The Morning Habit That Keeps You Young Revealed Transcript

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The power of morning routines

Two patients, same diet, same genetics, Two patients, same diet, same genetics, same age, but one looked 15 years same age, but one looked 15 years younger. The difference, the 12 minutes younger. The difference, the 12 minutes between waking up and leaving the house.

between waking up and leaving the house. What I'm about to show you will change What I'm about to show you will change how you think about morning routines how you think about morning routines forever. Hi, I'm Dr. Manisha Beno, your forever. Hi, I'm Dr. Manisha Beno, your longevity lifestyle physician, and longevity lifestyle physician, and welcome back to my channel. I've spent welcome back to my channel. I've spent the last decade or two studying why some the last decade or two studying why some people age like fine wine while others people age like fine wine while others seem to hit a wall at 40. And here's seem to hit a wall at 40. And here's what shocked me most. It's not about the what shocked me most. It's not about the expensive creams. It's not about the expensive creams. It's not about the perfect genetics. It's about a window of perfect genetics. It's about a window of time that most people completely waste.

time that most people completely waste. Picture this. It's 6:00 a.m. Your gut Picture this. It's 6:00 a.m. Your gut bacteria have been fasting for 10 to 12 bacteria have been fasting for 10 to 12 hours. They're like a garden waiting for hours. They're like a garden waiting for the first nutrients of the day. But the first nutrients of the day. But here's the thing. It's not just what you here's the thing. It's not just what you feed them that matters. It's when, it's feed them that matters. It's when, it's how, and it's a sequence. Your how, and it's a sequence. Your microbiome has a clock, and in the first microbiome has a clock, and in the first hour after waking, you're either setting hour after waking, you're either setting it for longevity or aging. Let me tell it for longevity or aging. Let me tell you about Sarah. 45 years old, came to you about Sarah. 45 years old, came to my clinic looking exhausted, inflamed, my clinic looking exhausted, inflamed, aging rapidly. We didn't change her aging rapidly. We didn't change her diet. We didn't add expensive diet. We didn't add expensive supplements. We simply rearranged her supplements. We simply rearranged her first 30 minutes. 6 months later, people first 30 minutes. 6 months later, people asked what she had done for work. And asked what she had done for work. And you know what kind of work I'm talking you know what kind of work I'm talking about. As ancient wisdom teaches us, the about. As ancient wisdom teaches us, the way you begin your day determines the way you begin your day determines the quality of your life. Your morning quality of your life. Your morning routine isn't just about productivity.

routine isn't just about productivity.

Celebrity routine analysis

It's about programming your cells for It's about programming your cells for vitality. Today, we're going to decode vitality. Today, we're going to decode the morning routines of three women who the morning routines of three women who have seemed to crack the aging code.

have seemed to crack the aging code. Jennifer Lopez at 56, Reese Witherspoon Jennifer Lopez at 56, Reese Witherspoon at 49, and Charize Theron at 50. Let's at 49, and Charize Theron at 50. Let's first start with Jennifer. I would first start with Jennifer. I would consider her the mindful morning consider her the mindful morning strategist. She starts her day after her strategist. She starts her day after her shower by pulling an affirmation card shower by pulling an affirmation card from a box she keeps right outside her from a box she keeps right outside her bathroom. As she shared on Instagram, bathroom. As she shared on Instagram, having a positive outlook is extremely having a positive outlook is extremely important as she prepares for a long day important as she prepares for a long day ahead. Then, of course, why wouldn't ahead. Then, of course, why wouldn't she? She applies her JLo beauty she? She applies her JLo beauty cleanser, followed by her signature glow cleanser, followed by her signature glow serum, which she calls vitamins for her serum, which she calls vitamins for her face, and she finishes with sunscreen, a face, and she finishes with sunscreen, a habit she's maintained since her late habit she's maintained

since her late teens. Notably, she avoids all caffeine teens. Notably, she avoids all caffeine and alcohol. Here's the brilliance.

and alcohol. Here's the brilliance. She's leveraging what we call cortisol She's leveraging what we call cortisol optimization. optimization. optimization.

