THE STANDARD

BRAVE NEW WORLD

A day in the life

Longevity expert Faye Mythen

Make the most of the morning light, build simple rituals and get the fundamentals right before you start chasing optimisation

I wake early but I've never liked starting the morning on an adversarial note, so I don't rely on an alarm, but keep the curtains open so light does most of the work. Once awake I avoid picking up my phone, first drinking water and a coffee by an open window. I like to let the daylight hit my eyes and get some fresh air. It's probably the highest yield habit I have.

My morning routine is simple, because I travel constantly and a routine that only works in one bathroom isn't a routine. Water, light, a short stretch of stillness before anyone needs anything from me, a skincare step and supplements taken with breakfast. Reading the news then focuses my mind.

I eat in a broadly Mediterranean way, with a 12-hour fasted window. Food is mostly plants and good protein, but rarely red meat because I prefer fish and chicken. I'm sceptical of extreme protocols, partly because the evidence rarely justifies the theatre, and partly because a life organised around what you can't have isn't much of a life. I couldn't live without well made coffee.

I walk a great deal, counting it as both transport and thinking time. I keep up strength work because it's the single most sensible investment you can make in your future self. I do Pilates too, but not as frequently as I should.

In terms of recovery tools I'm a believer in heat so the sauna is a regular fixture. I've tried the cold plunge and did not enjoy it! I use an Oura, largely for sleep and recovery signals, treating the data as a trend line, not a verdict. The day a device makes you anxious, it has stopped being useful.

My most underrated tech? A Moccamaster coffee machine and a Pulsetto vagal nerve stimulator!

I use AI as a thinking partner: for drafting, pressure-testing an argument, synthesising research or turning a messy idea into something I can look at.

To manage stress I rely on walking, perspective and delegating to people I trust. I spent my formative years in law and around geopolitics. Few problems in a given week are genuinely as urgent as they feel at 4pm. I need grass under my feet at least once weekly too.

In terms of cognitive enhancers and biohacks, I'm conservative. Coffee is the only nootropic with a track record I fully trust. I'm allergic to elaborate supplement stacks. Most of what people are chasing with a powder is available from sleep and daylight for free.

My go-tos for inspiration and media include The Financial Times and WSJ for the wider picture, and the primary scientific literature when something in longevity is being over claimed and I want to see the actual study.

The books that shaped me? I'd point to the Stoics, who are unfashionable to cite and still correct, and to good long-form science writing that treats the reader as intelligent.

I try to land the day rather than crash it. In the evening the lights come down, screens go away earlier than people expect, and I read something on paper. It's a routine that is a series of signals to myself that the working part of the day is over.

FACING THE FUTURE
Faye Mythen

Remember, laughter and social interaction are as valuable as any pill. That is evidence-based advice

To optimise my sleep I prefer a cool, dark room, a consistent wind-down and Reborne's Good Night magnesium powder blend.

My lifestyle philosophy? Longevity is not a new medicine. It's a system and attitude. Get the fundamentals right and be sceptical of anything sold as a shortcut. Remember, laughter and social interaction are as valuable as any pill. That is evidence-based advice!

Want to give it a go? Start with the boring, free, high yield things, because they're the ones that compound: morning light, a daily walk, protein and plants, and a fixed bedtime. Then monitor your hormones and inflammation and have frequent blood tests.

As told to Rosa Beer

Faye Mythen is CEO at Reborne Longevity Clinic on Harley Street

YOUR TECH AND SCIENCE DIGEST

A DOSE OF LAUGHTER WORKS WONDERS

They say laughter is the best medicine – and it turns out it really can help people suffering with chronic lung disease. A small trial at Ankara Bilkent City Hospital in Turkey has shown patients with chronic obstructive pulmonary disease (COPD) breathed better following two months of laughter therapy. Participants were coached by laughter therapists, with playful exercises including

mimicking a motorcycle starting or a lion roaring, relaxation with calm breathing and smiling, and clapping accompanied by vocal sounds.

INVASIVE MOSQUITOES BREEDING IN LONDON

A type of mosquito known to transmit tropical diseases including dengue and Zika has been found breeding in the UK. The UK Health Security Agency (UKHSA) said the invasive species, Aedes aegypti, had been detected in east London. It is not the first time it has been discovered in the UK, but it is the first time the insects have been found breeding. The UKHSA said the risk to the public was low and the British climate was too cold to

enable the mosquitoes to survive for long. However, the agency warned that the warming climate would lead to greater "incursions of invasive mosquitoes".

VENUS AND THE LOST MOON MYSTERY

The Venus of today has no moon – but a recent study suggests that it probably did have one for almost two billion years, before the planet "ate" it. Researchers at the University of California, Riverside modelled what would have happened if Venus did have a moon and found, in almost all scenarios, that it would have been consumed by the planet. It is thought that many large objects hit Venus in

the early solar system and this could have formed a moon, just as a massive impact is thought to have formed the Earth's moon.

SOURCE: OUR