# Davinia Taylor reveals youthful biological age through biohacking on This Morning



Davinia Taylor, former star of Channel 4's "Hollyoaks," sparked lively discussions among fans of "This Morning" as she proclaimed her biological age to be merely 20, despite being 47. Appearing on the daytime show with Dr. Hussain, Taylor shared insights into biohacking, a trending wellness approach that aims to enhance health and potentially reverse signs of ageing.

She credits her youthful inflammatory markers to a blood test conducted by a company named Glyen Age, which assesses factors linked to chronic diseases such as cancer, Alzheimer's, diabetes, and heart disease. According to Taylor, maintaining low inflammation is crucial since inflammation is recognised as a significant contributor to many age-related ailments. In her own words, “I’m definitely not 20. Look at me. But my inflammation markers are that of someone much younger than me.”

The notion of biohacking revolves around making incremental lifestyle changes to boost energy and health. Ben Shephard, co-host of the show, expressed curiosity regarding whether lowering inflammation could indeed lead to a changed feeling of vitality. Taylor affirmed this idea, focusing not solely on aesthetics but on optimising her body's functions and developing resilience.

Critics, however, took to social media to express their concerns about Taylor's rapid-fire manner of speaking during the segment, with some viewers noting that she seemed overly energetic for a daytime programme. One viewer quipped, “Calm down dear, calm down,” reflecting a sentiment shared by others who found her overly animated.

In addition to discussing her current health regimen, Taylor opened up about her past struggles with alcoholism during her twenties and how overcoming this addiction allowed her to focus on her health in later years. “I picked up bread, carbohydrates because it makes you feel cozy... I didn’t realise that was causing inflammation as well,” she explained, highlighting a shift in her dietary habits. Today, she reserves carbohydrates for evening meals, reflecting a more balanced and mindful approach to nutrition.

The conversation led to a broader examination of biohacking, with Dr. Hussain stating that this concept varies in meaning for individuals but fundamentally involves altering behaviours and lifestyle to optimise one’s physiology. He emphasised that biohacking isn’t just about prolonging life but also about enhancing the quality of life – a concept that aligns well with the growing focus on healthy aging in today’s society.

With the surge in interest around biohacking, various strategies have surged in popularity, including monitoring biomarkers and implementing dietary modifications to reduce inflammation. For instance, supplementation with compounds such as curcumin, NMN, and resveratrol have been associated with reduced inflammation and improvements in metabolic health. These interventions appeal to an audience eager to navigate the complexities of ageing, promising a path to a healthier future.

Taylor's television appearance comes at a moment when the concept of 'inflammaging'—the chronic, low-grade inflammation associated with ageing—has captured significant attention. Research suggests that addressing such inflammation could be vital for reducing risks associated with age-related diseases. This understanding further underscores the importance of lifestyle modifications, such as exercise and diet, that can mitigate inflammation and promote longevity.

While biohacking might seem like a new trend, its principles resonate with age-old wisdom surrounding health and wellness. It serves as a reminder that our choices and behaviours—what we eat, how we care for our bodies, and how we perceive ageing—can meaningfully impact not just how long we live, but also how well we live those years.

As audiences continue to engage with wellness topics and public figures like Davinia Taylor share their stories, conversations about health, resilience, and the very nature of ageing will undoubtedly persist, encouraging a society that seeks not just to survive, but to thrive.

### Reference Map

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

## Bibliography

1. <https://www.dailymail.co.uk/tv/article-14734899/This-Morning-complaint-Davinia-Taylor-ageing-backwards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.insidetracker.com/a/articles/ways-to-biohack-your-healthspan-and-improve-longevity> - This article discusses various biohacking strategies to enhance healthspan and longevity. It highlights the importance of monitoring age-related biomarkers and suggests interventions like resveratrol supplementation to reduce blood glucose levels, intermittent fasting to decrease LDL cholesterol, and curcumin intake to lower inflammation markers. The piece emphasizes the role of personalized recommendations based on individual blood data to improve out-of-range biomarkers and promote healthier aging.
3. <https://alkemyalabs.com/en/four-longevity-marker-peptide/> - The article explores four key longevity markers: NRF2, FOXO3, SIRT1, and NAD+. It explains how NRF2 activation reduces chronic inflammation, FOXO3 influences cell survival and DNA repair, SIRT1 regulates metabolic processes, and NAD+ supports cellular energy production. The piece underscores the significance of these markers in promoting longevity and suggests that maintaining optimal levels can enhance quality of life by protecting against chronic diseases and aging-related conditions.
4. <https://en.wikipedia.org/wiki/Inflammaging> - This Wikipedia entry defines 'inflammaging' as a chronic, low-grade inflammation that develops with advanced age, potentially contributing to age-related diseases. It discusses the causes, including over-activation of the inflammasome and decline in autophagy, and highlights biomarkers like TNF-alpha and IL-6. The article also touches upon evolutionary considerations and the impact of chronic inflammation on aging, emphasizing the need for understanding these mechanisms to address age-associated health issues.
5. <https://longevityblueprinthealth.com/the-science-of-biohacking-longevity-what-actually-works/> - This article delves into scientifically supported biohacking methods for longevity, focusing on supplements such as resveratrol, NMN, curcumin, CoQ10, and omega-3 fatty acids. It discusses their roles in activating longevity genes, improving metabolic health, reducing inflammation, and supporting mitochondrial function. The piece also highlights the importance of stress management techniques, including mindfulness meditation and breathwork, in mitigating aging effects and enhancing overall well-being.
6. <https://www.rehealth.com/delaying-inflammaging-biohacking-tips-to-rejuvenate-yourself/> - The article provides strategies to counteract inflammaging, emphasizing the benefits of regular exercise in reducing pro-inflammatory molecules and the importance of a balanced diet rich in antioxidants and healthy fats. It also discusses the impact of chronic nutrient excess on systemic inflammation and suggests dietary adjustments to mitigate these effects. The piece underscores the significance of lifestyle modifications in promoting healthier aging and reducing inflammation-related health issues.
7. <https://antiagingnorthwest.com/how-to-biohack-against-the-genetics-of-aging/> - This article offers biohacking tips to counteract genetic factors in aging, including the consumption of coffee and green tea for their antioxidant properties, and resveratrol supplements to reduce blood glucose levels. It also recommends intermittent fasting to lower LDL cholesterol and curcumin intake to decrease inflammation. The piece emphasizes the importance of these interventions in promoting longevity and mitigating age-related health concerns.