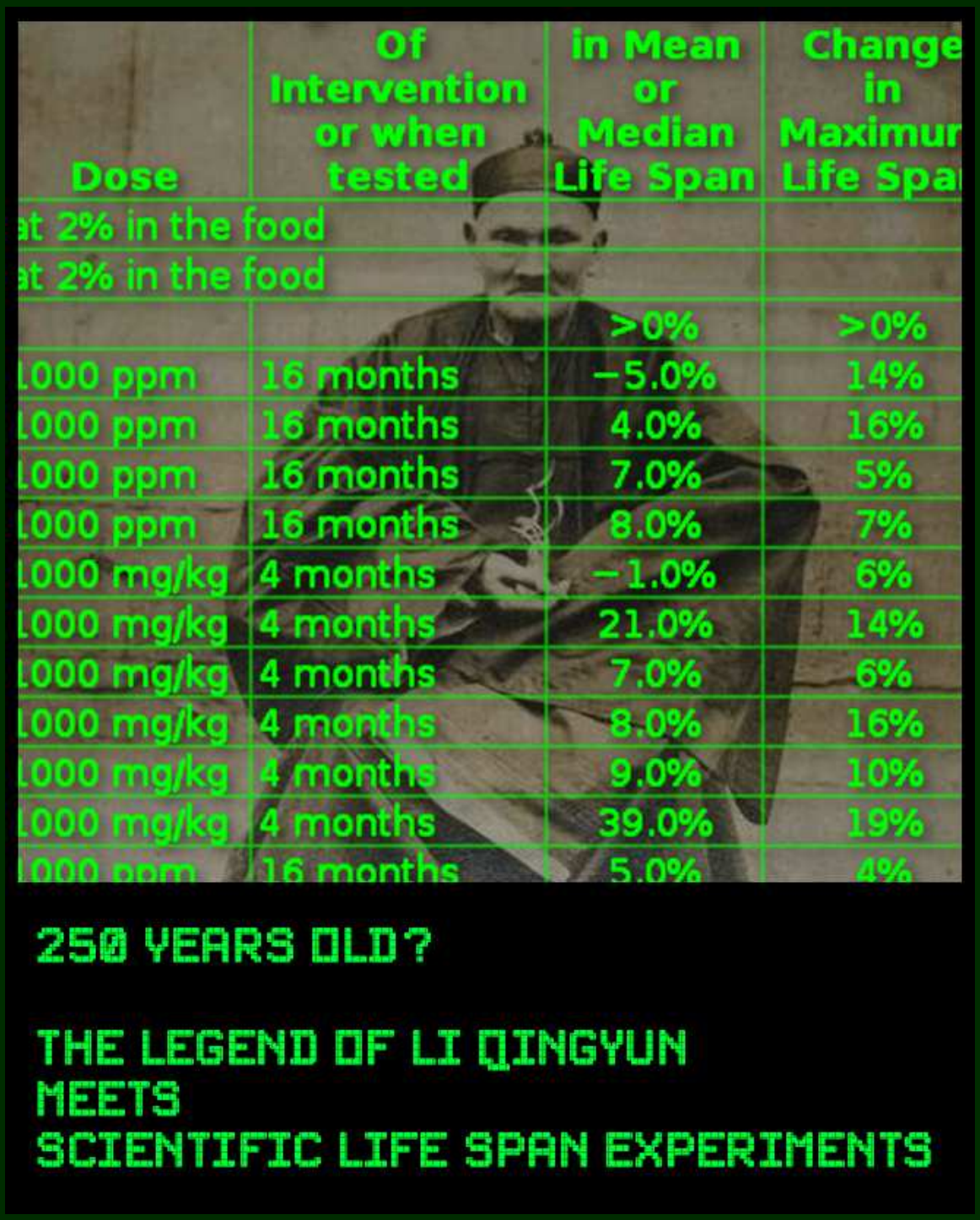

250 YEARS OLD?

THE LEGEND OF LI QINGYUN MEETS SCIENTIFIC LIFE SPAN EXPERIMENTS

by

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TL;DR Retest meditation, rice and herbs.

