LAVITA SCIENCE

THE BEST HABITS FOR EVERY DAY

Longevity in everyday life.



Your plan for a long life

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We're living longer and longer

Aging doesn't happen suddenly – it begins gradually, even though sometimes it doesn't feel that way. Day after day, our cells work to provide energy, control metabolic processes and regenerate tissue. Over time, this system slows down, the regenerative capacity decreases, metabolic processes become less efficient, and the finely tuned balance in the body is disrupted.

Just 200 years ago, the average life expectancy was around 30 years. Illness, dangerous working conditions and a lack of medical care dominated daily life. The human body was biologically designed to survive and produce offspring – not to exist far beyond the reproductive years.

Today, we live an average of around 80 years, thanks to medical advances, hygiene and better nutrition. An impressive triumph – but our bodies are not automatically evolutionarily prepared to enjoy this extra time full of vitality.

The result: chronic diseases increase, ailments accumulate and many do not experience their later years in full health.

The good news: Aging doesn't mean watching helplessly. The better we understand the mechanisms that control our cell health, regeneration and metabolism, the more effectively we can intervene. **Nutrition, exercise, sleep, stress management and nutrient supply influence how quickly or slowly we age** – and how many years we truly experience in good health.

Every day counts. Every movement, every meal, every decision adds up over the years and directly impacts our quality of life. Aging may be inevitable, but how we age is largely in our hands.

If we take a closer look at the processes that take place in our cells, it becomes clear: Aging is a fascinating interplay of many factors. Science in recent years has made astonishing progress in deciphering these mechanisms.



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The 12 Hallmarks of Aging

Today, we know that there are twelve key factors – the so-called "hallmarks of aging" – that trigger the aging process over the decades and are responsible for our bodies noticeably declining with age.



All these processes add up and have one thing in common: They impair **cell function**. As long as our cells work efficiently, we can produce energy, regenerate tissue, ward off disease and remain vital. As soon as these functions decline, we feel it in our own bodies: Fatigue increases, regeneration takes longer, resistance decreases, and we age, not just according to the calendar, but primarily at the cellular level.

This knowledge helps us today to intervene in the processes that slow down our cellular system and counteract them with our lifestyle.

Growing older and healthier? It's possible!

More and more people are living to a very old age. The number of centenarians is increasing rapidly. In Germany, the number has roughly tripled since the turn of the millennium.

That sounds impressive, and it is. But behind these figures lies a second, less radiant reality: With increasing age, the number of ailments also rises. On average, 85-year-olds have a handful of complaints or illnesses. And this is precisely the great challenge of our time: It's not just about growing older.

It's about growing older healthier. With vitality, clear-headed, with mobility and energy, zest for life and a body that supports us.

So how can we keep our cellular metabolic processes running as long as possible, not only to gain more years of life (lifespan), but above all to increase our healthspan, that is, the years in which we feel strong, clear-headed, stable, resilient and truly healthy?

One key is to address the root cause of age-related problems: impaired cell function. But how much can we influence our cell health?

How much influence do our genes really have?

We all know people who have smoked their whole lives, shoulder professional stress, consider exercise unnecessary, and still easily reach 90. We count them among the "lucky ones with good genes". But what does science have to say? How much influence do our genes really have?

In fact, our genes seem to contribute only about 25% to our individual aging process and life expectancy. Some researchers believe it to be only 20%. But no matter which figure you use: The genetic influence is surprisingly small.

Conversely, this means that **we have around 75–80% in our own hands**. Our daily decisions, our diet, our sleep, our stress management, our exercise, our supply of micronutrients – all of this influences how quickly or slowly we age, the condition in which our cells age, and how long we remain healthy.

In other words, people who grow old despite an unhealthy lifestyle are not the rule, but the exception, which carries little statistical weight. **Most people live long, healthy lives not despite, but because of their lifestyle.**

Modern research thus paints a clear picture: Our genetic makeup is only the foundation. What we make of it determines how stable your house remains and how long it can stand.

Study debunks gene myth: What an analysis of 400 million people shows

A research team from San Francisco recently released impressive figures. The scientists used one of the world's largest ancestry portals: Ancestry. It manages family data from over 54 million people and their approximately six billion ancestors – a genetic treasure trove of humanity.

From this gigantic dataset, the researchers selected around 400 million kinship relationships to answer one of the most exciting questions in longevity research:

How strongly is longevity genetically controlled?

The result is surprising: **The influence of our genes on life expectancy appears to be just 7%**. Even less than the 20–25% previously assumed in older studies.

