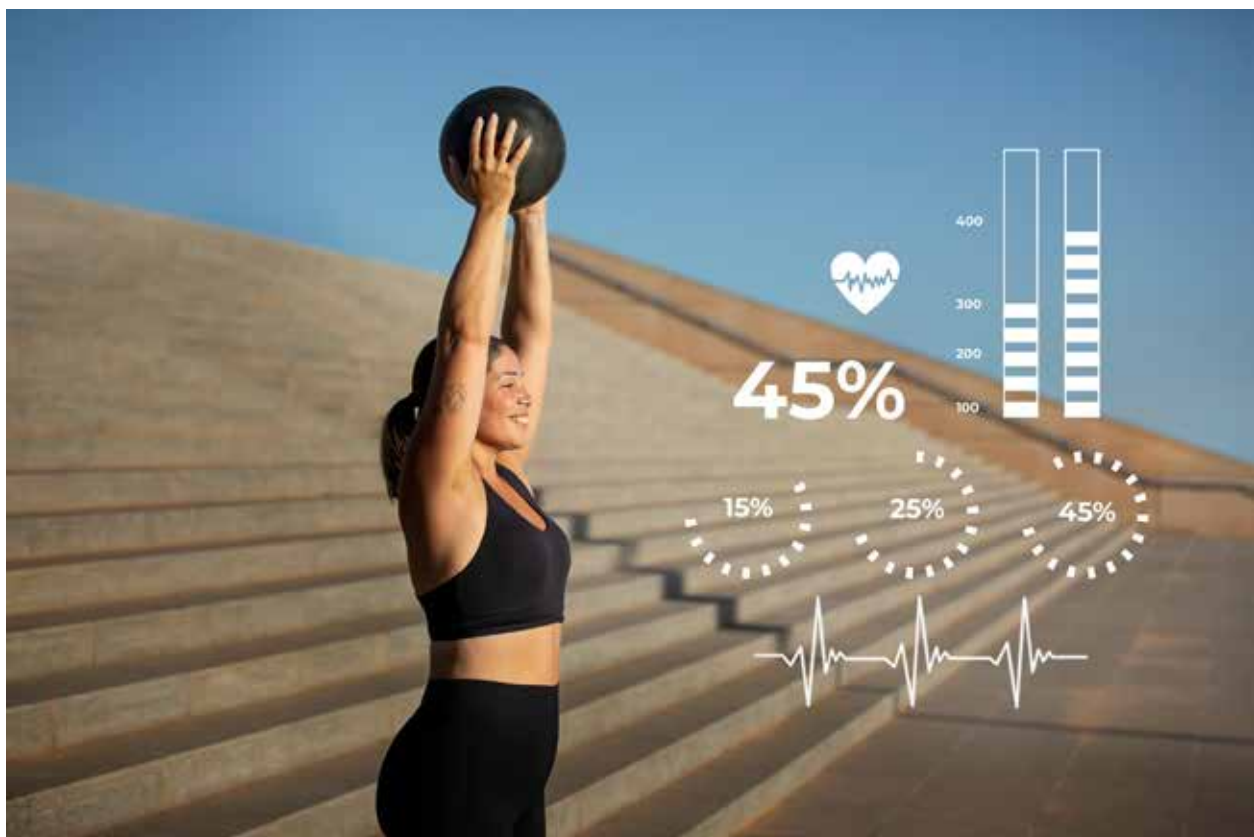
Marcus Gners is a visionary leader committed to transforming global health. In 2010, he saw the potential of mobile technology to improve well-being and co-founded Lifesum to help people understand the crucial link between nutrition and health. Focused on innovation, Marcus has driven Lifesum's growth into a sustainable, profitable business. With a passion for empowering individuals to thrive, he continues to steer Lifesum's mission to enhance health through personalized nutrition, shaping a future where better health is accessible to everyone.

Wellness goals bingo:

Track your progress.

Drink 2L of Water	Meditate for 10 Minutes	Walk 10,000 Steps	Eat a Plant-Based Meal	Get 8 Hours of Sleep
Try a New Workout	Take 5 Deep Breaths	Journal for 10 Minutes	Limit Screen Time	Practice Gratitude
Stretch for 15 Minutes	Try a New Tea	Unplug for 1 Hour	Eat 3 Servings of Veggies	Go for a Nature Walk
Do a Digital Detox	Practice Yoga	Meal Prep for the Week	Get a Good Night's Sleep	Take a Cold Shower
Meditate in Nature	Drink Green Tea	Laugh for 5 Minutes	Avoid Sugar for a Day	Take a 30-Minute Nap

Ready to take charge of your health journey? With Wellness Goals Bingo, you can mark off each milestone as you complete it. Whether it's improving sleep, boosting energy, or practising mindfulness, this fun and interactive approach allows you to see your progress. Each goal you tick off brings you one step closer to holistic well-being. It's not just about reaching the finish line—it's about enjoying the ride and celebrating every victory along the way. 🏃‍♀️



Gut Instincts: A Journey to a Happier You

Your gut is the unsung hero of your overall health. Here's a fun roadmap to guide you through key steps for a healthier microbiome. Let the journey begin!

Fiberville: The Land of Plant Power

- Key Foods: Fruits, vegetables, whole grains
- Benefit: Fuels your gut microbiome and ensures smooth digestion.
- Fun Fact: Fiber acts like a broom, sweeping through your system!



Probiotic Paradise: The Good Guys' Resort

- Key Foods: Yogurt, kefir, kimchi, sauerkraut
- Benefit: Supplies your gut with friendly bacteria to aid digestion.
- Fun Fact: Fermented foods are like a tropical vacation for your gut microbes.



Prebiotic Plaza: Feeding the Friendly

- Key Foods: Garlic, onions, bananas, asparagus
- Benefit: Prebiotics act as food for probiotics, helping them thrive.
- Fun Fact: Without prebiotics, probiotics would go hungry!



Hydration Station: Quench Your Gut's Thirst

- Key Drinks: Water, herbal teas, broths
- Benefit: Keeps things moving and maintains balance.
- Fun Fact: Sparkling water is a bubbly gut buddy.



Stress-Free Street: Chill for the Gut's Sake

- Key Activity: Deep breathing, yoga, mindfulness
- Benefit: Reduces gut-damaging stress and improves digestion.
- Fun Fact: A calm mind equals a calm gut.



Sleepy Hollow: Where Rest Repairs

- Key Tip: Get 7-8 hours of quality sleep nightly.
- Benefit: Repairs your gut lining and promotes microbiome health.
- Fun Fact: Sleep is your gut's beauty treatment.



The Junk Food Dead Zone: Caution Ahead!

- Key Warning: Avoid processed foods, sugary snacks, and greasy meals.
- Risk: Triggers inflammation and harms gut bacteria.
- Fun Fact: Your gut rebels against junk—listen to its cues!



Movement Meadow: The Fitness Shortcut

- Key Activity: Walk, run, yoga, or dance
- Benefit: Boosts gut diversity and speeds digestion.
- Fun Fact: Even a 15-minute stroll makes your gut smile



Gutopia: A Happier, Healthier You

You've arrived! Your gut is thriving, and so are you. Digestion flows smoothly, energy abounds, and your microbiome feels like royalty.



Ready to unleash the power of your gut for a stronger immune system and vibrant health? Take the first step toward longevity and vitality today!

Visit xlongevity.com or scan the QR code below to kickstart your personalized journey to a healthier, happier you. Your gut—and your future self—will thank you!

Tech tools for better sleep



Embracing Innovation for Restorative Nights in 2025

In 2025, technology isn't just revolutionizing how we work, communicate, or entertain ourselves; it's also transforming the way we sleep. As we strive for longevity and well-being, quality sleep is one of the most vital components, and tech tools are making it easier than ever to achieve restful nights and rejuvenate our bodies and minds. Here are some of the most innovative sleep technologies you should embrace this year for a healthier, more restorative night's sleep.

1 Smart Mattresses and Sleep Trackers

Gone are the days of simply relying on how we feel when we wake up. Smart mattresses, like the Eight Sleep Pod Pro, use

advanced sensors to monitor your body's temperature, heart rate, and movement during the night. These smart systems adjust your mattress's temperature in real time to help optimize sleep stages and keep you comfortable throughout the night. Pair these mattresses with wearable devices like the Oura Ring or WHOOP Strap that track your sleep cycle, providing detailed insights into your deep and REM sleep stages, allowing you to make informed decisions to improve your overall sleep quality.