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Contents

1 Intro 4

2 Scientific Evidence For Living 250 Years 9

2.1 Meditation 10

2.2 Rice 11

2.3 Herbs 12

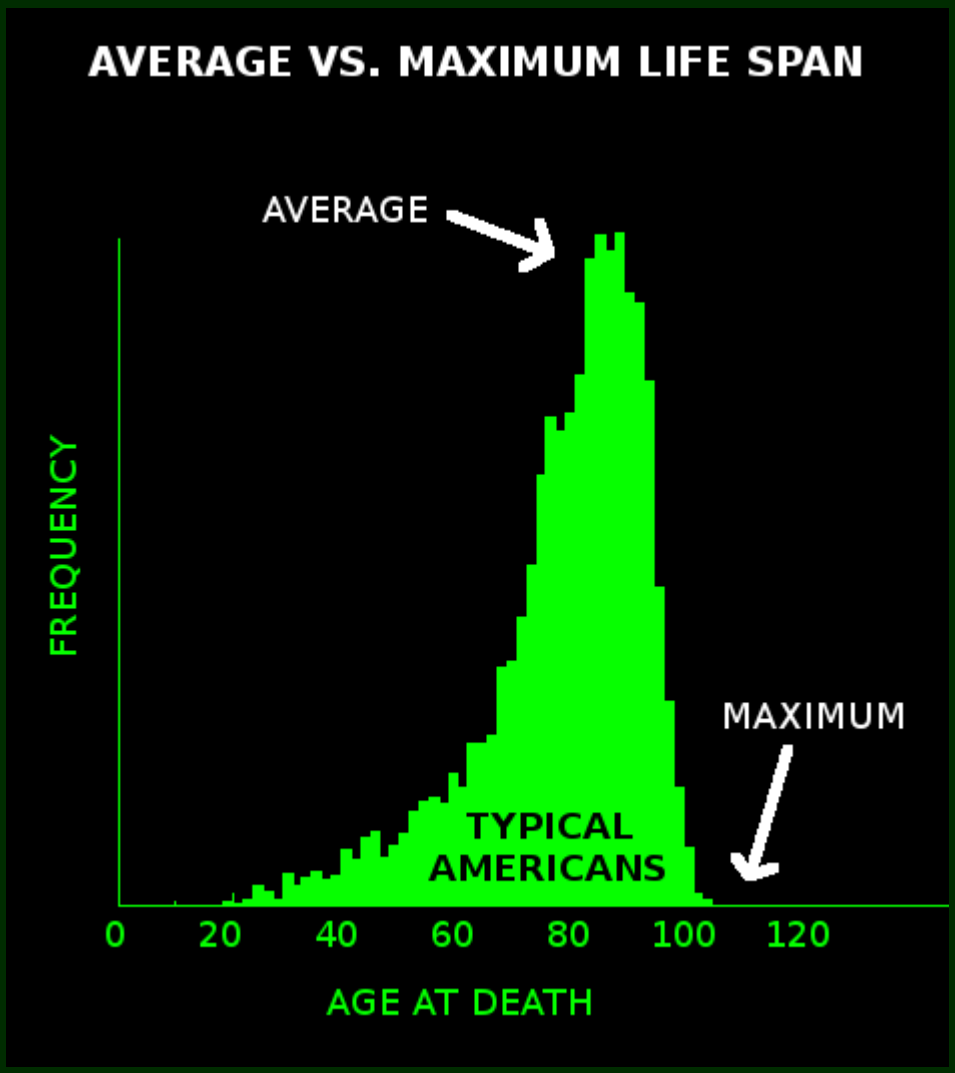
3 Maximum Life Span Mash Up 13

4 Conclusion 14

5 References 16

1 Intro

The average person lives for about 70 or 80 years[1,2].