Whether we assume 7% or 20% – the message remains the same: We are much more than the sum of our genes.

J Graham Ruby et al. Estimates of the Heritability of Human Longevity Are Substantially Inflated due to Assortative Mating, Genetics, Volume 210, Issue 3, 1 November 2018, Pages 1109–1124

The true conductor: The epigenetic code

Our DNA forms the basic genetic makeup. However, another crucial control system lies above it: **epigenetics**. It determines which genes are active and which remain silent – like a conductor shaping the same orchestra into ever new pieces of music.

The fascinating thing: Epigenetic control reacts sensitively to our lives – to diet, sleep, exercise, stress, environment and even thoughts. Twin studies impressively demonstrate how strong this influence is: Identical twins start out identical, but the older they get, the more their epigenetic patterns differ – despite having the same genes.

The central mechanism behind it: DNA methylation. Tiny molecules – methyl groups – act like switches that turn genes on or off. If many of these "stoppers" are attached to a gene, it remains silent; if they are missing, the gene becomes active.

Genetics

determined at birth



Genetic code
+ Eye colour
+ Blood type
+ Hair structure

Epigenetics

controls which genes are active



Influencing factors
+ Stress
+ UV radiation
+ Diet

As we age, these switches can malfunction:

- Repair processes slow down
- Mutations increase
- Inflammation increases
- Cells lose structure and strength

In short: When epigenetic switches malfunction, aging begins at a cellular level.

The “epigenetic clock” – a look at our true biological age


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In 2013, human geneticist Steve Horvath achieved a scientific breakthrough: Using methylation patterns, he discovered the **epigenetic clock** – a precise measure of our biological age.

The fascinating thing: The clock often doesn’t match our chronological age.

- A 60-year-old can be biologically 70 – with reduced cell function and a higher risk of disease.
- An 80-year-old can be biologically 60 – with better cell health and a longer healthspan.

Why? The epigenetic code reacts directly to our lifestyle: diet, exercise, sleep, stress and environment influence how genes are read.

Example diet: Too much sugar, white flour and highly processed products cause important genes to “switch off” or others to become overactive. Inflammation increases, repair processes stall and cells age faster.

In short: Those who live consciously can positively influence the epigenetic clock – biological age is not set in stone.

Good micronutrient intake positively alters over 500 genes

Telomeres are the “protective caps” of our genes. Over the years, they shorten, which allows errors to creep into our genetic material more and more frequently. Researchers have proven that with good micronutrient intake, our telomeres remain longer.

Nobel laureate Blackburn also showed that after three months of a healthy diet and additional micronutrients, telomerase increased by 30% and the activity of over 500 genes could be positively altered.

Mazidi M, Kengne AP, Banach M. Mineral and vitamin consumption and telomere length among adults in the United States. Pol Arch Intern Med. 2017
Ornish, Blackburn et al.: Increased telomerase activity and comprehensive lifestyle changes: a pilot study. Lancet Oncol. 2008

Up to 25 more years: These 5 simple habits give us many more years

One of the most exciting findings on longevity comes from a large American longevity study. This epidemiological study from 2023 followed more than 719,000 women and men for many years to find out how diet, exercise, sleep, stress management, social relationships, and alcohol and nicotine consumption affect life expectancy.

The result is impressive: Everyone can gain healthy years, and every small step towards health pays off.

Nguyen XT et al.: Million Veteran Program. Impact of 8 lifestyle factors on mortality and life expectancy among United States veterans: The Million Veteran Program. Am J Clin Nutr. 2024


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1. Be active

Just 7,000 steps a day (about an hour of activity) can extend your life. Regular exercise acts like a protective shield for the body: It lowers the risk of high blood pressure, diabetes, heart attack, osteoporosis, stroke and metabolic disorders, promotes joint regeneration and protects against inflammation. It also helps reduce belly fat and relieves pressure on internal organs. Every exercise session strengthens muscles and the immune system, ensures that organs and tissues are optimally supplied and that waste products are efficiently removed. The brain also benefits: Better blood circulation improves memory and promotes clear thinking.

How much exercise should you do? We certainly don't have to walk 20 kilometres a day like our ancestors. But the rule is: The more, the better – without excessively exhausting yourself. **Being active for an hour a day (walking, gardening, cycling, climbing stairs) is a good guideline.** Add in two (strength) training sessions, and you'll be challenging your body optimally.

2. Healthy eating – the biggest lever

The benefits of a balanced diet are particularly evident: Researchers have concluded that people can **extend their life expectancy by up to ten years** simply by changing their diet.