2 Blue Light Blockers and Screen Filters

In our digital age, exposure to blue light from screens can disrupt our circadian rhythms and hinder sleep. In 2025, more people are turning to blue light-blocking glasses and screen filters as part of

their nightly routine. Products like the Ra Optics Blue Light Glasses or F.lux for computers adjust the color temperature of your screens, reducing blue light exposure in the evening and promoting the production of melatonin—the hormone responsible for regulating sleep. These tools help signal to your body that it's time to unwind and prepare for rest.

3 Sound Therapy and White Noise Machines

Sound therapy is making a comeback, but with a futuristic twist. Devices like the Sound+Sleep SE or the Hatch Restore 2 offer customizable soundscapes designed to calm the mind and promote sleep. From gentle rainfall to ocean waves, these sound machines can drown out external noise, creating a serene sleep



environment. Even more advanced tools, such as calm-inducing music apps or sleep headphones, can be tailored to help you relax and fall asleep faster. Whether you prefer the soothing hum of white noise or the sounds of nature, these tech tools help guide you into a peaceful slumber.

4 Sleep-Enhancing Light Therapy

The right kind of light exposure at the right time can have a profound impact on your sleep. Sleep-enhancing light therapy devices like Philips Wake-Up Light mimic the natural sunrise, gradually brightening to gently wake you from slumber without the jarring noise of an alarm. This gradual awakening is a more natural and less stressful way to start your day. Similarly, red light therapy tools, such as the Joovv

Light, are known to help promote the production of melatonin, easing the transition into deep, restorative sleep.

5 AI-Powered Sleep Apps

In 2025, AI-powered sleep apps are revolutionizing how we approach sleep health. Apps like Sleep Cycle or Pillow track your sleep patterns using your phone's microphone and accelerometer, providing feedback on how well you slept and offering personalized recommendations for improvement. These apps analyze your sleep stages and adjust your alarm to wake you up at the optimal point in your sleep cycle, ensuring you feel refreshed and ready to start the day. With built-in sleep coaching, they provide insight into the best sleep habits and routines tailored to your needs.

6 Wearable Sleep Technology

Wearable devices like the Muse S Smart Headband use brainwave-sensing technology to offer real-time feedback and calming meditation sessions. By tracking your brain activity while you sleep, these tools provide tailored recommendations to enhance the quality of your rest. Additionally, wearable sleep trackers, such as the Fitbit Charge 5 or Oura Ring, offer features like heart rate variability monitoring and blood oxygen level checks to detect sleep disturbances like sleep apnea, providing valuable insights for improving sleep health.

7 Sleep-Inducing Aromatherapy Devices

Aromatherapy has long been used to promote relaxation, and in 2025, tech-powered aromatherapy devices are enhancing the experience. Devices like the Scent Tracer or the Muse Aromatherapy Diffuser allow you to customize your sleep environment with calming scents such as lavender, chamomile, or sandalwood. Studies have shown that certain scents can trigger relaxation and promote deeper sleep, so combining these innovations with your bedtime routine can provide a holistic approach to improving your sleep quality.

Embrace the Future of Sleep

As we look toward 2025, it's clear that the future of sleep lies in harnessing technology to optimize our rest. From smart mattresses that adjust to our needs to AI-powered sleep apps and calming soundscapes, innovation is helping us sleep smarter, not harder. As we continue to prioritize health and longevity, investing in the right sleep tools can make a world of difference. Restorative sleep is no longer a luxury; with these technological advancements, it's within everyone's reach. So, embrace the tools of the future, and wake up to a healthier, more energized you. 🌙

Dr. Lenny Da Costa

is a consultant geriatrician, preventive cardiologist, anti-aging, and functional medicine specialist.



Dr. Lenny Da Costa is a consultant geriatrician, preventive cardiologist, anti-aging, and functional medicine specialist. Over the last 20 years, he has treated more than 35,000 patients suffering from IHD, CAD, diabetes mellitus, and other chronic degenerative disorders. In this exclusive interview, Dr. Lenny highlights his unique blend of metabolic cardiology, functional medicine, and biohacking to enhance life quality.

Dr. Lenny's journey into functional medicine began after he returned to college to specialize in geriatric medicine, following the completion of his MBBS in the late 90s.

After completing his specialization in geriatric medicine, he realized there were no real solutions for ageing-related problems. Reflecting on this, he says, "That's when my journey into functional medicine began. It started coincidentally when my mom had two heart attacks, one after the other. Despite these events, modern medicine couldn't identify any issues. The usual procedure following a heart attack is to perform an angiogram. But her angiograms were clear. So, I started looking

deeper to understand the underlying causes."

This curiosity led Dr. Lenny to explore a new field called metabolic cardiology, or what some refer to as "new cardiology." From there, he transitioned into functional medicine, driven by self-learning and a strong desire to help people. "I began treating patients using methods like detox, chelation, and IV therapies. Over the past 15–20 years, I've worked with over 40,000 heart patients. This journey started around 2000, so it's been about 21 years now," he shares.

Along the way, Dr. Lenny realized that focusing on just one aspect, like detox or heart care, wasn't enough to help his patients thrive. During this time, he also began teaching other doctors and attending conferences across Southeast Asia, which exposed him to the field of anti-ageing medicine. He recalls, "Back then, it wasn't called functional medicine—it was known as anti-aging medicine. Between 2004 and 2007, the American Academy of Anti-Aging Medicine and similar organizations hosted conferences and courses focusing on hormone balance, nutrition, and related topics."

Surviving and thriving

A doctor's search for answers

While Dr. Lenny concentrated on detox, others were delving into hormones, nutrition, and other elements. “Over time, I realized it was like solving a giant puzzle—gathering pieces from different areas and putting them together. By 2016, we had pieced together a more comprehensive understanding. It became clear that focusing solely on detox, bioidentical hormones, or nutrition wasn't enough. For example, many nutritionists claim to be biohackers, but nutrition alone isn't the solution for effective biohacking.”

To consolidate his thoughts and share his ideas, Dr. Lenny decided to write a book. “Though I started writing the book in 2019, unfortunately, I couldn't finish it because COVID happened. I thought I'd have time to complete it during the pandemic, but that didn't work out either. Finally, two years ago, I published the book through a publisher. The title is *Is Your Doctor Keeping You Sick?*, and it represents the whole gamut of functional medicine,” he says.

In his opinion, longevity ultimately revolves around one key objective: ensuring quality of life. “At the end of the day, I don't

believe any of us can extend life by even five minutes or five seconds. When your time comes, it comes. But the purpose of longevity and functional medicine is not about simply extending years; it's about living well for as long as you live.”

Dr Lenny views longevity through a different lens. “I aim to give people the best quality of life with the least dependence on medication. Replacing conventional medications with functional medicine pills isn't the solution either. Instead, we need to figure out the root causes of our health issues—our lifestyle choices, our diets, and our environments—and work from there.”

Dr Lenny's book offers a middle path because not everyone can live at the extremes of either conventional medicine or purely natural practices. It provides practical steps for improving how you eat, sleep, live, and think. It encourages balance.

Today, his approach focuses on five key areas:

1. Detoxification: The reality is that our bodies are full of toxins due to our exposure to pollutants and a poisoned food chain. Nothing

we consume today is what our bodies were designed to process. Detoxification is critical to rid the body of these toxins.

2. Balanced hormones: Hormonal balance goes beyond just progesterone, estradiol, and testosterone. Hormones like cortisol and thyroid play a huge role in overall well-being, but they're often overlooked in traditional medical practices. Most doctors don't even consider these factors when treating patients.

3. Nutrition: Despite eating large quantities of food, many of us are still malnourished. We need to identify what's missing in our diets, what should be removed, and how to compensate for the fact that much of our food supply is poisoned.

4. A strong body: Longevity isn't possible without a sound body. This requires understanding how to exercise properly—using your body the way it was designed to function. Many people either don't exercise enough or overdo it, both of which can accelerate ageing.