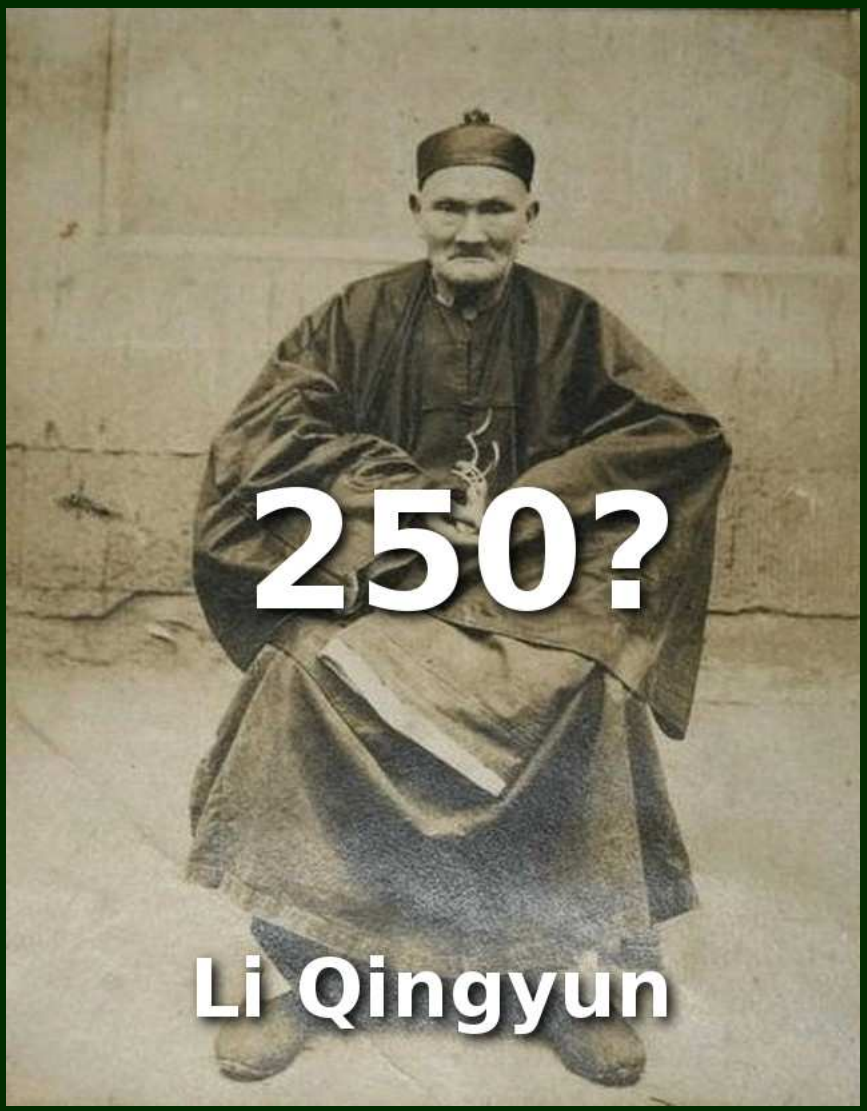


The oldest confirmed age is 122[1].

[1] Jeanne Calment[3].

But . . .

a Chinese guy named Li Qingyun supposedly lived for *250* years[4].



Whaaaaaaattttt????

Is that even possible?

I'm in a good position to tell.

I maintain the world's biggest collection of results from scientific life span experiments[5].

A small part of Kingsley's big spread sheet of life span experiments

1	Species	Sub species and conditions	Gender	Intervention	Dose	Age At Start Of Intervention or when tested	Change in Mean or Median Life Span	Change in Maximum Life Span	Unspecified "Change in Life Span"	Relative risk or hazard ratio of dying from any cause	Have copy of paper	year	citation
192	fruit fly	fed a high fa	female	acai pulp	at 2% in the food				22%			2010	Exp Geror
193	fruit fly	oxidative str	female	acai pulp	at 2% in the food				18%			2010	Exp Geror
194	worm	Caenorhabditis elegar		acanthopanax sessiliflorus			>0%	>0%				2014	Nutr Res P
195	mouse	TJL	female	acarbose	1000 ppm	16 months	−5.0%	14%				2016	Strong, R.
196	mouse	TJL	male	acarbose	1000 ppm	16 months	4.0%	16%				2016	Strong, R.
197	mouse	UM	female	acarbose	1000 ppm	16 months	7.0%	5%				2016	Strong, R.
198	mouse	UM	male	acarbose	1000 ppm	16 months	8.0%	7%				2016	Strong, R.
199	mouse	UM-HET3, Tl	female	acarbose	1000 mg/kg	4 months	−1.0%	6%				2013	Acarbose,
200	mouse	UM-HET3, Tl	male	acarbose	1000 mg/kg	4 months	21.0%	14%				2013	Acarbose,
201	mouse	UM-HET3, U	female	acarbose	1000 mg/kg	4 months	7.0%	6%				2013	Acarbose,
202	mouse	UM-HET3, U	male	acarbose	1000 mg/kg	4 months	8.0%	16%				2013	Acarbose,
203	mouse	UM-HET3, U	female	acarbose	1000 mg/kg	4 months	9.0%	10%				2013	Acarbose,
204	mouse	UM-HET3, U	male	acarbose	1000 mg/kg	4 months	39.0%	19%				2013	Acarbose,
205	mouse	UT	female	acarbose	1000 ppm	16 months	5.0%	4%				2016	Strong, R.
206	mouse	UT	male	acarbose	1000 ppm	16 months	5.0%	14%				2016	Strong, R.
207	worm	caenorhabditis elegar		acdh-1			−30.8%	−29%				2014	Metformin
208	worm	caenorhabditis elegar		acdh-1 and metformin			30.8%	33%				2014	Metformin
209	human	Swedes		ACE-inhibitors		70-88				78%		2012	Alehagen,
210	fruit fly		female	acetaminophen	650 mg/100 ml		22.0%	38%			y	1971	Hochschi

