Berry Power to start the day

Are you still on Team "white roll or toast with jam"? That is ok, but preferably not every day. Your metabolism will thank you. Sugar molecules influence important signalling pathways in the body and, as studies show, can even alter the DNA of brain cells, thus negatively affecting memory.

Start your day today with porridge and berries, yogurt with fruit, a chia pudding, or overnight oats. Berries (even frozen ones), whole grains, and seeds provide key epigenetically active molecules: phytochemicals, B vitamins and folic acid, optimally supporting your cells.



Find suitable recipes here

Early Dinner for Cells and Well-being

Today, try eating dinner is eaten before 6 p.m.: **By giving your body a long break from eating in the evening you give your body a well-deserved rest**. During intermittent fasting of 14 to 16 hours, the body switches into an epigenetic life-extension mode. Cells invest energy in protective mechanisms and important cleansing processes are activated.

If that doesn't suit you, you can try the fasting-mimicking diet. For five days, you eat three small meals with around 800 kcal per day. Thanks to a clever combination of nutrients, the body signals the fasting mode. This way, you benefit without completely forgoing meals.

Our guide to the fasting-mimicking diet

Lunch Menu with the Fountain of Youth Effect

How about a colourful Buddha bowl, crunchy red cabbage salad, a green shakshuka, or cauliflower curry today? Dishes like these bring the stars of epigenetic cuisine directly to your plate: **green vegetables, cabbage, legumes, and high-quality oils.** They provide important phytochemicals and micronutrients that support epigenetic mechanisms for cells that remain efficient and vital.

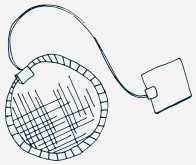


Click here for our Fountain of Youth recipes

Afternoon Tea in Green

Treat yourself to a cup of green tea in the afternoon – a little magic potion for healthy genes. Preparation is key to allowing its ingredients to develop optimally:

- Heat water to 80 degrees Celsius and let the tea steep for about 5 minutes – a little longer than usual.
- This releases more of the valuable secondary plant compounds for your daily "epigenetic boost".
- Whether you use tea bags or loose tea doesn't matter – temperature and a little patience are crucial.



New shopping strategy for your diet

Once a week, consciously break your routines – like a mini fitness program for your eating habits. At the supermarket, deliberately choose a different type of vegetable or fruit, whole grains or pseudograins like buckwheat or amaranth, or nuts like Brazil nuts or macadamia nuts that rarely appear on your plate.

This will bring variety and nutritional diversity to your diet. Every micronutrient counts; only with a full range of nutrients do we optimally support well-being and longevity.

Today's Challenge: Put at least one new/rarely consumed item in your shopping cart once a week.

Today's Challenge: Try to eat 30 g of fibre today from a variety of foods

Studies show:
Optimal fibre intake reduces mortality, supports cholesterol levels, boosts metabolism and gut health, and even improves mood. 30 grams of fibre a day is a realistic goal and easier to achieve today than you think:

- 2 tbsp oat bran: 6g fibre
- 1 tbsp chia seeds: 5g fibre
- 1 handful almonds: 4g fibre
- 100g broccoli: 2.6g fibre
- 50g rolled oats: 5.5g fibre
- Whole grain spelt bread (1 slice): 2.5g fibre



Refuel with fluids – for cells, energy, and concentration

Drinking enough is just as much a part of a healthy diet as eating the right food. Our cells depend on water and the nutrients dissolved in it – a deficiency weakens performance. Sensors in the body constantly measure the concentration of salts. When fluid is lacking, a need is signalled. But we don't always perceive the signal as thirst and sometimes mistake it for hunger.

Today's Challenge: Consciously drink 5 glasses of water a day. Do you feel the difference?



Healthy oil change for body and brain

Make an oil change in your kitchen today. **High-quality oils are true allies for your health**. They support the heart, blood vessels, and brain cells, have an anti-inflammatory effect, and contribute to a balanced cholesterol level.

You don't need many varieties: **A heat-stable (high-quality) rapeseed oil or coconut oil for very hot frying and a cold-pressed olive oil for everything else**.

Today's Challenge: Add flaxseed oil to your muesli, yogurt or salad. This provides your nerve cells with valuable fatty acids (alpha-linolenic acid) that support mental performance.