5. A healthy mind: Equally important is a sound mind. Most of us spend 90% of our time in a state of fight-or-flight, not because of our surroundings but because of how we think. A healthy mind is essential for living a fulfilling life.

The whole concept of longevity and quality of life ties these five areas together. It's not just about biohacking or focusing on one area in isolation. For example, biohacking became popular because it emphasizes the importance of optimization, but focusing solely on biohacking doesn't work 100% either.

“This is the foundation of how I practice functional medicine. When a patient walks into my clinic, I assess whether they are using their body the way it was meant to function. Our bodies have an innate ability to adapt and regenerate, but when parts of the body aren't utilized, the ageing process accelerates. Proper guidance on exercise, nutrition, and mental health is essential to slow ageing and promote quality of life,” he says. ●●

New year, ageless you

How HRT is transforming women's health



Dr. Vaishali Joshi, a senior obstetrician and gynaecologist at Kokilaben Ambani Hospital, shares her insights on the transformative role of Hormone Replacement Therapy (HRT) in enhancing women's healthspan.

How does HRT contribute to enhancing not just lifespan but healthspan for women?

Hormone Replacement Therapy (HRT) plays a pivotal role in improving women's healthspan, especially during and after menopause. It can be started during peri-menopause and continued into post-menopause with a tailored plan to suit individual needs. While generally safe, careful management is essential due to potential side effects after five years of use. Available in forms like oral tablets,

skin patches, intrauterine devices, or vaginal gels, HRT effectively alleviates symptoms such as hot flashes, night sweats, decreased sex drive, and osteoporosis. By improving overall well-being, HRT significantly enhances both healthspan and longevity for women.

Can HRT help prevent or delay age-related conditions such as osteoporosis, heart disease, or cognitive decline?

Absolutely. Estrogen, a key ovarian hormone, is crucial for maintaining bone density and heart health. HRT helps by providing external hormones that interact with estrogen receptors, preventing age-related decline in these areas. This makes it a valuable tool for reducing the risk of osteoporosis and supporting cardiovascular health as women age.

With advancements in personalized medicine, how can HRT be tailored to maximize benefits for each woman's longevity?

Personalized approaches have transformed how HRT is administered. Each woman's unique needs—such as pre-existing conditions, risk factors like blood clotting tendencies, and her ability to commit to monitoring—are carefully considered. For women with a family history of osteoporosis, HRT is especially beneficial, improving bone density and reducing the risk of fractures, thereby supporting greater longevity.

Some believe HRT is only for symptom management. What's its broader potential in promoting long-term well-being?

While symptom management is a



Dr. Vaishali Joshi

a senior obstetrician and gynaecologist at Kokilaben Ambani Hospital

key use of HRT, its benefits extend much further. Initially prescribed to address issues like hot flashes, night sweats, and mood changes, HRT is now recognized for its role in enhancing long-term well-being. With its demonstrated safety in recent studies, HRT helps prolong youthfulness, boost sex drive, and support bone health, especially in women predisposed to osteoporosis.

How can diet, exercise, and other lifestyle factors complement HRT in achieving longevity goals?

HRT is most effective when combined with a healthy lifestyle. A diet rich in calcium and vitamin D, regular exercise, and overall healthy habits work hand-in-hand with HRT to support longevity. Together, they create a robust foundation for a healthier, more fulfilling life.

Is there an ideal age or life stage for starting HRT to optimize its impact on longevity?

The best time to start HRT is during peri-menopause or within five years of menopause. Early initiation ensures better symptom relief and prevention of age-related conditions while keeping potential risks to a minimum.

When considering HRT for longevity, how should women weigh the potential risks against the benefits?

The risks associated with HRT, such as a slight increase in breast cancer risk, are often outweighed by the benefits for women under 60. Recent evidence suggests that the overall risks are minimal, especially with proper monitoring. Counseling and individualized plans are vital to ensure women can make well-informed decisions.

What advice would you give women to help them make informed decisions about HRT as part of their longevity plan?

Knowledge is power, and women should be fully informed about their options. HRT, backed by current research, can be an effective tool in a broader longevity plan. Women should feel empowered to ask questions, weigh their choices, and work closely with their healthcare providers to decide what's best for them.

Are there any groundbreaking advancements or emerging trends in HRT that excite you for the future of women's health?

The future of HRT is incredibly promising. New formulations are being developed to mimic natural hormones while minimizing risks. These advancements aim to deliver the lowest effective doses, allowing women to use HRT safely for longer periods. This progress is set to further revolutionize women's health and longevity.

If you could recommend one health-focused resolution to all women for 2025, what would it be?

Age is just a number. Embrace life's changes with a focus on staying fit, making informed decisions, and leveraging new medical advancements. Let 2025 be the year of empowered, health-focused living. 🌟

Dr. Vaishali Joshi is a Mumbai-based obstetrician and gynaecologist with over 25 years of experience. She is currently consulting at Kokilaben Hospital, Mumbai, and was previously associated with Cloudnine and Seven Hills Hospital, Mumbai. She holds an MD in Obstetrics and Gynaecology from King Edward Memorial Hospital and Seth Gordhandas Sunderdas Medical College, Mumbai, as well as a DNB in Obstetrics and Gynaecology from the National Board of Examinations, New Delhi.

Detoxing after holiday indulgence: **A healthy reset**



BY **KARISHMMA
CHAWLA**
FUNCTIONAL
MEDICINE
NUTRITIONIST
& LIFESTYLE
EDUCATOR

How a gut-friendly detox can help you feel light, energetic, and back in balance.

Ever found yourself in a situation where that “one cheat meal” turns into years of indulgence? Year-end celebrations are all about bonding with loved ones, and food often becomes the thread that ties everyone together. But sometimes, that bond can tighten a bit too much, leaving you with post-party discomfort. Sound familiar? The year has changed, but has your sluggish feeling gone yet? It might just be sticking around longer than you’d hoped. Let me ask you, how many of you can honestly say, “I had a blast with my family, but I also took care of my beloved gut?”

What started as one day of celebration often extends into a week of indulgent meals, drinks, and late-night parties. Sound like your New Year’s resolution of a “New Year, New Me” is already broken? That’s okay—there’s no shame in it. But here you are, feeling sluggish, guilty, demotivated, and on top of that, bloated and gassy after all those holiday meals.

Now, what if I told you I could help shift that demotivation into dedication? Think about it—on

a scale of 1 to 10, how dedicated are you to improving your body’s performance and overall well-being? How badly do you want to feel light and energetic, not just for a week, but for life? And how will you achieve lasting results? Hitting the gym alone won’t do it; true transformation starts from the inside. As a gut expert and functional medicine nutritionist, I help heal the unseen and often overlooked aspects of your gut health, where all those hidden holiday indulgences take their toll. Are you ready to commit to feeling better from the inside out?

Let’s first explore why you might be feeling tired, sluggish, and unmotivated after the holidays, and why detoxing could be your solution. Imagine you’re stranded on an island, without food, water, or your loved ones. Then, suddenly, you see a mirage—a fair with everything you’ve ever craved. You’re thrilled, your mouth waters, and your eyes shine. Similarly, holidays arrive like small mirages in our routine life, offering a feast for the senses. But what happens when you give in to this mirage? Let’s explore three common problems

that occur when you overindulge.

1. FOOD AS THE GIMMICK:

During the holiday season, we often eat without any hesitation—gluten, fried foods, dairy, and sugary treats all seem to make their way to our plates. We overlook how these foods can disrupt our system, focusing more on the joy they bring. Food, in this sense, becomes a medium for fun and connection.

2. SYMPTOMS AS THE RETURN GIFT:

After indulging in foods that your body may not tolerate, your gut reacts with its typical symptoms—bloating, gas, acidity, and constipation. These discomforts silently invade your system, affecting your hormones and metabolism. Without mindful eating, we leave our body’s mechanisms unprotected, leading to hormonal imbalances and sluggishness.

3. MOOD SHIFT:

Heavy foods, fried options, and sugar-laden treats can sap your energy and dampen your mood. The heaviness from overeating





leads to a craving for sleep rather than activity. Fried foods trigger lethargy, fatty foods increase the feeling of fullness, and sugary treats induce tiredness and drowsiness. Now that we've identified the storm, let's look at the calming resolutions—time to change the story! Just like you use maps to navigate unfamiliar terrain, I'm here to guide you with a roadmap that will help you heal and guide you toward your healthy goal. Ready? Food can be both medicine and inflammation—it's up to you to use its power wisely.