The formula is simple but effective: **more vegetables, especially leafy greens and cabbage, whole grains, legumes and nuts**, while simultaneously **reducing sugar, processed foods and processed meats**. This way of eating significantly lowers the risk of cardiovascular disease, type 2 diabetes and many others.

And the best part: Many of the positive effects appear after just a few weeks. Because when we supply the body with all the relevant nutrients, it can quickly improve and optimise metabolic processes.



We thus benefit from healthier cells, more stable blood sugar levels, and more drive and energy. In the long term, this reduces the risk of age-related diseases.

Fadnes LT et al. (2022): Estimating impact of food choices on life expectancy: A modeling study. PLoS Med 19(2)

3. Benefit from full micronutrient stores

Even with a conscious diet, it's not always possible to consume all the necessary micronutrients in sufficient quantities in our stressful everyday lives.



That's why experts, such as those at Harvard University, recommend **optimising nutrition holistically**. Instead of focusing on individual vitamins, the goal is to comprehensively supply the body and our cells with all the important vitamins and trace elements.

Studies show: Targeted supplementation can **influence biological age and even support brain function**.[1] In studies[2], aging processes could be **slowed by 10–20%** – a clear indication of how powerful good cell nourishment is.

1 Yeung et al.: Multivitamin Supplementation Improves Memory in Older Adults: A Randomized Clinical Trial. Am J Clin Nutr. 2023
2 JoAnn Manson et al: Effect of a daily multivitamin on 2 year changes in DNA methylation measures of biological aging: Findings from the COSMOS Randomized Clinical Trial, 2025, https://www.ahajournals.org/doi/10.1161/cir.151.suppl_1.008

4. Less stress, more health

Short-term stress is not a problem – it's part of life and is processed well by the body. It becomes problematic when stress is prolonged. Then the stress hormone cortisol takes over: Blood pressure, sugar and fat metabolism become unbalanced, the immune system is weakened and silent inflammation spreads. In the long term, this increases the risk of allergies, infections, cardiovascular diseases and much more.

But we can counteract this – on several levels:

- **Regular exercise**, walks in the fresh air or yoga affect the autonomic nervous system, reduce the release of stress hormones and bring body and mind back into balance.
- **A relaxation program in the evening** – consisting of a soothing bath, meditation or a good book – helps to lower high cortisol levels in the evening and promotes good sleep – an underestimated factor for regeneration and cortisol balance.
- **Nutrition** also provides important support: Micronutrients such as B vitamins and magnesium help support the nervous system, which plays an important role in stress and cortisol regulation. This allows us to cushion stress reactions and make the body more resilient.

Stress cannot always be avoided, but we can learn to regulate it effectively – with exercise, conscious relaxation and targeted nutrient intake.

5. Night-time fountain of youth program

Anyone who wants to live a long and healthy life should **sleep at least 7 hours a night** and ideally **stop eating around 7–8 pm**. This combination makes sense: Sleep is the time when the body's repair and regeneration processes are working at full speed.



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Metabolism is also regulated: Blood sugar, fat storage, bone and muscle formation benefit from sufficient hormone activity. At the same time, the immune system works intensively.

The longer the overnight fasting phase lasts, the better a major cleansing program runs in the cells: Old, defective components are broken down and removed.

For this cell repair to work optimally, insulin levels must remain low. Eating late, however, signals the pancreas to release insulin, which inhibits sleep hormones such as melatonin – sleep quality and repair processes suffer.

Those who avoid eating late and get enough sleep not only support their regeneration, but also rejuvenate their body and cells. Night after night.

Conclusion: Sustainable habits instead of short-term perfection

Extending life by healthy years is realistic. However, there is no miracle cure and certainly no shortcut that will allow us to age healthily. The only solution is small, healthy routines – day after day. In addition to our social contacts, good stress management and tasks that make us happy, our daily diet and exercise are the key to aging healthily.

A good day starts with LaVita.

Every morning a glass of LaVita, every day complete support.
For more energy[1] and a support of the immune system.[2]



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The micronutrient concentrate.

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[1] **Energy:** LaVita provides ample iron, folic acid, magnesium, niacin, vitamin C, vitamin B2, B12 and B6, which help reduce tiredness and fatigue. [2] **Immune system:** With iron, vitamins C, A, D, B6, B12, folic acid, copper, selenium and zinc, LaVita contains all the relevant micronutrients that support the normal functioning of the immune system.

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