



Start the new  
year healthy

*Live healthier for longer*

How we can turn back the biological  
clock with our diet

# Three years younger in eight weeks – *is that possible?*

Would you like to feel completely comfortable, fit, and energetic? The older we get, the more we should take care of our bodies. To do this, it is sufficient to make small adjustments.

Fortunately, scientists are researching the processes of cellular aging. And they have good news for us: we can influence how quickly our cells age, i.e., how well our bodies renew, repair, and keep our cells healthy.

This guide is based on a recent study by US researcher Dr. Kara Fitzgerald, who, together with her team at the Institute of Functional Medicine, is investigating which diets and foods can turn back our biological clock. The results sound too good to be true: in eight weeks, the male participants were able to reduce their biological age by three years, and the women by over four years. The biology behind this is based on the many findings of recent years on the aging process and biological age.

## What is biological age?

The date on our ID card, i.e., our chronological age, may differ from our biological age. The latter describes the condition of our body and our cells. Theoretically, we can be 60 years old, but biologically only 50—and vice versa.

**Researchers have taken a closer look at what needs to happen in our bodies to keep our biological clock young or even turn it back.** Researchers can calculate biological age using so-called “methyl groups” found in our genetic material. Depending on how they are distributed in our DNA, this is an indicator of our biological age. This “biological clock” was discovered in 2014 by German-American scientist Steven Horvath and was hailed as a sensation. Horvath recognized patterns: in a child, the methyl groups are distributed differently than in a 40- or 70-year-old, and their number decreases with age.



## Notes

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# The result of the study:

## *The right diet* makes us younger

The participants in the study followed a special diet for eight weeks. They were also required to refrain from eating between 7 p.m. and 7 a.m. Their plant-based diet, rich in vegetables, was supplemented with important micronutrients. The program also included at least seven hours of sleep and 30 minutes of physical activity per day.

Further studies are needed to gain a deeper understanding of the processes involved. **However, this is significant scientific evidence that a healthy diet can help us keep our biological clock—and thus our bodies— young.** In addition, numerous studies have already proven the preventive effect of a healthy diet.

### Epigenetics: How our lifestyle influences our genes

Today we know that our genes only determine about 10 to 20 percent of how we age. We ourselves have a decisive influence through our lifestyle. Our genes can be thought of in the following way: in order to retrieve information (e.g., to form new, healthy cells), small epigenetic helpers are needed, namely the methyl groups mentioned above. Their task is to constantly switch the right genes on and off. What we eat and our lifestyle play an important role in this process.

## *„Fountain of Youth“ -* menu

**Studies have already shown us what foods people who reach a particularly advanced age eat. Although these people come from different regions and have different eating habits, their diets are based on the same elements:**

- 
- As many fresh, unprocessed foods as possible
  - Fermented
  - As regional and seasonal as possible
  - Plant-based and rich in vegetables, and therefore rich in fiber
  - A good supply of micronutrients through a varied diet
  - Don't eat too much
  - Focus on good quality

Dr. Kara Fitzgerald compiled the meal plan for her study using foods based on these elements. She placed particular emphasis on ensuring that all nutrients that support the function of methyl groups were included. These are **nutrients that supply our body in such a way that it remains able to switch on the right genes and switch off the wrong ones, form healthy cells, and prevent disease-causing cells.** So-called methyl group donors such as folic acid, vitamins C and D, vitamin B12, niacin, magnesium, vitamins B6 and B2, and zinc provide our body with the nutrients it needs to build methyl groups.\* Kara Fitzgerald also considers phytochemicals to be one of the key building blocks of a healthy diet.

- The daily diet consists mainly of plant-based foods, high-quality protein, healthy oils, nuts, and seeds.
- A good, balanced supply of all important micronutrients is essential.
- Balance is key: a balanced, holistic supply of all nutrients keeps us healthy and young.