GUT HEALING STATION

To combat gut-related issues, it's essential to nourish your gut with good bacteria. You can do this by eating a variety of colorful foods to diversify your gut microbiome, along with fermented vegetables and drinks like kefir or kombucha, which promote the growth of beneficial gut bacteria. Incorporating probiotics like *Lactobacillus*, *Sporebiotics*, and high-end probiotics like *Saccharomyces boulardii* can enhance gut health. Above all, remove gut irritants such as soy, processed foods, gluten, dairy, sugar, and packaged foods.

HORMONAL HEALTH ROAD

Your hormones play a crucial role in your body's overall health. To restore balance after the holidays:

A. Eat clean protein at every meal:

Protein helps prevent cravings, boosts moods, and provides the building blocks for hormone production. Aim for 15–20 grams of protein per meal. Good sources include lean meats (chicken, fish, turkey), eggs, pulses, and legumes. While I'm not a fan of dairy as a gut expert, if you must consume it, do so sparingly and ensure it agrees with your system. For those who prefer alternatives, protein powders like whey protein (or isolated versions) may work if they suit your gut's needs.

B. Consume healthy fats: Healthy fats are vital for hormone production. Good sources include olive oil, coconut oil, ghee, nuts, seeds, and avocado, along with omega-3 fats found in walnuts, flax seeds, and fish. These fats help lower inflammation and improve insulin sensitivity.

C. Eat magnesium-rich foods:

Magnesium is essential for balancing blood sugar levels and supporting hormonal health. Include dark leafy greens, pumpkin and sunflower seeds, almonds, cashews, and avocado in your diet.

ENHANCE YOUR MOOD FLYOVER

Your mood is heavily influenced by your lifestyle choices. To shift toward a positive mindset:

A. Practice deep breathing: Deep breathing helps calm the nervous system, allowing you to focus and relax.

B. Walk in the sun: A brisk 15-minute walk in sunlight helps your cells rejuvenate and boosts your mood with positivity.

C. Try acupuncture: Acupuncture can lower inflammation and bring your system back into balance.

BEHAVIORAL CHANGE SUBWAY

Changing your behavior is a matter of shifting your mindset from reacting to responding to situations:

A. Self-talk: Positive self-talk can be a powerful tool for motivation. Try stating, "I want to achieve more power and endurance to increase my body's performance level." This affirmation can help energize your inner cells.

B. Journaling: Writing down your thoughts can declutter your mind and help you explore your inner world. It's a great way to turn demotivating thoughts into empowering actions.

Now, you've reached your destination. Remember, seasons will come and go, but healthy eating and staying conscious of your well-being will make each moment more memorable than the temporary indulgence of holiday parties. Calmness and balance always triumph over the storm of excess. ●●

Karishmma Chawla is a Mumbai based Functional Medicine Nutritionist and Lifestyle Educator who has shaped her decade-long practice with a fundamental belief: "You become what you eat". Functioning as a nutritionist, Karishmma focuses on gut health and hormones enlightening individuals on the role of food in preventing, managing, and treating health disorders.

Shaping the path to longevity

📌 *Dr Anna Erat, who is specialized in internal medicine, sports medicine, longevity and prevention, shares her perspective on healthy aging and functional wellness.*

Could you tell us a little bit about yourself?

Initially, I was more drawn to science than medicine. I began my academic journey studying molecular biology, which led to an incredible opportunity to intern at Harvard Medical School. During that time, I immersed myself in research on inflammation and chronic inflammation in various contexts. It was at Harvard, surrounded by medical doctors, that I realized I didn't want to limit myself to a purely molecular or cellular perspective. I wanted to adopt a holistic approach and explore health at the level of the entire organism. This realization inspired me to pursue medical school, ultimately becoming a medical doctor. Alongside my medical degree, I completed a PhD in epidemiology and health systems management, which allowed me to bridge the micro-level focus of molecular

biology with a macro-level understanding of health systems.

What does longevity mean to you?

To me, longevity is about optimizing both health and quality of life. With over 25 years of experience in the health field, I've come to see longevity not as merely living longer but as ageing in a healthy, fulfilling way. Longevity and prevention are deeply interconnected—they overlap and cannot be separated. It's not just about adding years to life but about ensuring those years are lived in good health. This concept, often referred to as "healthspan," is central to my clinical and scientific work. Ultimately, longevity means living a healthy, meaningful life right up to the end. That's the goal I strive for in both my professional and personal pursuits.

What advancements are you currently observing in the field of functional wellness? Have you come across anything particularly new or exciting?





Dr Anna Erat

is specialized in internal medicine, sports medicine, longevity and prevention



Absolutely—it's an incredibly exciting time in the field of functional wellness. We're seeing a wave of innovative molecules, peptides, and interventions that are significantly impacting chronic inflammation, which is one of the leading drivers of ageing and disease. During my time at Harvard, I conducted extensive research on the mechanisms of inflammation. Chronic inflammation is a global health challenge, deeply tied to ageing and morbidity. The advancements we're seeing now—such as targeted molecules

and peptides that can modulate inflammation—are fascinating and hold immense promise for improving health outcomes and longevity.

What functional wellness practices would you suggest for people in their 40s and 50s to improve their quality of life, support healthy ageing, and move toward greater longevity?

One of the most critical aspects of healthy ageing is maintaining strong muscles. Muscle health is vital not only for physical strength

but also for its anti-inflammatory properties. We can measure muscle health using markers like ILC, which indicate the protective effects of muscle tissue. Building muscle doesn't require a gym membership. Strength training can include bodyweight exercises, Pilates, or any activity that promotes muscle growth. Strength, however, is only one of five motoric functions to consider—the others being endurance, coordination, speed, and flexibility. Stretching, often underestimated, is equally important and can be incorporated through yoga, Pilates, or even foam rolling.

Muscle regeneration is another crucial factor. During exercise, micro-tears occur in the muscle, and these must be repaired during the recovery phase to promote growth and resilience. Proper nutrition plays a pivotal role here, especially adequate protein intake. For those following vegetarian or vegan diets, it's essential to ensure sufficient protein through supplements or plant-based options containing branched-chain amino acids like leucine and isoleucine. In addition to nutrition, techniques like cryotherapy can aid recovery. Cold therapy, for instance, stimulates cold-shock proteins, which have anti-inflammatory effects. While exercise itself induces inflammation, these recovery practices help balance the process.

Finally, sleep is indispensable. It's during sleep that the body undergoes crucial regeneration processes. In sports medicine, where recovery is as vital as training, practices like sufficient rest, proper nutrition, and interventions like cryotherapy are essential to maintaining health and longevity.

If we consider nutrition for longevity, what dietary strategies do you recommend?

Good nutrition is irreplaceable—no supplement can truly substitute for it. One of the best-proven dietary approaches is the classic Mediterranean diet, which remains



highly effective in promoting health and longevity. However, I believe we need to adopt a stricter approach to carbohydrates, especially simple sugars. Research, including studies I was part of at Harvard Medical School, has shown that excessive sugar disrupts cellular processes, such as glycosylation, which affects cell division and contributes to ageing. Reducing carbohydrate intake, particularly simple sugars, is vital.

This concept aligns with some of the most promising longevity interventions today, such as GLP-1 agonists and Metformin, which significantly impact glucose metabolism and blood sugar regulation. Their success underscores the importance of managing carbohydrate intake.

In addition to carbohydrate reduction, increasing protein intake is becoming a priority, especially for athletes. High-quality protein is essential, as not all proteins offer the same benefits. Organic, nutrient-dense produce is equally critical. Vegetables grown in artificial environments often lack essential minerals and antioxidants needed for health and longevity.

