The Healthy Ageing Hacks

Hack 1: **Reset Your Genes with a Methylation Diet**

Focus on whole, nutrient-rich foods. Incorporate fruits, vegetables, lean proteins, whole grains, and healthy fats. Avoid excessive processed foods and sugars.

Hack 2: **Clear Out "Zombie Cells" with Senolytics**

Consume natural senolytic-rich foods like green tea, apples, and dark berries to help remove old, non-functional cells.

Hack 3: **Rejuvenate with Red Light Therapy**

Choose a red light therapy device with wavelengths between 630-660 nm (red light) and 810-850 nm (near-infrared light) for skin repair, energy production, and deeper tissue benefits. Use it 3-5 times a week for 10-20 minutes per session.

Hack 4: **Supercharge Energy with NAD+ Precursors (NMN & NR)**

Boost NAD+ naturally by eating broccoli, cabbage, avocado, mushrooms, and asparagus. Add fatty fish (like salmon), eggs, peanuts, and whole grains, which contain NAD-boosting nutrients. Combine with regular exercise and time-restricted eating to optimize energy production.

Hack 5: **Optimize Deep Sleep for Peak Recovery**

Maintain a consistent sleep schedule and wind down with calming activities like deep breathing or reading before bed.

Hack 6: **Rebuild Gut Health for Total Longevity**

Eat fermented foods like yogurt, kefir, or sauerkraut alongside fiber-rich vegetables to nourish your gut microbiome.

Hack 7: **Train Smarter, Not Harder**

Focus on short, effective workouts like HIIT or strength training to improve fitness without overtraining.

Hack 8: **Boost Cellular Repair Through Sauna Therapy**

Use a sauna 3-4 times a week at 80-90°C for 15-20 minutes to support your body's natural cell repair and detox processes. If you don't have a sauna, take a 20-minute hot bath (40-42°C) to achieve similar results. Always hydrate and avoid overheating.

Hack 9: **Reset Stress with Nature Walks**

Spend time walking in natural environments like parks, forests, or near the sea. It lowers cortisol, boosts mood, and supports overall well-being.

Hack 10: **Activate Longevity Pathways with Fasting**

Incorporate simple time-restricted eating (like 12-14 hours overnight) to give your body a break, improve cellular repair, and support longevity.

Ilianna Nitsola