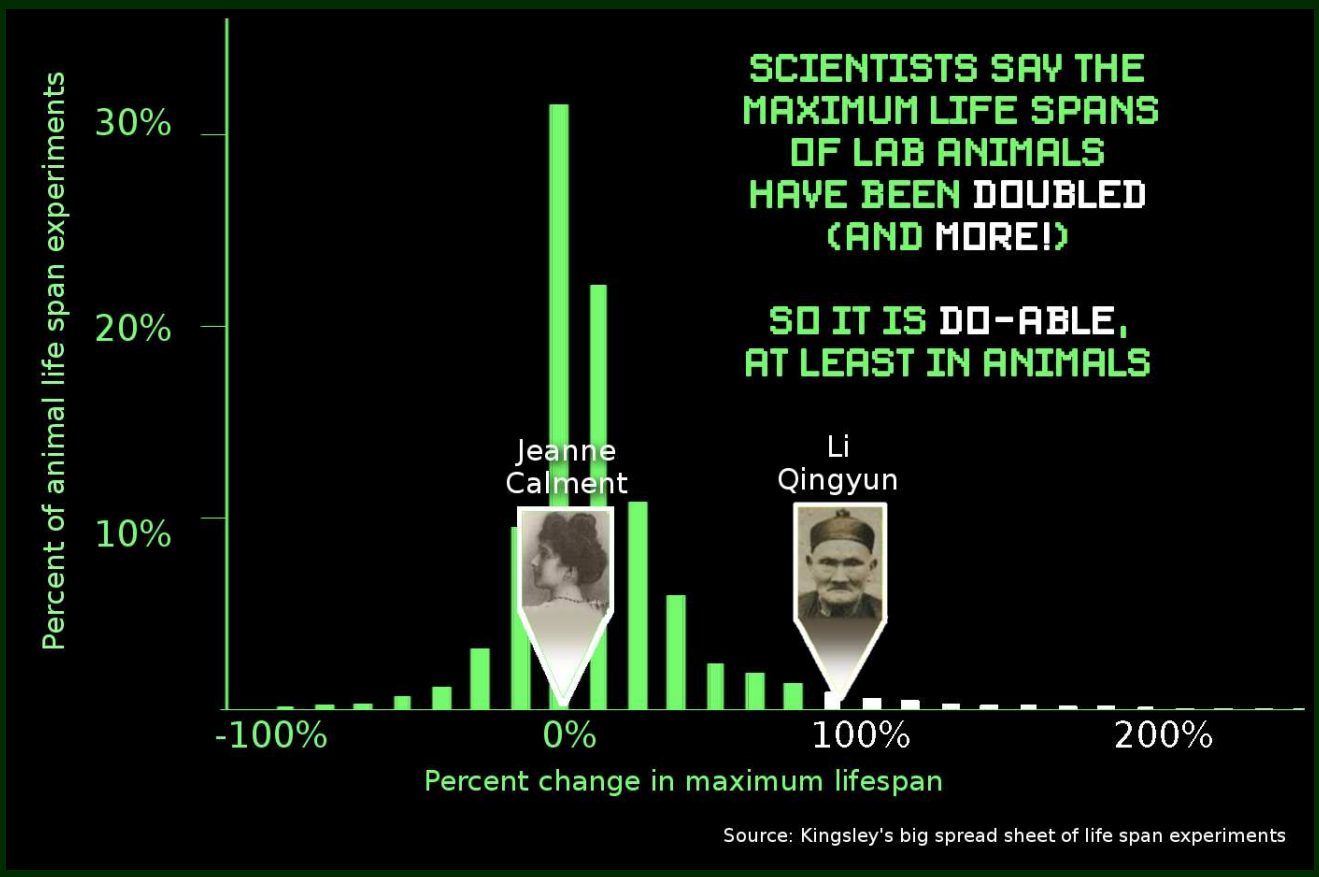
Whenever scientists test how something affects the life span of lab animals or people, I try to get a copy of their paper, read it, and summarize its results in my big spread sheet.

It currently summarizes over 15,000 experiments.

It's the world's biggest[5].

Scientists say they've more than doubled the maximum lifespan of lab animals[2]!

That's about what the legend claims for Li Qingyun.