\* <https://www.drkarafitzgerald.com/2022/02/15/epinutrients-make-food-your-medicine/>

# The nutrition plan

This list is the meal plan from Kara Fitzgerald's study. Choose a few of these foods every day to supplement your diet—feel free to choose more than listed. Of course, you can add other nutrient-rich foods to the list, such as sesame oil, flaxseed oil, etc.

|                                      |                                                                                                                                                                                                                                                                                                                                        |
|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 handfuls of green vegetables       | Spinach, kale, Swiss chard, bitter salads such as dandelion or arugula, herbs that are best eaten raw, as folic acid is sensitive to heat (no iceberg or other cultivated lettuce)                                                                                                                                                     |
| 2 handfuls of cruciferous vegetables | Broccoli, cauliflower, pak choi, arugula, Brussels sprouts, kale, leaf cabbage, watercress, cress, Chinese cabbage, red cabbage                                                                                                                                                                                                        |
| 3 handfuls of colorful vegetables    | Seasonal and regional vegetables of your choice                                                                                                                                                                                                                                                                                        |
| 1 handful of root vegetables         | Beetroot, Swiss chard – including the leaves                                                                                                                                                                                                                                                                                           |
| 4 tablespoons pumpkin seeds          | Also as a paste, e.g. in muesli or yogurt                                                                                                                                                                                                                                                                                              |
| 4 tablespoons sunflower seeds        | Also as a paste, e.g., in muesli or yogurt                                                                                                                                                                                                                                                                                             |
| 2 extra methyl group donors          | <b>Choose from:</b> <ul style="list-style-type: none"> <li>• 1 handful of berries</li> <li>• 1 handful of mushrooms</li> <li>• ½ teaspoon rosemary</li> <li>• ½ teaspoon turmeric</li> <li>• 1 clove of garlic</li> <li>• 2 cups of green tea (steep for 10 minutes)</li> <li>• 3 cups of oolong tea (steep for 10 minutes)</li> </ul> |
| 170 g high-quality protein           | Organic quality, grass-fed, without hormones and antibiotics, e.g., organic poultry or fish from species-appropriate fishing                                                                                                                                                                                                           |
| 2 handfuls of fruit                  | As seasonal and regional as possible, and low in sugar, such as berries, apricots, apples                                                                                                                                                                                                                                              |

## Notes

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#### Additionally:

- **Eggs:** as a nutritious extra, enjoy one organic egg per day (5–10 per week)
- **Fats:** alternate between different oils, e.g., flaxseed and pumpkin seed oil for cold dishes, olive oil for frying
- Nutrient-rich supplements from **vegetables, fruit, and herbs**
- **8 glasses of water**
- **Meal break:** between 7 p.m. and 7 a.m.
- **Avoid:** sugar, milk, plastic packaging

#### LaVita

1–2 tablespoons of LaVita support your daily nutrition based on nature's model, providing all the important vitamins and trace elements.



## The right nutrients in the right amount

Whether nutrients are effective also depends on the right amount. Kara Fitzgerald's study shows that a balanced diet containing all the important micronutrients has a positive effect on aging and thus on our epigenetics. It is important not to consume too much or too little of certain substances. Another important aspect is that micronutrients work best together, complementing each other and creating synergistic effects. Kara Fitzgerald describes the most important factors for a good supply on her website as follows:\*

- When it comes to micronutrients, the right combination and the right amount are important. The model: real food with the full variety of micronutrients and secondary plant substances.
- An adequate supply is ensured by dosing according to orthomolecular medicine.
- Supporting a healthy diet with all the important vitamins and trace elements as needed is effective.



When we isolate nutrients,  
we lose the synergistic effects  
between the numerous building  
blocks of healthy foods.

*Dr. Kara Fitzgerald*

\* <https://www.drkarafitzgerald.com/2022/02/15/epinutrients-make-food-your-medicine/>

# Staying young –

## How to influence your epigenetics

Epigenetics describes the influence that our lifestyle and environmental factors have on our cells and genes. You can positively influence your epigenome every day with simple measures.