Starting with mindfulness when cortisol Starting with mindfulness when cortisol should naturally peak, then supporting should naturally peak, then supporting her skin barrier when it's most her skin barrier when it's most receptive to nutrients. Her caffeinefree receptive to nutrients. Her caffeinefree approach prevents the morning cortisol approach prevents the morning cortisol spike that can trigger gut inflammation spike that can trigger gut inflammation lasting hours. Now, next up, we have lasting hours. Now, next up, we have Ree. Reese starts with a big glass of Ree. Reese starts with a big glass of water, then her Kim Snider inspired water, then her Kim Snider inspired glowing green smoothie that she's been glowing green smoothie that she's been drinking daily for 8 years. The recipe drinking daily for 8 years. The recipe includes two heads of romaine lettuce, includes two heads of romaine lettuce, spinach, celery, apple, pear, banana, spinach, celery, apple, pear, banana, lemon, and coconut water, plus protein lemon, and coconut water, plus protein powder, or almond butter. She learned powder, or almond butter. She learned about it from Carrie Washington at an about it from Carrie Washington at an award show, apparently when she asked award show, apparently when she asked about Carrie's beautiful skin. This about Carrie's beautiful skin. This fiber richch drink keeps her full until fiber richch drink keeps her full until about 100 p.m. Effectively creating a about 100 p.m. Effectively creating a natural intermittent fast. This is what natural intermittent fast. This is what I call plant-based hashtag cellare at I call plant-based hashtag cellare at its finest. She's feeding her gut its finest. She's feeding her gut bacteria 15 to 20 grams of diverse plant bacteria 15 to 20 grams of diverse plant fiber when they're most receptive after fiber when they're most receptive after an overnight fast. Research shows an overnight fast. Research shows morning fiber intake influences morning fiber intake influences metabolism and cellular repair for the metabolism and cellular repair for the entire day. exactly what we see here in entire day.

The biology of the morning

exactly what we see here in her in her sustained energy until the her in her sustained energy until the afternoon. And lastly, Charize. afternoon. And lastly, Charize.

Charaliss wakes up at about 5:45 a.m. as Charaliss wakes up at about 5:45 a.m. as a single mom getting two kids ready for a single mom getting two kids ready for school, packing lunchboxes, and not school, packing lunchboxes, and not missing the bus. Her morning routine is missing the bus. Her morning routine is deliberately minimal. She's she's been deliberately minimal. She's she's been known to say, "When I wake up, I just known to say, "When I wake up, I just rinse my face and put on sunscreen." She rinse my face and put on sunscreen." She saves her intensive routine for saves her intensive routine for nighttime when the kids are asleep using nighttime when the kids are asleep using serum, eye cream, rich moisturizer, and serum, eye cream, rich moisturizer, and she's also big into plant-based raw she's also big into plant-based raw foods and calculates her activity levels foods and calculates her activity levels to match her. She's unknowingly to match her. She's unknowingly following optimal circadian biology. # following optimal circadian biology. # cellcare principles. Morning sunscreen cellcare principles. Morning sunscreen protects cellular DNA while her fasting protects cellular DNA while her fasting state and minimal morning routine allows state and minimal morning routine allows her to have that continued autophagy her to have that continued autophagy from overnight. Her plant-based from overnight. Her plant-based nutrition and evening skin care routine nutrition and evening skin care routine align when skin barrier repairs peak.

align when skin barrier repairs peak. This is cellular longevity medicine in This is cellular longevity medicine in action. And here's where it gets action. And here's where it gets fascinating. If you're just taking one fascinating. If you're just taking one thing away from this video, let this be thing away from this video, let this be it. Your morning choices don't just set it. Your morning choices don't just set the tone for your day, they set the tone the tone for your day, they set the tone for your cells. Right now, over 30 for your cells. Right now, over 30 trillion bacteria live in your gut, trillion bacteria live in your gut, about as many as your own human cells.