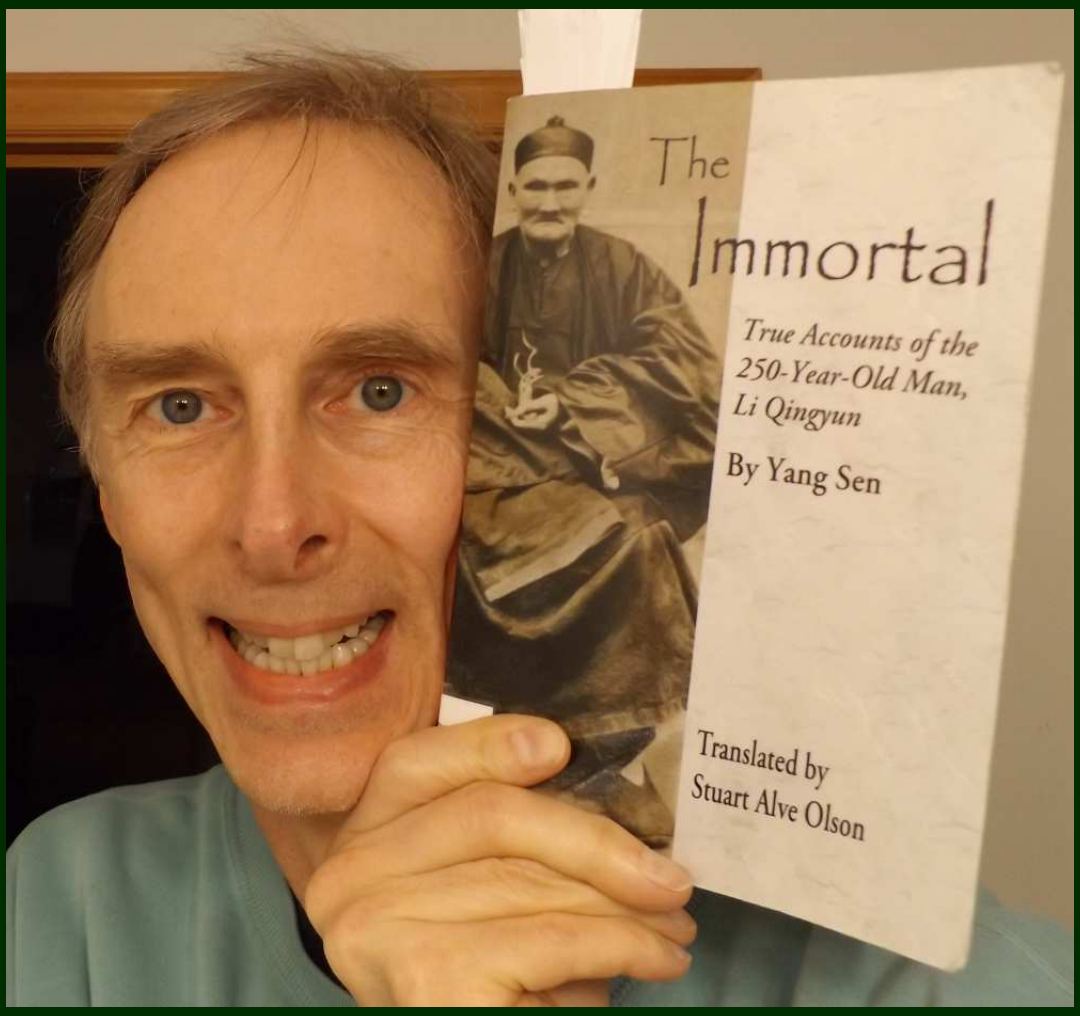


So it's do-able, at least in lab animals.

[2] "Maximum life span" is how old the oldest of the old live to be, like Li Qingyun. In contrast, "average life span" is the length of life, on average.

Serendipitously, Stuart Alve Olson recently translated a book about Li Qingyun into English[4].

I read it.



Here’s what I found.

2 Scientific Evidence For Living 250 Years

Li Qingyun had plenty of tips for living longer.

They included:

> Diet, exercise, sleep, religion, education, relaxing, living in remote areas, and occasionally going hungry.

I looked up the scientific evidence for 47 of them.