- Include plenty of green vegetables, cruciferous vegetables, beets, nuts and seeds, spices, and high-quality proteins in your diet.
- Ensure you get enough of all the important micronutrients from a healthy diet. LaVita supports you in this every day.
- Make sure you get enough balance and breaks every day.
- Avoid Avoid pesticides, plastics (e.g., in food packaging), and environmental toxins of all kinds.
- Avoid sugar and snack on a piece of dark chocolate instead. Persistently high blood sugar levels are a negative epigenetic factor.
- Get enough sleep (at least 7 hours).
- Get 30 minutes of activity per day.



- Highly processed foods
- Unbalanced, one-sided diet
- Constant stress without compensation
- Constant exposure to environmental toxins, plasticizers in plastics or packaging, and pesticide-rich foods
- Persistently high blood sugar levels due to white flour, sugar, unhealthy snacks, or low-quality, processed foods
- Daily lack of sleep
- Lack of exercise, sitting too much



### Notes

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*Simple recipes -*

## for your „fountain of youth" meal plan

We have put together a few recipes for you as inspiration that you can easily incorporate into your everyday life.



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*12 delicious recipes,*

that support a balanced diet



Breakfast

# Coconut chia pudding with blueberries

## Ingredients for 2 servings:

- 400 ml coconut milk or other (plant-based) milk
- 40 g chia seeds
- 2 tsp maple syrup
- 2 tbsp shredded coconut
- 1/2 tsp vanilla extract
- 100 g coconut yogurt
- 3 tbsp blueberries
- 2 tbsp granola/muesli or oat flakes
- 2 tbsp coconut chips
- Mint
- Optional: 1 tsp matcha powder

1

Mix coconut milk, chia seeds, maple syrup, shredded coconut, matcha powder, and vanilla extract well in a glass.

2

Cover with a lid and chill in the refrigerator for at least 2 hours.

3

After 2 hours, remove the pudding from the refrigerator and stir well again.

4

Divide the coconut yogurt between two glasses and top with the chia pudding. Garnish with fresh blueberries, granola, coconut chips, and mint.



**Tip:** You can prepare the chia pudding the night before, leave it to soak overnight in the refrigerator, and then enjoy it for breakfast.



Breakfast

# Pumpkin porridge with hazelnut

## Ingredients for 2 servings:

- 400 ml plant-based milk
- 100 g soft oat flakes
- 50 g hazelnuts, chopped
- 30 g date sugar
- 2 tsp pumpkin spice or spices such as cinnamon, ginger powder, nutmeg, cloves
- 250 g pumpkin purée

## Toppings:

- Fruit (fresh or frozen)
- Nuts and nut butter
- Seeds (flax seeds, chia seeds, sesame seeds)
- Coconut yogurt

1

Bring the plant milk to a boil in a saucepan. In the meantime, mix the oats, hazelnuts, date sugar, and spices in a bowl.

2

Once the plant milk comes to a boil, remove the pot from the heat and stir in the dry ingredients with a whisk. Finally, stir in the pumpkin purée.

3

Reduce the heat and simmer gently for a few minutes. The longer you simmer, the thicker it will become.

4

Divide the porridge between two bowls and top with your favorite toppings.



Breakfast

# Smoothie bowl

## with blueberries

### Ingredients for 2 servings:

- 2 ripe bananas
- 200 g frozen blueberries
- 300 g coconut yogurt
- 4 tbsp soft oat flakes
- 4 tbsp oat or coconut milk
- Optional: 1 tbsp maple syrup

### Toppings:

- Seasonal fruit
- 2 tbsp sunflower seeds
- 2 tbsp chia seeds
- 2 tbsp granola

1

Peel the bananas, chop them into large chunks, and place them in a mixing bowl. Add the blueberries, oats, coconut yogurt, oat milk, and maple syrup, then purée until smooth.

2

Divide between two bowls and garnish with toppings.