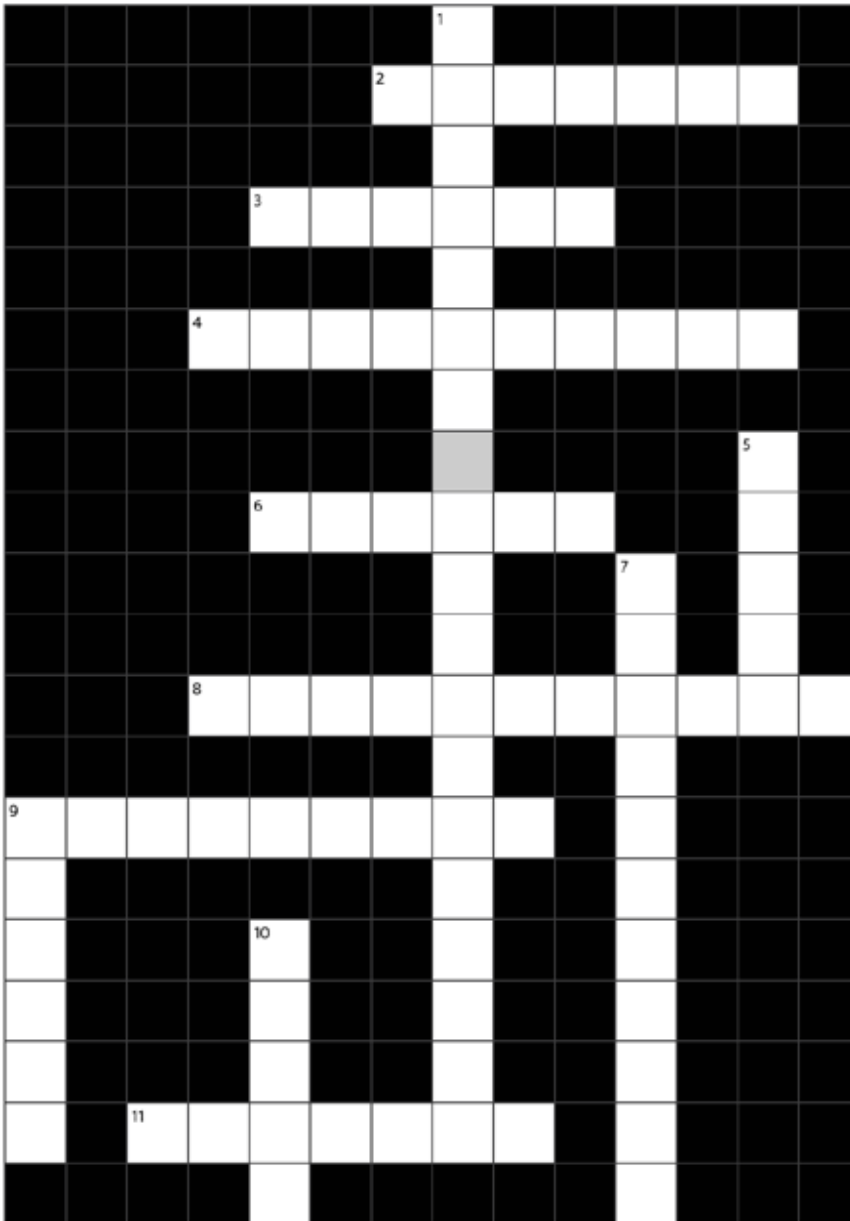
In summary, prioritizing a nutrient-rich diet that reduces simple carbohydrates, emphasizes high-quality protein, and includes organic produce is key to supporting longevity through nutrition.

Parallel to finishing her PhD, Anna studied medicine and conducted research at Harvard and University of Zurich medical schools. She is specialized in internal and sports medicine, and has worked with athletes ranging from Swiss national team ice hockey players to formula 1 drivers.

Before her role as a medical director in Klinik Hirslanden and as head of strategy for preventive medicine for the Hirslanden group, she attended executive courses at Harvard Business School and finished the International Directors Program at INSEAD. Subsequently, she had the opportunity to take up selected board roles. ●●

New year, ageless you

Test your knowledge and discover some surprising clues about living your best (and longest) life. Are you ready to puzzle your way to timeless wisdom?



ACROSS

- 02. A mineral essential for bone health, found in dairy and leafy green
- 03. Ancient Chinese practice combining movement, breathing, and meditation for health
- 04. A natural supplement shown to improve gut health, crucial for aging well
- 06. The Mediterranean island famous for its centenarians
- 08. This therapy uses cold exposure to help with recovery and inflammation.
- 09. The “happy” hormone linked to stress reduction and better health
- 11. A regular activity proven to improve cardiovascular health and reduce aging signs.

DOWN

- 01. The practice of eating less to extend lifespan
- 05. The act of giving the body rest and recovery
- 07. The scientific study of aging and its effects
- 09. The “blue zone” diet staple rich in omega-3s
- 10. A nutrient-rich fruit often associated with reducing the risk of heart disease 🍓

Start **strong**

Why morning rituals are your secret weapon for productivity

Starting your day with intention sets the tone for everything that follows. It's easy to dismiss morning rituals as unnecessary or a luxury when the clock is ticking, but they could be the missing piece in unlocking your true productivity potential. Let's dive into how the right morning habits can transform your mindset and performance throughout the day.

THE POWER OF A SLOW, INTENTIONAL START

It's tempting to jump straight out of bed, rush through your morning routine, and dive into work with an overwhelming to-do list. But what if you gave yourself permission to ease into the day? Slow mornings, even just for a few minutes, can allow you to centre yourself, avoid rushing, and increase focus. Instead of starting your day on autopilot, a mindful approach can refresh your mental state and help you set a positive tone for the hours ahead.

WHY YOUR MORNING ROUTINE SHAPES YOUR ENTIRE DAY

Think of your morning routine as the foundation for everything you do. Whether it's a brisk walk, a few minutes of journaling, or a warm cup of coffee, these rituals set a framework for your mindset. A predictable, positive start stabilizes your mood, promotes clarity, and helps you prioritize your day with purpose. When you're intentional about how you begin, you reduce stress and gain control over what's coming next.

HOW MORNING RITUALS BOOST FOCUS AND MENTAL

CLARITY

One of the most overlooked benefits of morning rituals is the clarity they bring. Taking time for activities that nurture both mind and body, like stretching or meditation, clears away mental fog and promotes sharper focus. When your mind is cantered in the morning, you're less likely to get distracted by unnecessary stressors throughout the day. The more consistent you are with your ritual, the better equipped you'll be to maintain concentration and stay on track.

RITUALS DON'T HAVE TO BE



COMPLEX—START SMALL

The beauty of morning rituals is that they don't need to be complicated to be effective. You don't have to run a marathon or spend an hour meditating. Simple habits like drinking a glass of water, reading a few pages of a book, or setting a daily intention can work wonders. The key is consistency. Starting small and gradually adding new elements gives you something to look forward to without overwhelming your schedule. Small wins in the morning make big waves throughout the rest of your day.

THE SECRET TO ENDING YOUR DAY WITH SUCCESS STARTS IN THE MORNING

A successful day doesn't only happen during work hours. The habits you cultivate in the morning give you a boost that lasts well into the evening. When you begin your day with purpose and energy, you're more likely to feel fulfilled by the time you reach the end. Whether you accomplish a project or simply manage to stay calm under pressure, knowing that your morning has been productive

sets the stage for an even more successful evening.

BUILDING A MORNING RITUAL THAT WORKS FOR YOU

There's no one-size-fits-all solution when it comes to morning routines, but experimenting with different practices can help you discover what aligns with your lifestyle. Do you thrive on quiet reflection or do you need some physical activity to get your blood flowing? Find out what energizes you, and commit to it. ●●

Empowering **minds**

Strategies to Boost Employee Mental Health in 2025

In 2025, employee mental health will take centre stage as organizations realize the vital link between well-being and productivity. The modern workplace has evolved and so needs mental health. It's not just about offering benefits; it's about fostering an environment where employees feel supported, understood, and valued. So, how can businesses improve employee mental health in the year ahead? Let's dive into some powerful strategies shaping the work's future.

WHY MENTAL HEALTH IN THE WORKPLACE MATTERS MORE THAN EVER

The world is constantly changing, and with it, so are the demands on employees. From remote work challenges to the stress of balancing personal and professional lives, the pressures are high. In 2025, prioritizing mental health isn't just a nice-to-have—it's a must. Research consistently shows that when employees feel mentally healthy, they are more engaged, productive, and creative. It's a win-win situation for both employees and employers.