Scientific experiments contradict his advice against eating garlic[3], drinking wine[4]. and feeling too happy[5].

And most of his good advice didn't work well enough in scientific experiments to explain living for 250 years[6].

But, I found three leads that might work!

[3] [Ref.4, pages 75 and 366 and Refs 9 and 10]
[4] [Ref.4, page 164 and Refs.7 and 8]
[5] [Ref.4, pages 191, 371, 377, 378 and 381 and Ref 6]
[6] But, I suppose we don't yet know if they work together synergistically.

2.1 Meditation

Li Qingyun meditated[7].

A three year study of old people found that everyone who practiced transcendental meditation lived.

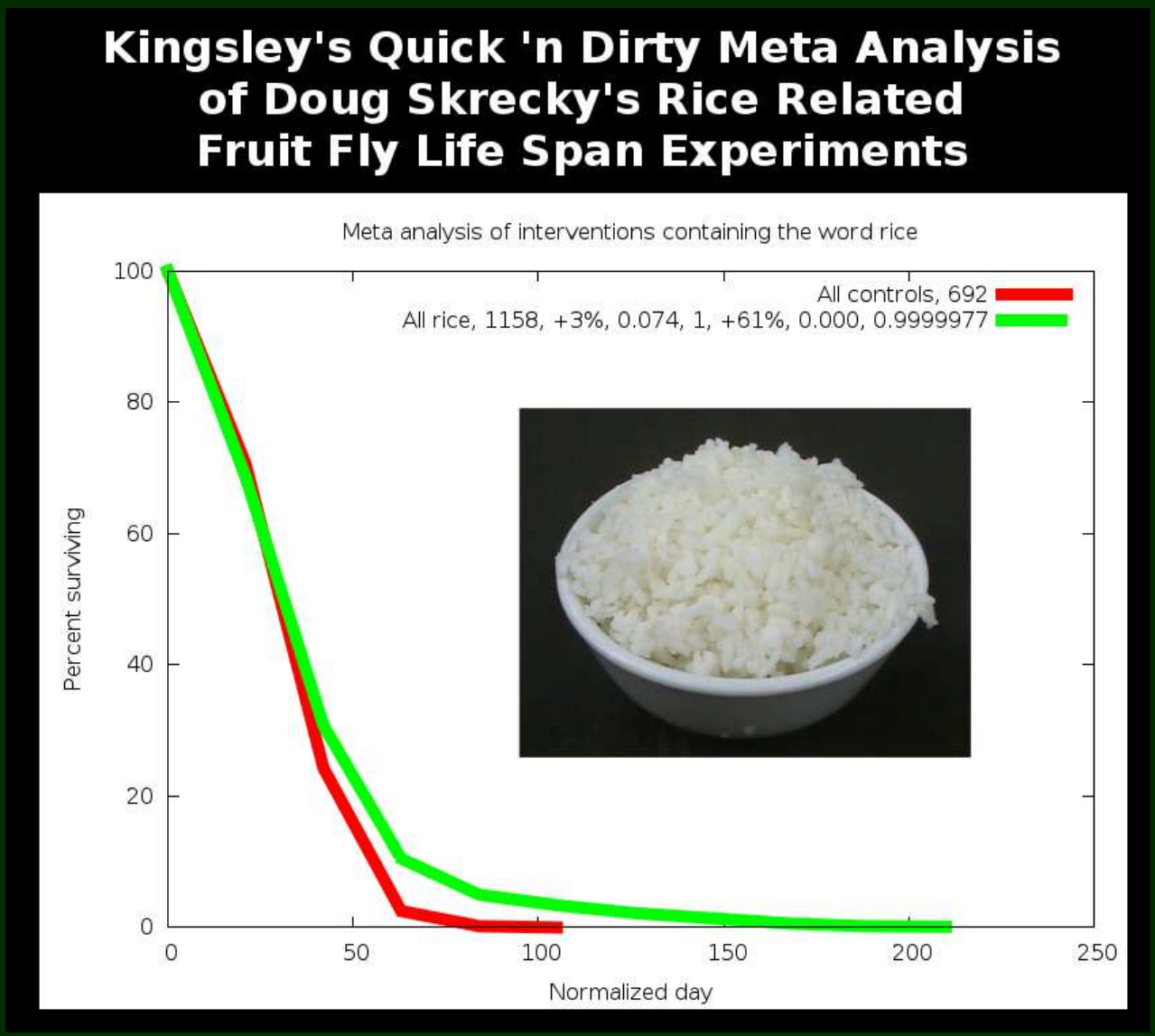
In comparison, 23% of those who didn't, died ($p<0.01$)[11].