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Spread

# Beetroot spread

## Ingredients for 1 jar:

- 2 beetroots (cooked)
- 1 small can of chickpeas (140 g)
- 2 garlic cloves, chopped
- 1 tbsp tahini (sesame paste)
- 2 tbsp olive oil
- Juice of 1/2 lemon
- 1/4 teaspoon cumin
- Salt, pepper

1

Place all ingredients in a blender or food processor and purée until creamy. Season to taste with salt and pepper.

2

Pour the spread into a jar, seal it airtight, and store in a cool place.



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Spread

# Sunflower butter

## Ingredients for 1 jar:

- 250 g sunflower seeds
- Optional: 1 pinch of salt
- Optional: 1/4 teaspoon vanilla powder

1

Roast the sunflower seeds in a pan without oil until they begin to smell fragrant.

2

Place all ingredients in a blender and purée until creamy.

3

Place in a sealable jar and store in the refrigerator.



**Tip:** You can spread sunflower butter on bread just like regular butter. The spread goes well with sweet and savory toppings. Don't have a blender? Sunflower butter can be found in drugstores or organic food stores on the shelf with nut butters.



Main course

# Spinach and kohlrabi fritters with soy dip

## Ingredients for 2 servings:

- 2 kohlrabi
- 1 large potato
- 1 spring onion
- 1 handful of fresh spinach leaves
- 2 organic eggs
- 3–4 tbsp oat flour (alternatively, soft oat flakes)
- 1/2 teaspoon salt, pepper
- Nutmeg
- Olive oil

## For the dip:

- 250 g soy yogurt or quark
- 1 handful of fresh mixed herbs, e.g., rosemary, parsley, cress, sage
- Salt, pepper

1

Coarsely grate the kohlrabi and potato. Cut the spring onion into fine rings. Cut the spinach leaves into strips. Place the vegetables in a bowl with the eggs, oat flour, and spices, and mix everything well.

2

Heat the olive oil in a pan. Add the pancake batter by the tablespoon and fry until brown on each side.

3

For the dip, mix the soy yogurt/quark with herbs and spices and serve with the fritters.



Main course

# Green Shakshuka

## Ingredients for 2 servings:

- 1 thin leek
- 1 clove of garlic
- 2 tbsp olive oil
- 500 g frozen leaf spinach (alternatively fresh spinach)
- 100 ml water or vegetable stock
- 1 pinch of cumin
- Salt, pepper
- 3–4 eggs
- A few sprigs of fresh herbs, e.g. rosemary, coriander, parsley

1

Preheat the oven to 180 °C. Cut the leek into rings. Heat the olive oil in an ovenproof pan and sauté the leek rings and chopped garlic for 3 minutes. Add the spinach and water or vegetable stock. Bring to the boil and cook for approx. 8 minutes. Add a little more water if necessary. Season with cumin, salt, and pepper.

2

When the spinach is cooked and the broth has almost boiled away, make a well in the vegetable bed for each egg. Crack an egg into each well. Cook in the oven for 8–10 minutes until the eggs are just set.

3

Remove from the oven and serve sprinkled with fresh herbs. Serve with a slice of wholemeal toast or bread.



Main course

# Cauliflower

## *turmeric curry*

### Ingredients for 2 servings:

- 120 g (whole grain) rice, quinoa, or buckwheat
- 2 tbsp olive oil
- 1 tbsp ginger, chopped
- 1 piece turmeric, (1–2 cm), chopped
- 3 tbsp tomato paste
- 1 tbsp curry powder
- 150 ml water
- 200 ml coconut milk
- 300 g small cauliflower florets (approx. 1 small head)
- 1 carrot
- Salt
- 3 tbsp peanuts
- A little fresh coriander or parsley

1

Wash the rice and cook it in a pot according to the package instructions.

2

For the curry, heat the oil in a pan. Fry the ginger and turmeric for 1 minute, stirring continuously. Stir in the tomato paste. Sprinkle with curry powder and deglaze with water and coconut milk.