WHAT CAN EMPLOYERS DO TO CREATE A MENTAL HEALTH-FRIENDLY CULTURE?

A supportive environment starts with leadership. In 2025, it's crucial for employers to openly talk about mental health and set an example. This might mean hosting regular wellness workshops, encouraging open dialogue around stress and anxiety, and ensuring managers are equipped to spot signs of burnout. When leaders embrace

these conversations, it creates a culture where mental health isn't stigmatized but rather celebrated as a key part of overall wellness.

HOW CAN TECHNOLOGY SUPPORT EMPLOYEE MENTAL HEALTH IN 2025?

We're living in a tech-driven age, and it's time to harness the power of



technology for mental health. From virtual therapy sessions to stress management apps, technology can provide employees with easy access to the resources they need. But it goes beyond just offering tools. Employers can integrate mental health features into the workplace by using apps that track well-being, offering meditation or mindfulness programs, and creating virtual spaces where employees can unwind.

COULD FLEXIBLE WORK SCHEDULES BE THE KEY TO

MENTAL WELLNESS?

Work-life balance is no longer just a buzzword; it's a necessity. In 2025, flexible work schedules will continue to play a key role in supporting mental health. Allowing employees to choose their work hours or adopt hybrid schedules helps them better manage their time and reduce stress. This level of flexibility can also help prevent burnout, as employees can take breaks when needed and balance work with personal commitments.

WHY EMPLOYEE ASSISTANCE PROGRAMS (EAPs) NEED TO EVOLVE

Employee Assistance Programs (EAPs) have been a staple of employee mental health support for years, but in 2025, it's time for them to evolve. Employers can go beyond offering traditional counselling by expanding EAPs to include services like financial planning, legal advice, and wellness coaching. This holistic approach supports employees in all areas of life, making them feel more secure and better equipped to tackle mental health challenges.

WHAT ROLE DOES PEER SUPPORT PLAY IN MENTAL HEALTH AT WORK?

In 2025, the importance of peer support networks will become even more crucial. Employees who have a strong support system at work are more likely to thrive. Employers can create platforms for employees to connect, share experiences, and offer encouragement. These support networks help reduce feelings of isolation and foster a sense of belonging, both of which are essential for maintaining good mental health. ●●



5 life-changing books to read in 2025 **for a healthier, longer life**

As we look ahead to 2025, many of us are reflecting on how to live a healthier, longer life. One powerful way to enhance our longevity journey is by diving into literature that explores wellness, nutrition, and longevity science. If you're looking to make lasting improvements to your health, here are five must-read books to guide and inspire you toward a longer, vibrant life.

1 "Lifespan: Why We Age – and Why We Don't Have To" by David A. Sinclair

Harvard researcher David Sinclair takes readers through groundbreaking discoveries in the science of ageing. This book

explores how we can slow down and even reverse aspects of the ageing process by embracing new technologies, genetics, and lifestyle changes. If you're curious about the future of longevity, Sinclair's work will give you hope for a future where age is just a number.

2 "The Blue Zones Solution: Eating and Living Like the World's Healthiest People" by Dan Buettner

Dan Buettner's exploration of the world's "Blue Zones" (areas where people live the longest) is a treasure trove of knowledge on living longer and healthier. Drawing from communities in Okinawa, Sardinia, and Loma Linda, Buettner outlines habits, diets, and lifestyles

that contribute to longevity. This book offers actionable advice to incorporate into your daily life for improved health and vitality.

3 "The Longevity Diet" by Valter Longo

Dr Valter Longo, renowned for his work in ageing and nutrition, provides a comprehensive guide on how food affects our lifespan. His approach centres on a plant-based, Mediterranean-style diet that has been proven to enhance longevity. Learn how fasting-mimicking diets and strategic eating habits can make a powerful difference in your health, both short- and long-term.

4 "Ageless: The New Science of Getting Older Without Getting Old" by Andrew Steele

A look at the cutting-edge science of ageing, Andrew Steele's book examines the biology of ageing and the technological innovations that may soon extend the human lifespan. With evidence-backed insights and practical tips for boosting health, "Ageless" will inspire you to rethink what ageing means and how we can fight back against its effects.

5 "How to Live to 100: Secrets of the World's Oldest People" by Dr Patrick Collison

This book draws from the lives of centenarians and the science behind their longevity. Dr Patrick Collison, a leading expert in health and ageing, offers tips, anecdotes, and research findings to help you increase your chances of living a long and healthy life. Filled with practical wisdom and holistic advice, it's a perfect guide for anyone seeking to extend their healthy years.

Reading these books in 2025 will not only inspire but also empower you with the knowledge to transform your health and longevity. Embrace these timeless lessons, and make the coming year your healthiest yet! ●●

No Gym, No Problem

Simple Ways to Sneak More Movement into Your Busy Day



We've all been there. The days when finding time for the gym feels impossible—meetings, errands, family commitments, and endless to-do lists. It's easy to think that skipping a workout means you've given up on fitness, but what if I told you that you can still move your body and stay active without stepping foot in a gym? Let's dive into creative and easy ways to sneak movement into your daily routine!

WHAT IF MOVEMENT COULD BE PART OF YOUR EVERYDAY?

When life gets hectic, exercise often becomes a distant goal we wish we had time for. But here's the thing: movement doesn't always have to be a structured workout. It's about finding ways to keep your body in motion throughout the day. The trick is to break down the idea of exercise into smaller, manageable actions. Every little step counts!

CAN YOU TURN MUNDANE TASKS INTO MINI WORKOUTS?

You'd be surprised how many ordinary activities can be transformed into sneaky workouts. Take your daily chores as an example. Vacuuming, mopping, and scrubbing the floors? They're all full-body exercises! Try adding some squats while you're picking up laundry or lunges while you're dusting. These simple activities engage your muscles and raise your heart rate, all while helping you keep your

space neat. It's multitasking at its finest.

Even better, get creative with your commute. If you drive, park farther from your destination to get those extra steps. If you're on public transport, take the stairs when possible or stand and balance instead of sitting. These small actions add up over time, and before you know it, you've racked up a solid amount of movement.

HOW ABOUT A DANCE BREAK? IT'S GOOD FOR THE SOUL!

Dancing isn't just for parties or nightclubs—it's a fantastic way to sneak in some cardio and have fun while doing it. And the best part? You don't need to be a professional dancer to make it work! Put on your favourite song and let loose for a few minutes. Whether it's shaking your hips in the kitchen, doing a little jig while waiting for your coffee to brew, or going all-out with a solo performance in your living room, dancing is an easy, joyous way to move your body.

Plus, dancing isn't just about burning calories. It's also a mood booster! Getting your groove on can help release endorphins, reducing stress and making you feel more energized. So, next time you're feeling drained or sluggish, hit play on a fun track and let the rhythm work its magic.

EVER THOUGHT ABOUT WALKING AS YOUR SECRET WEAPON?

If you're serious about sneaking more movement into your day, walking is your



unsung hero. It's one of the easiest ways to stay active, and you can do it almost anywhere. Next time you take a phone call, pace around while talking. Got a 10-minute break at work? Take a brisk walk outside to clear your head. Or, if you're watching your favourite show, use the time during commercials to walk around your house. Aim for a few steps every hour, and it adds up quickly.

Walking doesn't just benefit your body; it's great for your mind too. Studies show that walking improves creativity, and focus, and even helps you process stress. So, take those extra steps during the day, and you'll be walking your way to better physical and mental health.

CAN YOU USE BREAKS TO STRETCH AND REBOOT?

Even if you're glued to your desk, there's still room for movement. You don't have to be stuck in a sedentary slump. Set a timer every hour for a quick stretching session. Whether it's neck rolls, shoulder shrugs, or hamstring stretches, you'll feel refreshed, and your muscles will thank you. Not only does stretching prevent stiffness,

but it also improves circulation, increases flexibility, and reduces tension.

Try the "desk stretch" routine: stand up and stretch your arms overhead, then lean to each side. Stand on one leg and perform leg raises, or gently rotate your torso to loosen up tight muscles. These stretches can easily be done in 5-minute bursts and help maintain energy levels throughout the day.

CAN YOU PLAY WITH YOUR KIDS (OR PETS) FOR EXTRA FUN?

