The Shocking Amount of Plastics in Tea

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Welcome back to *The Mindset* **by Super Age.**

The new year tends to come with a lot of pressure—new habits, big changes, ambitious goals. But here's the truth: the most powerful shifts often come from simple, consistent practices that compound over time. This week, **we're diving into the small but powerful habits with outsize returns on your healthspan**. Think light exposure for mood regulation, strength as your personal shield against disease, and a protein-packed morning recipe that sets the tone for a sharper day.

We're also leaning into smarter self-care. From the surprising health hazards hiding in your tea bag (yes, really) to the key to making smarter decisions—it's all about stacking small wins that build a stronger you.

Let's keep pushing the boundaries together. Be curious, stay bold, and remember: We're always learning. Always evolving. You've got this.

Onwards and upward!

David Stewart
Founder

?BODY WISDOM

Build a Cancer-Blocking Shield – No Cape Required

Turns out your workouts do more than keep you fit—they could literally help block cancer. A *Cancer Research* study reveals **exercise creates a metabolic shield across multiple organs**, blocking cancer progression and reducing metastasis risk. In both animal models and human data, moderate-to-vigorous aerobic and resistance training showed the most protective effects. Of course, while exercise shows promise for cancer protection, always consult your doctor to make sure your routine is safe, effective, and tailored to your needs.

Best Moves for the Win:

- **Power Walks & Cycling:** 150-300 minutes weekly to boost immune surveillance.
- **Strength Training**: 2-3x weekly, targeting major muscle groups.
- **HIIT:** Short, fierce bursts of cardio with rest—perfect for cellular defense.

Why it works? **Exercise reduces inflammation, enhances immune surveillance**, and alters metabolic pathways that inhibit tumor growth. Translation? Every sweat session is a cellular upgrade.

EAT WELL

Sip Safely: Shocking Amounts of Plastics in Tea

Your daily tea ritual might be introducing more than just antioxidants into your system. Recent research published in the journal *Chemosphere* reveals that **certain tea bags release billions of microplastics and nanoplastics into your cup when steeped in hot water**. Polypropylene tea bags released approximately 1.2 billion microplastic particles per milliliter and nylon tea bags released about 8.18 million particles per milliliter.

These plastic particles can be absorbed by your intestinal cells, potentially leading to health concerns such as inflammation and oxidative stress.

How to Sip Safely?

- **Opt for Loose-Leaf Tea**: Brewing loose leaves using a stainless steel or glass infuser eliminates the risk of plastic contamination.
- **Choose Paper or Fabric Tea Bags**: Select brands that use biodegradable, plastic-free materials for their tea bags.
- **Avoid Plastic Tea Bags**: Steer clear of tea bags made from nylon or polypropylene, as they are the primary culprits in releasing microplastics.

Pro Tip: Always check the packaging or consult the brand's website to confirm the materials used in their tea bags. You deserve clean tea—period.

DID YOU KNOW?

The Key to Smarter Decisions

The secret to better decision-making isn't knowing more—it's knowing you might be wrong. Research published in *Personality and Social Psychology Bulletin* reveals that intellectual humility—the ability to recognize your beliefs as fallible—can **sharpen critical thinking** and improve memory accuracy. In fact, people high in intellectual humility are better at **distinguishing fact from fiction** and less likely to overestimate their knowledge.

The benefits go deeper: **Studies show intellectually humble individuals are more open to new ideas**, make fairer social judgments, and are less prone to dismiss opposing viewpoints. It's not about doubting yourself—it's about staying curious and adaptable, two keys to thriving in a complex world.

Try This: Next time you're faced with a challenging conversation, ask yourself: *What if I'm missing part of the picture?* Because, as renowned psychiatrist and neuroscientist Dr. Dave Rabin says: *You know what's outside your box? Everything.*

STAY AMAZED

What Kind of Light Are You Getting?

Natural light isn't just good for selfies—it's essential for your healthspan. A Journal of Happiness Studies review confirms that **sunlight exposure can seriously boost your mood**, cutting symptoms of anxiety and depression. Bonus: It also helps regulate your circadian rhythm—the body's master clock for better sleep, focus, and energy.

Here's the deal: If you're stuck in the dark too long, your body can't thrive. Disrupted circadian rhythms from **too little light can mess with everything from your ZZZs to your emotional resilience**. The fix? Step into the sun.

Pro Move: Spend at least 30 minutes soaking up morning light—it's nature's reset button for your brain. (Don't forget the sunscreen!) No sun? No problem. A high-quality light therapy lamp can mimic the same benefits and keep seasonal blues at bay. Get outside. Glow up. Repeat.

Stuff We Love

?Destination Inspiration

Hidden within The Emory in London's Knightsbridge, **Surrenne** feels more like a secret wellness hideaway than a typical spa. For a transformative experience, book a results-focused facial or a personalized movement session—then let the natural light by the pool work its restorative magic. Elevated wellness, done right.

Recipe of the Week

Jennifer Garner's protein-packed egg bites are a perfect grab-and-go breakfast. Blend eggs, cottage cheese, and mozzarella. Pour over chopped spinach and bell pepper in a muffin tin. Bake on a baking sheet filled with water at 350°F for 30-35 mins, switch to broil for the last 2 mins. Deliciously simple!

Try This

Aether Apparel. Best in class technical clothing, looks great, tho can sometimes be a bit spendy. Pro tip: This is one of those brands the fashionistas don't register, so if you go on the **Real Real**, you can often find it for a song. Happy hunting!

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