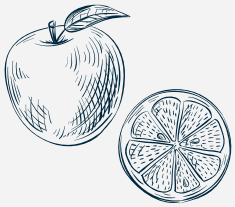


Fruit: blood sugar friendly

Fruit provides vitamins, trace elements and phytochemicals – a real boost for the body. Pay attention today to the amount you enjoy: More than two handfuls a day aren't necessary. It's best to prepare your portion in the morning: half for breakfast, the other half as dessert or a snack after lunch. This keeps your blood sugar level stable, as your metabolism can best process sweets in the morning or after a meal.

Preferably choose low-sugar varieties: apples, berries, oranges, grapefruit, nectarines, peaches, kiwis, papayas, plums or tangerines.

And remember: You can eat vegetables as much as you like, but fruit is best consumed in moderation.



Eat until you're full: How your body can last longer

Do you get hungry again quickly? Often, this is because your food doesn't fill you up properly – either because the portion is too small or because important nutrients are missing. Try something different today and eat until you're consciously full. This is the only way to easily get through the next four hours without snacks or cravings. At the same time, it's important that your blood sugar doesn't spike too quickly, otherwise your body has to release a lot of insulin. This can lead to a rapid crash, triggering cravings for sweets and fatty foods.

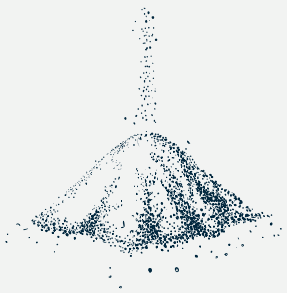
Therefore focus on plenty of nutrients today: Half your plate should be vegetables or salad, a good piece of fish, poultry, eggs or legumes, plus a handful of whole grains or potatoes and good oil. This will guarantee stable energy and satiety.

Don't worry: You don't have to follow everything perfectly; you can simply put together your plate roughly according to this example.

Seasoning without risk: Smart use of salt

Today you can certainly season your meals, but do so consciously. Our bodies need salt for nerves and muscles, but too much puts a strain on the heart and circulatory system. A guideline is: **a maximum of 1 teaspoon per day**. Sausages, snacks and ready-made meals often contain significantly more. It's worth avoiding these.

Today's Challenge: Consciously focus on fresh herbs and herb salt. Get a small selection for your windowsill or spice rack – they provide aroma and valuable micronutrients at the same time.



Prepare for the week ahead today: Our overnight wholegrain bread always works

Today, it's worth opting for whole grains. Unlike white flour, it contains the entire grain, including the bran and germ, providing plenty of B vitamins, vitamin E, folic acid, and of course, fibre. This keeps you feeling full longer, stabilises blood sugar, and supports the insulin sensitivity of cells. Can't tolerate whole grains? Then this recipe is just right for you: The long fermentation time breaks down difficult-to-digest FODMAPs, guaranteeing that the bread is easily digestible.

Here's how:

- 500g whole grain spelt flour
- 1 packet of dry yeast
- 1.5 tsp salt
- 450 ml warm water

Mix everything well: the dough will remain liquid. Then let it rise for 2–4 hours at room temperature or overnight in the refrigerator. Transfer to a loaf pan, bake at 220 degrees Celsius for 15 minutes, then reduce the temperature to 200 degrees Celsius and bake for another 30 minutes. This way you have a delicious, nutritious and inexpensive bread to last you all week.



Protein Power: satiated, strong and high performing

Today, it's worth increasing your protein intake. The need for protein increases, especially with age, to maintain muscle mass. This affects not only strength and mobility but also mental fitness and independence.

Protein also keeps you feeling full for longer, stabilises blood sugar, and curbs cravings for sweets – perfect for staying relaxed between meals.

Rule of thumb: about 1.5 grams of protein per kilogram of body weight, evenly distributed across all meals. This equates to around 30 grams of protein per meal.

Here are 5 easy ways to make every meal more protein-rich:

- 1 organic egg (6g protein)
- 2 tbsp pumpkin seeds (6g protein)
- 150g skyr (15g protein)
- 100g cottage cheese (12g protein)
- 30g almonds (6g protein)

Green Power: Leafy greens as longevity boosters

Green leafy vegetables are among the true stars for longevity and health. Scientists have examined 47 types of vegetables for their nutrient density. And the top ten consists almost exclusively of green leaves: **Swiss chard, beet greens, chicory, romaine lettuce, Chinese cabbage, savoy cabbage or watercress**.

Today it's worth incorporating one or two extra varieties. Simply make an additional vegetable side dish or sprinkle some finely chopped greens over your meal or your dinner. **Fresh herbs or microgreens** are also nutrient-rich and give your dishes an extra kick.