If you have children or pets, they can be your ultimate fitness partners. Playing with them isn't just about bonding—it's a great workout too! Chase your kids around the yard, have a playful tug-of-war with your dog, or go on an impromptu walk around the block with them. The laughter, energy, and unpredictability make it a fun way to stay active, and you'll feel like you're sneaking in a movement without even realizing it. Even if you don't have kids or pets, there are other playful ways to incorporate movement into your day. Go for a frisbee toss at the park or join a friendly game of tag with friends

or coworkers. Playing games that involve running, jumping, and stretching is a great way to keep your fitness fun and light-hearted.

COULD YOU DO MORE AT HOME WITH SIMPLE EQUIPMENT?

If you do have a few minutes to spare, consider getting a jump rope or resistance bands. These small, inexpensive tools can transform your living room into a mini gym. A few minutes of jumping rope can give you a full-body workout, while resistance bands are fantastic for strength training. You don't need an expensive gym membership to stay fit; all you need is a bit of creativity and a few simple pieces of equipment.

WHAT ABOUT A QUICK HIIT SESSION?

For those who crave a quick burst of intense exercise, High-Intensity Interval Training (HIIT) is your friend. You can do it anywhere and it requires no equipment. Think of quick, explosive movements like jumping jacks, burpees, or mountain climbers. A 15-minute HIIT workout can burn calories, boost metabolism, and improve cardiovascular health—without taking up too much of your precious time.

WRAPPING UP: MOVEMENT IS FOR EVERYONE, EVERYWHERE

Finding time for exercise may be difficult, but that doesn't mean you have to give up on movement altogether. From sneaky stretches at your desk to dancing while cooking, the opportunities for staying active are endless. By weaving more movement into your daily routine, you're not only helping your body stay strong, but you're also making your day more fun and fulfilling. So, next time you're too busy to hit the gym, remember that movement is everywhere. Embrace the opportunities, and before long, you'll feel stronger and more energized—all without ever stepping into a gym. ●●

The science of habit formation

Building Sustainable Health Practices for Business Leaders



Business leaders often face relentless demands on their time and energy. Amid tight schedules and high-stakes decisions, prioritizing health can feel like a luxury. However, the science of habit formation offers actionable insights for integrating sustainable health practices into even the busiest lives. Let's look at the latest research on habit formation, revealing how leaders can foster long-lasting health behaviors to optimize performance and longevity.

WHY HABITS MATTER FOR HEALTH AND LEADERSHIP

Habits, defined as automatic behaviors triggered by specific cues, play a crucial role in shaping overall well-being. Neuroscientists estimate that habits account for approximately 40% of our daily actions. For business leaders, this means that small, consistent changes can yield significant health benefits over time.

A 2022 study published in *Nature Human Behaviour* found that individuals with well-established healthy habits—such as regular exercise, balanced nutrition, and adequate sleep—were 30% more likely to report high levels of productivity and satisfaction. The same study highlighted that building habits reduces the cognitive load required for decision-making, freeing mental energy for strategic thinking.

THE NEUROSCIENCE OF HABIT FORMATION

Understanding the brain's role in habit formation is key to creating sustainable health practices. Habits are driven by a three-step loop:

- 1. Cue:** A trigger that initiates the behavior (e.g., an alarm to signal exercise time).
- 2. Routine:** The behavior itself (e.g., going for a morning run).
- 3. Reward:** Positive reinforcement that solidifies the habit (e.g., a sense of accomplishment).

This cycle is governed by the basal ganglia, the brain's habit center, and the neurotransmitter dopamine, which reinforces rewarding behaviors. The more frequently this loop is repeated, the stronger the habit becomes.

BUILDING HEALTH PRACTICES THAT STICK

For business leaders, sustainable health practices are essential for peak performance. Here's how to integrate these practices:

1. Prioritize Sleep

Quality sleep is non-negotiable for cognitive function. Aim for 7-9 hours per night by maintaining a consistent bedtime and creating a sleep-conducive environment.

2. Incorporate Movement

Integrate physical activity into daily routines. Whether it's walking during calls or scheduling brief workouts, movement boosts energy and focus.



EVIDENCE-BASED STRATEGIES FOR HABIT FORMATION

Recent research highlights several strategies for building sustainable habits:

1. Start Small

A 2023 study in Psychological Science emphasized the importance of starting with manageable goals. For example, committing to a five-minute walk daily can serve as a gateway to more extensive exercise routines.

2. Leverage Existing Routines

Anchoring new habits to existing routines increases their likelihood of success. For instance, pairing meditation with morning coffee can create a seamless integration into daily life.

3. Set Clear Intentions

Research from Health Psychology Review in 2022 found that forming “implementation intentions”—specific plans like “I will do 15 minutes of yoga at 6:30 AM every weekday”—doubles the chance of habit adherence.

4. Track Progress

Habit-tracking tools and journals help maintain accountability. A meta-analysis in 2023 revealed that individuals who tracked their habits were 20% more consistent in maintaining them.

5. Focus on Identity

Adopting an identity-based approach, such as thinking “I am a healthy and active leader,” rather than focusing solely on outcomes, fosters intrinsic motivation.

6. Anticipate Barriers

Recognize potential obstacles and plan strategies to overcome them. For instance, keeping healthy snacks readily available can prevent reliance on fast food during late-night work sessions.

3. Practice Mindfulness

Regular mindfulness exercises can reduce stress and improve decision-making. Begin with short, guided sessions to build the habit.

4. Nurture Nutrition

Prioritize whole, nutrient-dense foods and plan meals ahead to avoid unhealthy choices during busy days.

5. Schedule Downtime

Intentional breaks replenish mental resources. Block off time for hobbies, family, or relaxation.

THE ROLE OF ORGANIZATIONS IN SUPPORTING HEALTH HABITS

Organizations have a unique opportunity to foster a culture of health. A 2023 report by the Global Wellness Institute highlighted that companies investing in employee wellness programs see a 35% increase in productivity and a 25% reduction in healthcare costs.

To support leaders and employees alike, organizations can:

- Implement flexible work schedules to encourage work-life balance.
- Provide access to wellness resources, such as fitness programs or mental health support.
- Create accountability through team wellness challenges or shared goals.

THE LONG-TERM PAYOFF OF HABIT FORMATION

Habits are the foundation of a healthy, productive, and resilient life. For business leaders, cultivating sustainable health practices not only enhances personal well-being but also drives professional success. By leveraging the science of habit formation, leaders can transform small, intentional changes into lifelong benefits.

The future of leadership lies at the intersection of health and performance. Let's make sustainable health practices the norm, empowering leaders to thrive in both their personal and professional lives. ●●

Snooze smarter:

6 witty tips for a restful night

01

Ditch the Screen

Put your phone down and let your mind wander into dreamland.

02

Take a Breather

Try deep breathing instead of binge-watching.

03

Read for Relaxation

Choose a soothing book, not a thriller.



Snack Smart

Opt for almonds or a banana before bed.

04

Turn Off the Drama

Focus on gratitude to calm your mind.

05

Tidy Your Space

A clean room = a peaceful mind.

06

Sleep tight and wake up refreshed!





7 timeless principles **for** longevity

Living longer isn't just about counting years—it's about savoring each moment with purpose and vitality. What if you could feel your best at 30, 50, or 90? These seven principles will guide you to a vibrant, fulfilling life at any age.

1 **Nourish Your Body with Intention**

What you eat fuels how you age. Fill your plate with vibrant, nutrient-rich foods like berries, leafy greens, and fatty fish. Incorporate principles from the Mediterranean diet—olive oil, nuts, and legumes—paired with hydration rituals like morning lemon water. Thrive by eating mindfully and joyfully.

2 **Make Movement a Daily Habit**

Physical activity is non-negotiable, but it doesn't have to be a chore. From gardening to dancing, find ways to move that bring joy. Borrow inspiration from Okinawan centenarians who stay active through daily, purposeful routines. Small, consistent efforts trump occasional bursts of intensity.

3 **Embrace Restorative Sleep**

Quality sleep is a cornerstone of longevity. Aim for 7-9 hours nightly, and set the stage with calming evening rituals—dim lighting, tech-free zones, or herbal teas. Think of sleep as a daily reset for your body and mind, empowering you to wake up

refreshed and focused.

