# Davinia Taylor’s journey from Primrose Hill excess to biohacking wellness at 47



Davinia Taylor, once a prominent figure in the extravagant Primrose Hill party scene, has vividly recounted her dramatic transformation from a life steeped in alcohol to one dedicated to wellness and biohacking. At 47, Taylor reflects on her tumultuous past, explaining how her hedonistic lifestyle nearly cost her life. She revealed that during her darkest days, if she had taken just one more drink, she might not have survived to tell her story.

In the 1990s, Taylor was part of an elite group that included notable names like Kate Moss and Jude Law, which contributed to a culture of excess and indulgence. However, her unchecked drinking led her to a point of crisis, characterised by a daily battle with anxiety and physical health issues. “I was constantly hungover, riddled with anxiety, and alcohol didn't work for me anymore,” she shared, illustrating the harrowing grip addiction held over her life.

After hitting rock bottom, Taylor began her journey towards sobriety, entering rehab in South Africa, which proved instrumental in her recovery. Now sober for 17 years, she describes her past experiences with alcoholism as akin to being “taken over by a parasite.” The initial ten months of sobriety were particularly intense, as every part of her body clamoured for the very substance she had decided to leave behind. “I flatlined and was drinking to survive rather than for enjoyment,” she noted, highlighting the severity of her addiction.

Taylor's journey didn't end with sobriety; it evolved into a broader quest for personal health. She embraced what is now termed 'biohacking'—a practice where individuals make scientific-backed changes to their routines in pursuit of improved mental and physical performance. Taylor attributes her remarkable health turnaround to this approach, claiming a biological age of just 20. This includes a commitment to fitness regimens, dietary modifications, and mental health practices like breathwork and cold-water therapy.

Her past battles also included overcoming postnatal depression after the births of her children, with the profound understanding that societal pressures often downplay women's mental health struggles. As Davinia candidly expressed, “Doctors had written this off as baby blues,” but her experiences reveal a deeper narrative about the challenges new mothers face, particularly those compounded by a history of addiction.

In her current life, Taylor shares her experiences in hopes of inspiring others, especially women who may not realise they can seek help for their mental health or ADHD—a condition often overlooked in females. “A girl with ADHD will be referred to as 'Dolly Daydream',” she pointed out, advocating for more awareness and support for women in similar situations.

Now, as a mother of four, Taylor’s focus is on cultivating a happier and healthier lifestyle, which includes not only physical well-being but also a balanced approach to food. Having initially turned to unhealthy foods post-sobriety, she has since educated herself on nutrition, steering her diet towards organic options and away from processed ingredients. “I started reading up on dietary knowledge and came out a happier person,” she reflected, crediting her newfound knowledge with both mood improvement and mental clarity.

Moreover, Taylor’s journey has not only transformed her personal life but has ignited a passion for helping others navigate similar challenges. She is dedicated to raising awareness about mental health, women’s issues, and the importance of hormone replacement therapy for those experiencing significant hormonal changes. Taylor underlines that while she revels in her newfound healthy lifestyle, she hasn't forsaken all indulgence, humourously admitting she still enjoys a fry-up now and then.

In recounting her life’s journey, Davinia Taylor stands as a beacon of hope and resilience, illustrating that it is possible to rise from the depths of addiction and transform one’s life. Her story continues to resonate, not just as an account of personal triumph but as a clarion call for greater understanding and support for mental health issues within the community.

### Reference Map

1. Paragraphs 1, 2, 3, 4, 5, 6, 7, 8, 9

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14723967/Davinia-Taylor-died-party-life-turning-biohacking.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.independent.ie/entertainment/davinia-taylor-alcoholism-was-like-being-taken-over-by-a-parasite/38657899.html> - Davinia Taylor, former 'Hollyoaks' actress, reflects on her decade-long sobriety, describing her battle with alcoholism as akin to being overtaken by a parasite. She emphasizes the challenges of the first ten months of sobriety, noting that every cell in her body urged her to drink. Taylor attributes her current healthy lifestyle to 'biohacking,' which involves using personal biology to optimize sleep, cognition, and physical performance. She also shares insights into her past, including her association with the 'Primrose Hill set' in the early 2000s, which included figures like Kate Moss and Jude Law.
3. <https://www.hellomagazine.com/hubs/second-act/706627/davinia-taylor-shares-biohacking-tips-exclusive/> - Davinia Taylor, 46, discusses her transformation from a hedonistic lifestyle to a health-focused one. She attributes her current well-being to 'biohacking,' a practice that uses lifestyle changes to achieve optimal health. Taylor shares her journey from the 'Primrose Hill set' in the 1990s to her current wellness practices, including breathwork, cold-water therapy, and a diet focused on organic foods. She emphasizes the importance of finding alternative ways to achieve dopamine highs without resorting to alcohol or unhealthy foods.
4. <https://podmarized.com/episodes/ultimate-human-podcast/davinia-taylor-biohacking-your-way-out-of-addiction-the-ultimate-human-ep-81> - In this podcast episode, Davinia Taylor discusses her 15-year journey from struggling with addiction to becoming a biohacking expert. She shares insights into her morning routine, which includes electrolytes, natural light exposure, and a coffee blend with collagen and keto creamer. Taylor emphasizes the importance of understanding one's biochemistry and genetics in overcoming addiction and achieving optimal health. She also discusses her nutrition philosophy, focusing on a lower-carb, higher-fat diet that includes whole foods and avoids processed ingredients.
5. <https://sheerluxe.com/sheerluxe-podcast/in-conversation-with-podcast/in-conversation-with-how-davinia-taylor-changed-her> - Davinia Taylor shares her journey from a 1990s party lifestyle to a health-focused one. She discusses her experiences with alcoholism, loss, and post-natal depression, and how she transformed her body and mind over five years. Taylor talks about her relationship with exercise and nutrition, explaining how she uses both to optimize her mental health. She also reveals the supplements she swears by and the tips that keep her on track, including bulletproof coffee and fasting.
6. <https://www.mentalhealthy.co.uk/features/celebrity/davinia-taylor-behind-the-smile.html> - Davinia Taylor opens up about her struggles with alcoholism, depression, and post-natal depression. She discusses her journey to sobriety, including the challenges she faced and the support systems that helped her. Taylor also talks about her experiences with medication and therapy, emphasizing the importance of mental health awareness. She shares her current ventures, including opening a hair salon and studying for a business degree, and expresses her determination to rebuild her life and financial stability.
7. <https://metro.co.uk/2020/06/20/hollyoaks-davinia-taylor-credits-biohacking-body-mental-health-transformation-12878600/> - Davinia Taylor credits 'biohacking' for her body and mental health transformation. She shares a before-and-after photo on Instagram, detailing her health regimen that includes detoxing, reducing inflammatory foods, running, sauna sessions, supplementation, cold exposure, and intermittent fasting. Taylor emphasizes that these protocols have helped her maintain mental health and achieve a significant weight loss without cravings or yo-yo dieting. She advocates for brain health, good fats, low sugar, and a paleo diet as part of her biohacking approach.