[7] [Ref.4, pages 26, 62, 95, 201 and 202]

2.2 Rice

Li Qingyun ate rice[8].

My quick and dirty meta-analysis of Doug Skrecky's life span experiments related to rice found it extended the maximum life span of fruit flies by 61%[12].

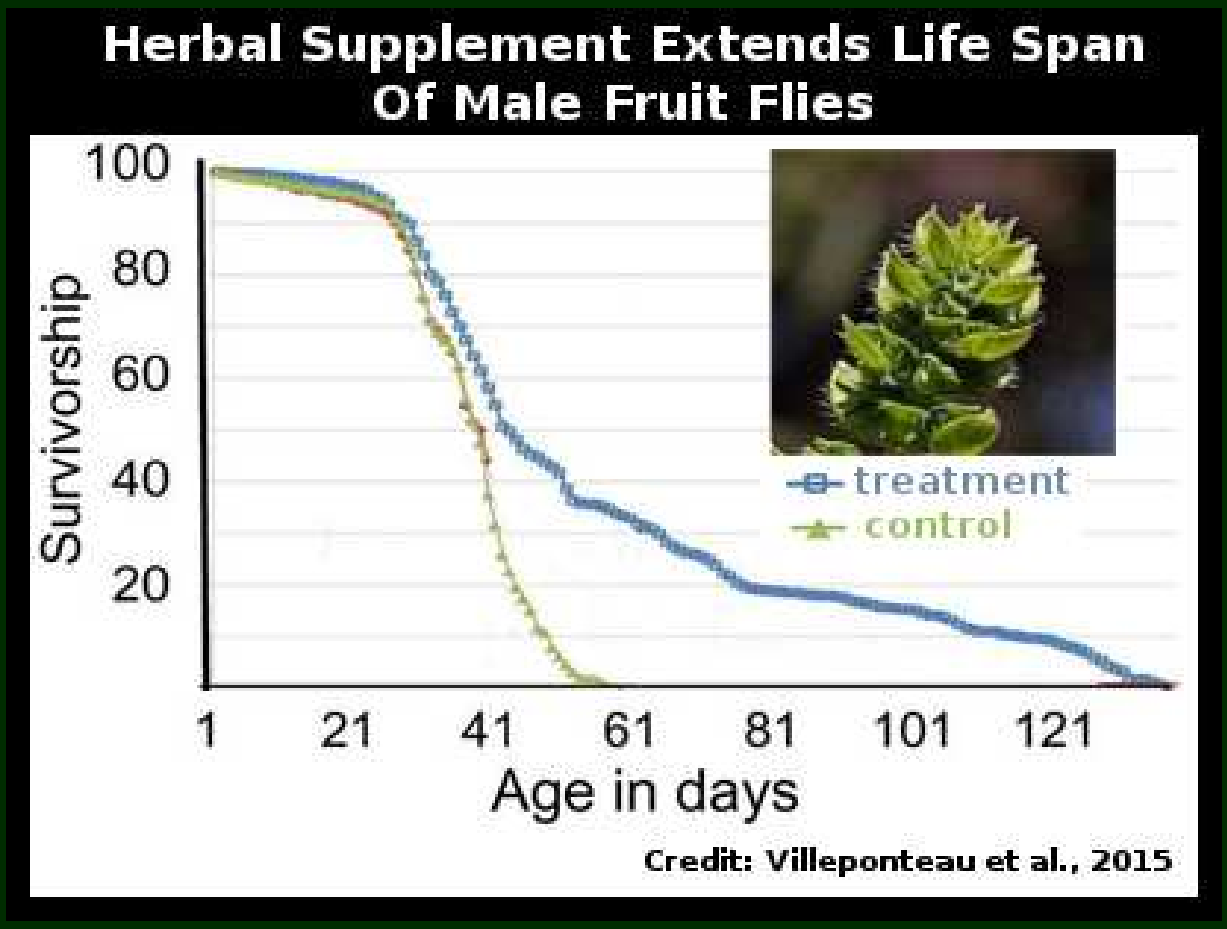


[8] [Ref.4, page 45]

2.3 Herbs

Li Qingyun ate herbs[9].

A scientific study found a certain mix of herbs increased the maximum life span of fruit flies by 143%[13]. Like the claimed age of Li Qingyun, it *more than doubled* maximum life span. One of them (Astragalus) is mentioned in a recipe for Li Qingyun's "spring wine"[10]



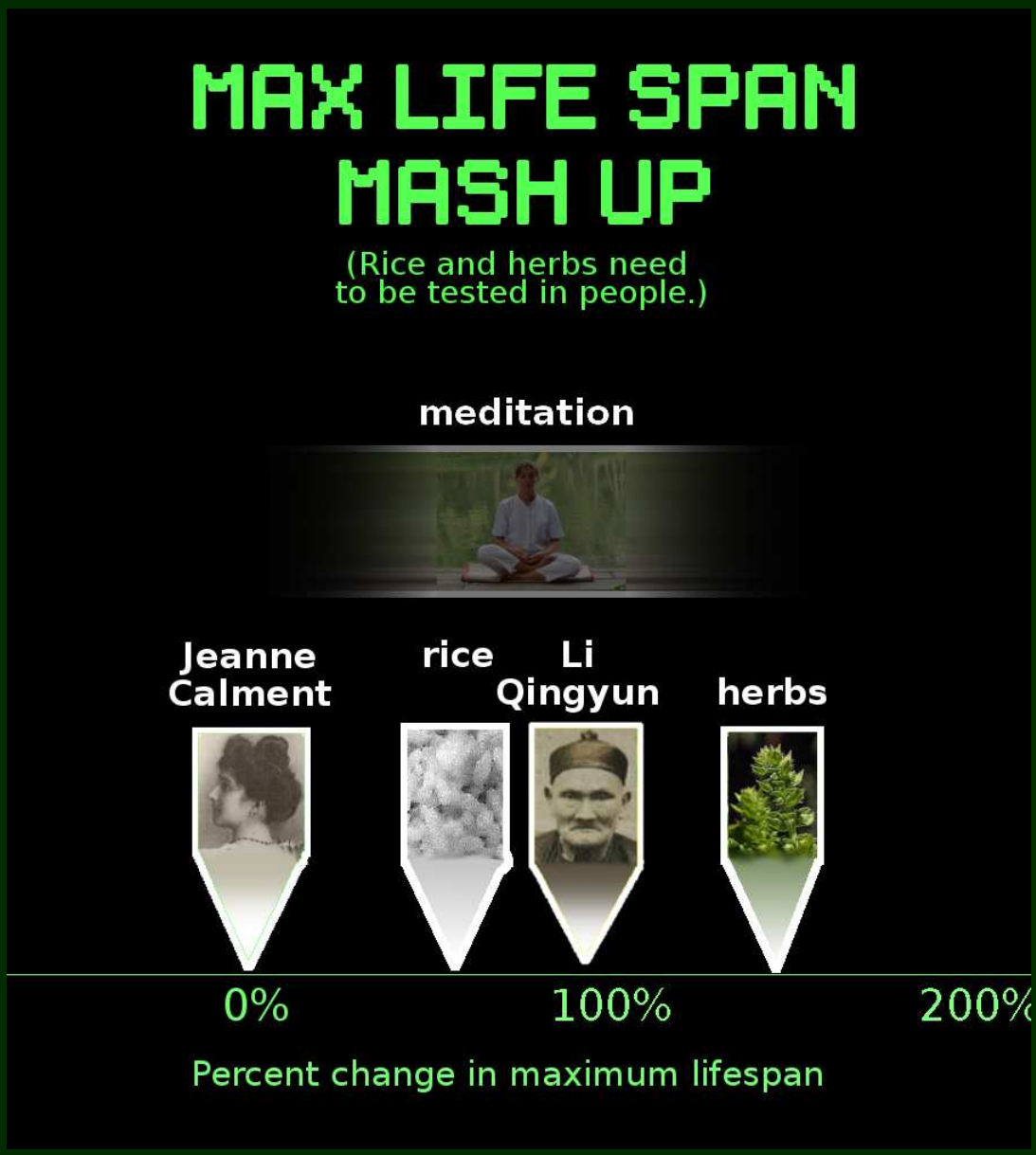
But

1. the other herbs used in the scientific experiment differed from the herbs the book says Li Qingyun ate and
2. I'm unaware of any life span experiments for some of the herbs the book says Li Qingyun ate.