4 **Turn Stress into a Growth Tool**

Stress ages us when unmanaged, but resilience can reverse the toll. Practice gratitude daily by jotting down three positives from your day. Explore mindfulness techniques, like breathwork or meditation, to transform stress into a catalyst for strength and growth.

5 **Cultivate Deep Connections**

Strong relationships enrich life and health. Learn from Nicoya, Costa Rica, where family and community bonds are a way of life. Prioritize social interactions—whether by sharing meals, joining groups, or volunteering. Vibrant connections can add years to your life.

6 **Keep Your Mind Sharp and Curious**

Engage your brain through lifelong learning. Take a new course, pick up a creative hobby, or challenge yourself with puzzles. In Loma Linda, California, mental engagement is a key to longevity. Stay curious—it's your brain's best defense against aging.

7 **Find Your Sense of Purpose**

Living with intention fuels vitality. Whether through career, hobbies, or helping others, define what gives your life meaning. Many long-lived cultures practice "ikigai," a Japanese concept of purpose. Knowing your "why" adds fulfillment to your years.

A Legacy of Longevity

Longevity isn't about perfection; it's about crafting a life you love. Picture yourself vibrant, surrounded by laughter and warmth. Start small, stay consistent, and let these principles pave the way to your healthiest, happiest self. ●●

Longevity demystified

Looking ahead to 2025, which emerging trends in longevity are you most excited about, and how do they challenge traditional thinking on aging?

I'm particularly excited about the advancements in cellular reprogramming, cell replacement therapies, and mRNA/DNA-based therapies. These technologies are revolutionizing how we view aging, shifting the perception from an inevitable decline to a process that can potentially be slowed or even reversed. Traditional views treat aging as linear and irreversible, but these innovations are challenging that mindset by addressing the root causes of aging.

Personalized medicine is a hot topic—how do you see it transforming the way we age? Are we on the verge of truly customized treatments for longevity?

Personalized medicine in longevity is being shaped by “Omics”—a combination of genomic, epigenomic, and microbiome profiling. This allows us to tailor interventions based on individual biology, which was unimaginable just a decade ago. While we aren't fully there yet, with continued research, we're moving away from the one-size-fits-all approach of traditional medicine toward more personalized, effective treatments.

It's still in its early stages, but the potential is immense.

In a world of wellness fads, what evidence-based practices can people implement right now to supercharge their health and longevity in just 30, 60, or 90 days?

The fundamentals remain the most powerful tools. For quick but impactful results, focus on improving sleep quality, adopting a balanced diet, and incorporating strength training or even just daily walks. These aren't flashy or trendy, but the evidence supporting them is undeniable. Within 30 days, better sleep can enhance cognition and mood. In 60 days, dietary changes can regulate insulin sensitivity. By 90 days, consistent exercise will noticeably improve metabolic health and physical resilience.

How do you envision technologies like AI and wearable health devices revolutionizing the way we track, optimize, and extend our lifespans? Is our smartwatch the new fountain of youth?

AI and wearable devices are transforming longevity into something measurable and actionable. Smartwatches now track not only steps but heart rate variability, sleep stages, and even stress levels. Some smart scales go beyond just weight, offering

insights into body composition. AI can then analyze this data, providing personalized recommendations that help improve daily habits. While it's not the fountain of youth, these technologies are powerful tools for extending and optimizing healthspan by making wellness accessible and intuitive.

Plant-based diets, biohacking, intermittent fasting—how do these hot trends stack up in terms of their actual, long-term benefits for health and longevity?

Each of these trends has its merits, but the key is individualization. A plant-based diet is great for reducing inflammation and improving metabolic health, but it must be nutritionally complete. Intermittent fasting offers robust benefits for cellular repair and



Francois-Xavier Pelly

on Cellular Reprogramming and Personalized Medicine

insulin sensitivity, though it's not suitable for everyone. Biohacking is promising but lacks extensive long-term data. Ultimately, the most effective approach is understanding your unique biology and lifestyle, and choosing the tools that work best for you.

Longevity isn't just physical—it's mental and emotional too. What are some unexpected mental health strategies people can adopt to boost their long-term well-being and resilience?

One of the most underrated strategies is fostering curiosity. Staying mentally engaged and curious helps keep the brain adaptable as we age. Practicing gratitude is another simple but powerful tool—it's been shown to improve mental health and even

physical markers like inflammation. Additionally, embracing play, even as adults, can relieve stress and bolster emotional resilience.

We often hear about the importance of staying active, but what role do social connections and relationships play in aging well? Can our friendships add years to our lives?

Social connections are as critical as physical activity, if not more so. Loneliness is now recognized as a major risk factor for early mortality, on par with smoking. Strong relationships provide emotional support, reduce stress, and encourage healthier habits. In essence, nurturing friendships and community ties is an investment in your longevity. The science is clear: connection is life-extending.

Aging gracefully is about more than just looking good—what are some lesser-known practices that can help people feel youthful and vibrant at any age?

While I'm not a fan of the term "aging gracefully" (as you wouldn't call it "fighting cancer gracefully"), the best approach at any age is focusing on the four lifestyle pillars: diet, sleep, exercise, and mental health. The key is addressing your weakest pillar. For example, I personally struggled with sleep a few years ago, so I prioritized improving my sleep first. By doing so, I noticed improvements in other areas as well. These pillars are interconnected, and enhancing one can benefit the others.

Anti-aging treatments seem to be evolving rapidly. What do you believe will be the most game-changing intervention in longevity over the next five years?

There's significant progress in epigenetic reprogramming, which shows promise in biological rejuvenation, though it may take more than five years to become widely available. Stem cell replacement therapies are already being used in clinics worldwide and have the potential to reverse aging by replenishing core cells in various organs. Gene therapy is also advancing, though it's not yet safe enough for longevity applications. mRNA-based therapy holds great promise since it's transient and safer, potentially making it a major breakthrough within the next five years. ●●

Francois-Xavier Pelly, PhD, is a scientist and entrepreneur in the longevity industry. He is a multidisciplinary scientist with a background that includes a Master's degree in Biochemistry, a Master's degree in Organic Chemistry, a PhD in Bioinformatics, and years of expertise as a researcher in Microbiology, Molecular Biology, Cellular Biology, and the biology of aging.

Plan Your Year Like a Longevity Pro: Witty Steps to Thrive in 2025



Set a Theme for the Year

Think of it as your life's playlist for 2025—Motivation Mondays or Balance in Bloom? Let your theme guide your actions and decisions all year.



Break It Down, Beyoncé Style

"If you liked it, then you should put a deadline on it!" Divide your goals into quarterly, monthly, and weekly milestones.



Adopt a Quarterly Reflection Ritual

Think of it as a "state of the union" with yourself. Celebrate wins, reassess goals, and course-correct like the CEO of your own life.



Plan for Downtime

Insert guilt-free rest days in your schedule. Remember: Even the longest marathon has water breaks.



Stay Accountable (With Style)

Pair up with a friend or mentor for monthly check-ins. Bonus points if you make it over coffee or yoga!



Leave Room for Surprises

Life's best moments are unscheduled. Embrace spontaneity while keeping your long-term goals in sight.



Create a Bucket List with a Twist

Forget skydiving—how about trying a new superfood every month or learning the perfect stretch for your lower back? Keep it fun, fresh, and health-focused.



Schedule Self-Care First

Block out "me time" on your calendar before work meetings. After all, you can't pour from an empty cup—or a neglected spa date!



Track What Really Matters

Instead of just to-dos, track your energy, mood, and health metrics. Who cares about deadlines if you're glowing like a wellness influencer?



Experiment Like a Scientist

Test out productivity hacks, mindfulness apps, or a standing desk. Not everything will work, but some things might just change your life.



Celebrate Every Win

Big or small, reward yourself—whether it's with a massage, a new journal, or just bragging rights on social media.

Countdown to Global Wellness Day 2025!



The countdown has begun for **Global Wellness Day**, celebrated on the second Saturday of June by millions across the globe every year.

Global Wellness Day's theme for the year 2025 invites everyone to **#ReconnectMagenta**



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xLongevity



AI personalised workouts



Cold plunge therapy



Enhanced IV therapy