This way you can easily enhance your meals without having to completely change your diet.

Today's Challenge: Plan your meals today so that vegetables and legumes make up the main part.

Berry & Nut Power for your brain

Consciously reach for a **handful of berries and nuts** today – the perfect snack for a high-performing brain.

Berries provide anthocyanins, which can **reduce oxidative stress**. Nuts, especially walnuts, supply your nerve cells with omega-3 fatty acids and vitamin E, which **protects cell membranes**.

Just one serving can reduce inflammatory processes and support neuronal communication – a small daily "neuro-boost".

Today's Challenge: Eat 1 handful of berries + 1 small handful of nuts.

Learn something new today

Our brain loves challenge. **Learning something new** activates so-called neuronal growth factors, which **strengthen synapses and create new connections**.

Whether you learn a word in a foreign language, watch a tutorial, or try a new recipe: every unfamiliar mental task acts like a mini-workout for the hippocampus, the centre of memory.

Today's Challenge: Learn something new for 10 minutes.



Sleep early tonight – go to the dream lab before 11 p.m.

Treat your brain to a particularly restful night tonight: **Go to bed before 11 p.m.**

While we sleep, the brain sorts memories, repairs minor damage and breaks down metabolic waste products – processes that are crucial for mental fitness and long-term brain health.

The nightly release of melatonin also supports epigenetically active protective programs in nerve cells.

Today's Challenge: Go to bed no later than 10 or 11 p.m. tonight – and feel how easy it is to get going tomorrow morning.



Your daily mental break: Time for a puzzle

Sudoku, crossword puzzle, logic puzzle or a short brain game – anything goes.

Puzzles activate different areas of the brain simultaneously and keep cognitive flexibility sharp. Just 5–10 minutes is enough to stimulate attention, working memory, and problem-solving skills.

Today's Challenge: Solve one small puzzle – can you do it in under 10 minutes?



Music that your brain loves

Today, consciously listen to a piece of music you've never heard before.

New rhythms and melodies stimulate dopaminergic reward pathways – this **promotes motivation and a willingness to learn**.

Today's Challenge: Listen to 2–3 songs by a band you're not familiar with.



10 minutes of fresh air

A short walk increases blood flow to the brain, improves oxygen supply and concentration and **lifts your mood**.

After **just 10 minutes**, measurably more activity can be seen in the prefrontal cortex, the centre for complex thinking, decision-making, impulse control and emotion regulation.

Today's Challenge: Go for a walk today before work, after lunch or after dinner.



A short, deep conversation with loved ones

Social interaction is an underestimated fountain of youth for the brain. A real conversation – not just small talk – **reduces stress hormones**, **strengthens the brain's reward system** and activates regions that can shrink with loneliness or social isolation. Especially in our hectic everyday lives, we often underestimate how much personal connections strengthen us mentally and emotionally.

Today is an opportunity to consciously connect: Call a close friend or family member and ask how they are doing. Listen attentively, share small experiences or thoughts that are on your mind. Perhaps you can spontaneously arrange to meet for coffee or a walk in the park – **time spent together intensifies the effect** even further.

Today's Challenge: Consciously have a deep conversation today – feel how connected you feel afterwards.

Mini-Diary for more focus

A mini-diary strengthens your attention, clarity and emotional balance. Take 5–10 minutes to answer three questions:

1. **What new thing did I learn or discover today?**
2. **What am I grateful for?**
3. **What inspired me or made me especially happy?**

This small routine activates different areas of the brain simultaneously: memories are organised, working memory is trained, and emotional processes are regulated. Studies show that those who regularly do short reflection exercises can better process stress, increase their concentration and even improve neural connections.

Tip: Write consciously slowly, without correcting. It's not about spelling or perfection, but about "thinking on paper".

Today's Challenge: 5–10 minutes in a mini-diary – does your mind feel clearer and lighter?

2 minute breathing focus

Give your brain a short but effective break today – just two minutes are enough to reduce stress and increase concentration.

Here's how to do your daily mini-reset:

Sit or lie down comfortably, close your eyes, and consciously focus your attention on your breath. Observe how the air flows into your lungs and out again. Try to make your breathing calm, deep, and even – without forcing it. After 10 deep breaths, open your eyes again.

Tip: If your thoughts wander – no problem! Gently bring your attention back to your breath. This conscious "bringing back" trains your brain like a mini-workout.

Today's Challenge: Breathe consciously for two minutes – feel the calm and clarity that arises afterwards.