3

Add the cauliflower florets and sliced carrots to the sauce and simmer for about 8 minutes. Season with salt to taste.

4

Serve the rice sprinkled with cauliflower and turmeric curry, peanuts, and herbs.



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## Salad

# Red cabbage salad

*simple and delicious*

### Ingredients for 2 servings:

- 350 g red cabbage
- 1 carrot
- 1 red bell pepper
- Optional: 1 apple
- 1/2 teaspoon salt
- 1 teaspoon honey
- 2 tablespoons naturally cloudy apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon mustard
- 1 handful of mixed herbs, e.g., parsley and rosemary
- 2 tablespoons sesame seeds
- Pepper

1

Cut the red cabbage, carrots, bell peppers, and optionally the apple into very thin strips or grate them. Place in a bowl and sprinkle with salt. Knead with your hands until the vegetables are softer.

2

Mix together the dressing made from honey, apple cider vinegar, olive oil, and mustard, and pour over the vegetables. Mix everything well, add the herbs and sesame seeds, and season with salt and pepper.

3

If possible, let it steep for an hour (or longer).



## Salad

# Kale and quinoa

### Ingredients for 2 servings:

- 160 g quinoa
- 200 g tender kale leaves
- 1 tbsp apple cider vinegar
- 1 tsp honey
- 2 tbsp olive oil
- Salt, pepper
- 3 tbsp dried cranberries
- 3 tbsp almond flakes
- 1 tsp honey

1

Cook the quinoa according to the package instructions. In the meantime, remove the stems from the kale.

2

Mix the apple cider vinegar with honey, olive oil, and a little salt and pepper. Put the dressing in a bowl with the kale leaves and cranberries and mix together.

3

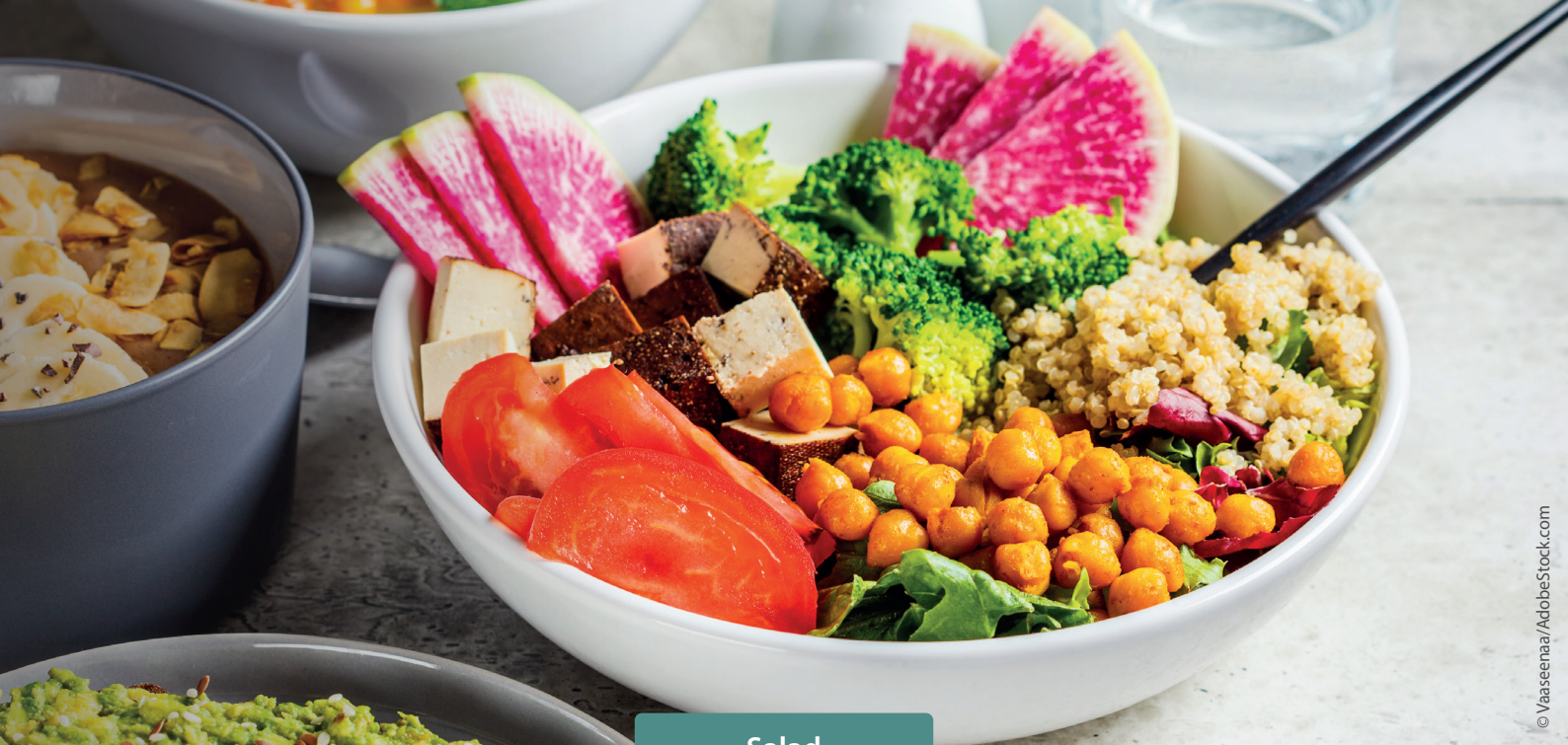
Toast the almond flakes in a pan without oil until they begin to smell fragrant.