[9] [Ref.4, pages 48, 52 and 65]
[10] It's mentioned outside the book[14].

3 Maximum Life Span Mash Up

Here's a summary of my best leads from Li Qingyun's tips.



The percent increase for meditation is vague because nobody in the study practicing transcendental meditation died.

I don't know how much longer they lived.

4 Conclusion

There is scientific evidence both for and against Li Qinqyun having actually lived for 250 years.

More research is needed, especially to increase people's average life span.

Possible leads are transcendental meditation, rice and herbs.

Screening Anti-Aging Interventions For Fun And Profit

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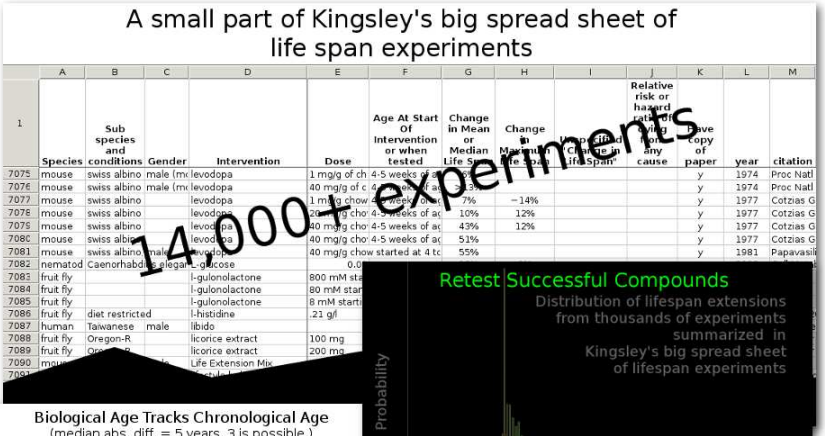
video at http://loaner.com/fast_test.ogv

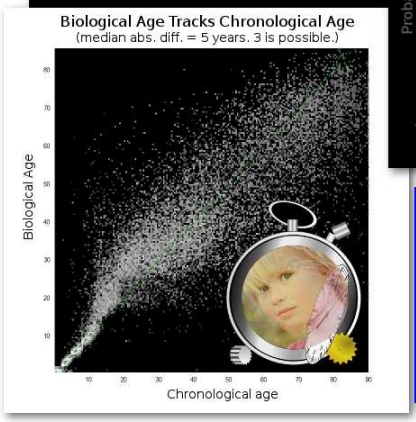
Introduction

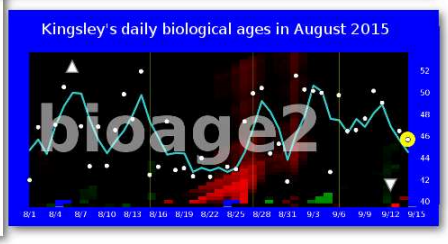
I developed a quick and easy way to find anti-aging interventions that work. It's non-invasive and accurate. Trying to get younger is fun. My test is so easy and so *much faster* than traditional mortality studies that it may let companies *bring true anti-aging products to market years sooner.*

Methods

I maintain the world's biggest spread sheet of lifespan experiments. It summarizes over 14,000. I use it to find leads, fast. Then I test their effect on my biological age. My test is non-invasive, accurate, and only takes about 10 minutes. Measuring once a day has revealed statistically significant results in just weeks. That's *much faster* than traditional mortality studies. They take years.

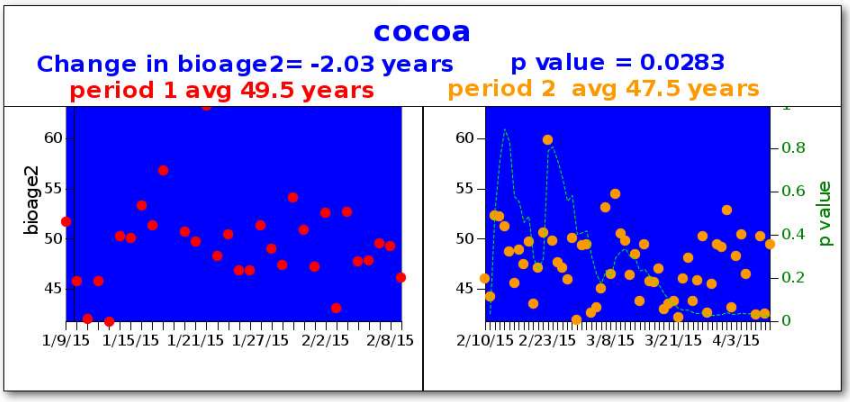






Results

Cocoa worked. It evidently reduced my biological age by 2 years after two months ($p = 0.03$). Vitamin D, gelatin and less salt and sitting didn't work.



Conclusion

Screening antiaging interventions *faster* is fun and may be profitable.

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