



Using A Waterpik Seems To Have Lowered My Biological Age By About A Year



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0.1 Abstract

Using an oral hygiene device called a “waterpik” seems to have lowered my biological age by 1.74 years after a month (p value = 0.003).¹.

¹Statisticians often say a change is significant when its statistical “p value” is less than 0.05.

0.2 Methods

I try to measure my biological age every day[2] and lower it.

A cool dentist suggested an oral hygiene device called a “waterpik” because my gums had receded from molar teeth in the back and bottom of my mouth.



I bought a “waterpik sonic 5.0 completecare” for about US\$ 140 at a store called Walmart. Its model number is WP-B61W. It has a toothbrush and a nozzle that squirts water.



I used only its water squirting nozzle, on just the two molar teeth at the back and bottom of my mouth at night between brushing my teeth and going to bed.

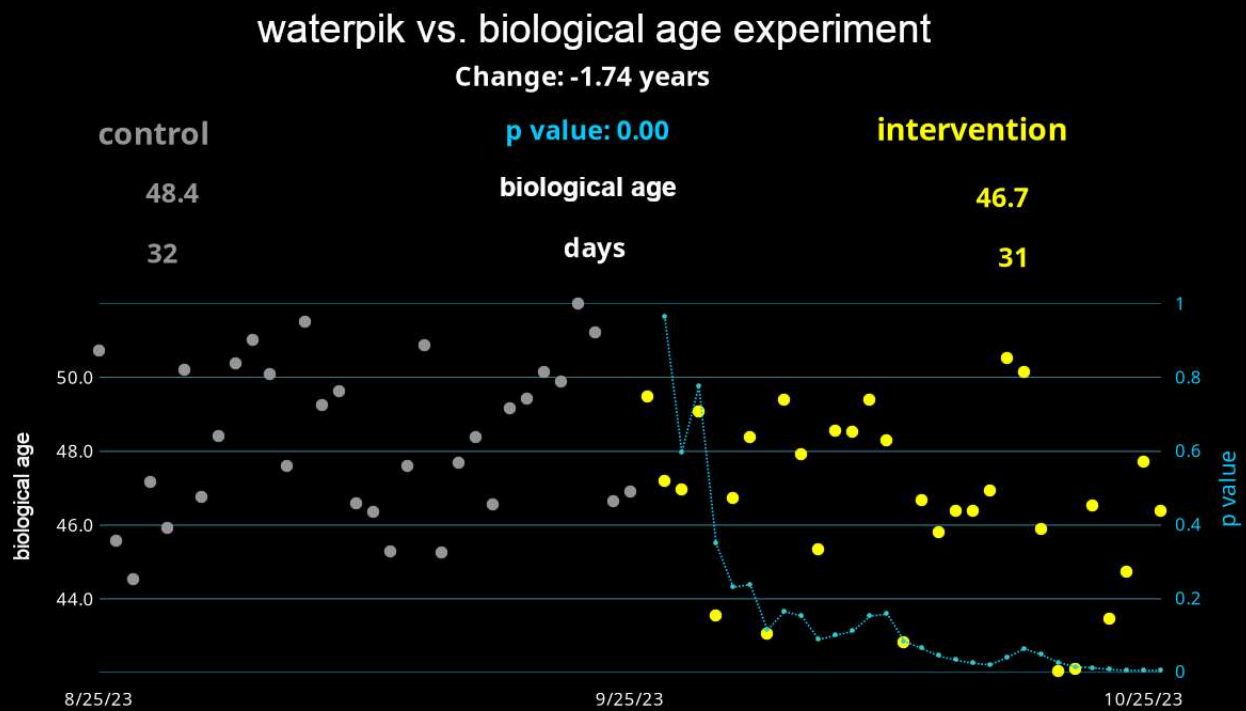


I kept measuring my biological age every day[2].

0.3 Results

The third generation of my technology for measuring biological age reported statistically significant reversals of

- 1.33 years after using the waterpik for only 17 days ($p=0.043$)² and
- 1.74 years after using it for a month ($p=0.003$).



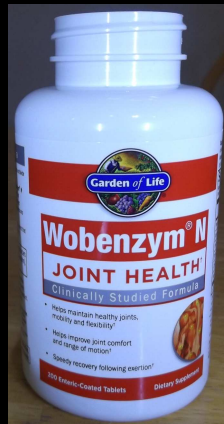
17 days is much, *much* faster than all-cause mortality studies. They take years.

0.4 Discussion

To be open, forthright, and all those good things, I want to mention a possible confounding factor.

I started taking an anti-inflammatory nutritional supplement called "Wobenzym N" 5 days before I started using the waterpik.

Wobenzym N was also associated with a significant reduction in my biological age³.



But, at the moment, I'm inclined to attribute my biological age reversal to the waterpik because

1. the waterpik's effect was 10X more statistically significant (Its p-value is only 0.003, which is only a tenth of the 0.03 p-value for Wobenzym N.).
2. my biological age did not change significantly during the 27 days after I stopped using Wobenzym N on October 23, 2023 and
3. dental hygiene has been linked to systemic inflammation and cardiovascular risk factors[1] which are thought to be age related and kill people.

The dentist who originally recommended using a waterpik

1. liked my experiment,
2. suggested
 - (a) using the waterpik on all my teeth (I am) and
 - (b) examining my gums in February of 2024 for
 - i. bleeding and
 - ii. the depths of pockets by my teeth.

³-1.29 years (p-value 0.03)

I wonder if I should

1. test my mouth for specific species of bacteria and/or
2. see what happens if I stop using the waterpik.

This is the eighth intervention that my daily testing suggests lowered my biological age. As you can see below, its 1.7 year age reversal is second only to cocoa's 2 years.

month/year	intervention	change in biological age in years	p value
2/2015	cocoa[3]	-2.0	0.03
1/2017	green tea[4]	-1.6	0.02
8/2017	intermittent fasting[5]	-0.9	0.02
6/2020	tomatoes[6]	-0.9	0.03
2/2021	Hawthorn berries, prickly ash and horse chestnut[7]	-0.9	0.04
4/2021	lecithin & hemp seed oil, with less fish and olive oil[8]	-1.5	0.01
7/2022	high pH water pitcher[9]	-1.2	0.02
9/2023	waterpik	-1.7	0.003

I'm still developing the fourth version of my technology for measuring biological age.

0.5 Conclusion

Using an oral hygiene device called a “waterpik” seems to have lowered my biological age by 1.74 years after a month ($p=0.003$).

0.6 Conflict of Interest

None.

0.7 References

1. Association Between Dental Hygiene, Cardiovascular Disease Risk Factors and Systemic Inflammation
2. What I learned from trying to measure my biological age throughout 2018
3. Kingsley’s Fast Screen For Anti-Aging Compounds Worked With Cocoa
4. Drinking More Green Tea Seems To Have Made Me A Year Younger In Just A Month
5. Not Eating For 14 Hours A Day For A Month Seems To Have Made Me About A Year Younger
6. Cooking Raw Tomatoes Seems To Have Made Me About A Year Younger
7. Hawthorn Berries, Prickly Ash and Horse Chestnut Lowered Biological Age
8. More Lecithin and Hemp Seed Oil, and Less Fish and Olive Oil, May Have Lowered My Biological Age
9. A Water Filter That Increases pH Seems To Have Lowered My Biological Age By About A Year
10. Kingsley’s Big Spread Sheet Of Life Span Experiments