4

Mix the quinoa with the remaining ingredients, season with salt and pepper to taste, and enjoy.



**Tip:** If you like, you can also briefly sauté the kale in a pan.



Salad

# Buddha bowl

## basic recipe

### Ingredients for 2 servings:

- 150 g pseudocereals such as quinoa, green spelt, millet, or buckwheat
- 400 g seasonal vegetables, e.g., watercress, purple carrots, sweet potatoes, cucumber, spinach, red cabbage, and fruit if desired

### For the tofu:

- 150 g tofu
- Olive oil for frying
- 2 tbsp peanut butter
- 2 tbsp soy sauce
- 2 tbsp sesame seeds

### For the dressing:

- 1 lime
- 1 tsp honey
- 1 tbsp peanut butter (creamy or crunchy)
- 1 tsp soy sauce

1

Cook the pseudo-grain according to the package instructions.

2

Wash and clean the vegetables according to type, cut them into small pieces, and cook those that are eaten cooked in the oven or in a saucepan.

3

Break the tofu into pieces, don't cut it, so that it absorbs more marinade. Fry the tofu in a pan in hot olive oil for 4–5 minutes over medium heat until brown. Place in a bowl with peanut butter, soy sauce, and sesame seeds and mix together.

4

For the dressing, squeeze the lime and mix with honey, peanut butter, and soy sauce to form a creamy dressing. Add 2–3 tablespoons of water, depending on the desired consistency.

5

Arrange the vegetables with pseudograins, tofu, and dressing in two bowls and enjoy.



## Snack

# Beetroot chips

### Ingredients for 1 baking sheet:

- 2 (large) beetroots
- 1 tbsp olive oil
- Sea salt
- Optional: rosemary, thyme for sprinkling

1

Preheat the oven to 160°C. Peel the beetroot (caution: it stains easily) and slice it very thinly using a vegetable slicer or knife.

2

Place the thin slices on a baking sheet lined with parchment paper and drizzle with olive oil. Mix well and sprinkle with thyme or rosemary, if desired.

3

Now place the chips in the oven and bake for around 30–40 minutes. Baking times vary greatly from oven to oven, so you should check on them regularly. The chips are ready when they start to curl slightly and dry out a little on the outside.

4

When they are nice and crispy, remove them from the oven and leave them to cool. Once the chips have cooled, sprinkle them with salt and enjoy!

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