about as many as your own human cells. And every single morning they're waiting And every single morning

they're waiting for their first instruction. Think of for their first instruction. Think of them like a classroom full of students them like a classroom full of students waiting for the teacher to walk in. The waiting for the teacher to walk in. The only question is what lesson are you only question is what lesson are you teaching them? Let's peek inside what's teaching them? Let's peek inside what's actually happening in these women's actually happening in these women's bodies at 6:00 a.m. because the science bodies at 6:00 a.m. because the science applies to you, too. When JLo begins applies to you, too. When JLo begins with affirmations and skin care before with affirmations and skin care before eating anything, she's actually working eating anything, she's actually working with her biology. Overnight, your gut with her biology. Overnight, your gut barrier in in what we call a selective barrier in in what we call a selective permeability mode, a little like a permeability mode, a little like a doorman deciding who gets in. This is doorman deciding who gets in. This is why some supplements are better absorbed why some supplements are better absorbed on an empty stomach. By keeping her on an empty stomach. By keeping her morning calm and caffeine-free, she's morning calm and caffeine-free, she's lowering inflammation and allowing her lowering inflammation and allowing her cells to respond better. You don't need cells to respond better. You don't need a Hollywood serum to do this. Simply a Hollywood serum to do this. Simply start your day calm, hydrated without start your day calm, hydrated without coffee immediately. can have a similar coffee immediately. can have a similar cellular effect. Now, Reese's green cellular effect. Now, Reese's green smoothie isn't just breakfast. It's smoothie isn't just breakfast. It's information for her microbiome, that mix information for her microbiome, that mix of fiber. It feeds billions of gut of fiber. It feeds billions of gut bacteria, who then produce compounds bacteria, who then produce compounds called shortchain fatty acids. These called shortchain fatty acids. These molecules support your metabolism, your molecules support your metabolism, your brain, even your skin. The reason she brain, even your skin. The reason she can go until about 100 p.m. without can go until about 100 p.m. without crashing isn't magic, it's biology. You crashing isn't magic, it's biology. You don't need to drink her exact smoothie.

don't need to drink her exact smoothie. Even adding a handful of greens, flax, Even adding a handful of greens, flax, or berries to your morning can spark the or berries to your morning can spark the same chain reaction. And well, Charize, same chain reaction. And well, Charize, what seems like doing nothing is what seems like doing nothing is actually brilliant timing. By skipping a actually brilliant timing. By skipping a heavy breakfast, she's extending a heavy breakfast, she's extending a process called autophagy. That's your process called autophagy. That's your body's built-in cleanup crew, recycling body's built-in cleanup crew, recycling old and damaged cell parts. Most of us old and damaged cell parts. Most of us shut this down the second we eat, but shut this down the second we eat, but waiting a bit longer while staying waiting a bit longer while staying hydrated lets that repair process hydrated lets that repair process continue. Then when she eats her continue. Then when she eats her plant-based meals later, her body is plant-based meals later, her body is primed to use those nutrients for primed to use those nutrients for rebuilding.

rebuilding. rebuilding. You don't need to fast until noon. You don't need to fast until noon. Simply giving your body a couple of Simply giving your body a couple of extra hours in the morning can unlock extra hours in the morning can unlock the same benefit. This is # cellcare the same benefit. This is # cellcare action. It's not about copying action. It's not about copying celebrities. is about understanding the celebrities. is about understanding the biology behind their routines. Every biology behind their routines. Every small choice in your first hour, whether small choice in your first hour, whether you drink water before coffee, whether you drink water before coffee, whether you move your body or scroll your phone, you move your body or scroll your phone, whether you give your gut fiber, you whether you give your gut fiber, you give your gut sugar, then sends a signal give your gut sugar, then sends a signal and that signal can either program your and that signal can either program your cells for repair and longevity or for cells for repair and longevity or for stress and faster aging. The ancients stress and faster aging. The ancients call it Brahma Muherta, the creator's call it Brahma Muherta, the creator's hour. Modern science now proves why your hour. Modern science now proves why your cells are most responsive to change in cells are most responsive to change in the morning. And the best part, you the morning. And the best part, you don't need wealth, fame, or expensive don't need wealth, fame, or expensive products. You just need that first hour products. You just need that first hour and to use it wisely. Because whether and to use it wisely. Because whether you're JLo or Jane from down the street, you're JLo or Jane from down the street, your biology plays by the same rules.

your biology plays by the same rules. And once you understand the timing, you And once you understand the timing, you can hold the same. Now, let's get can hold the same.

The #cellcare protocol

Now, let's get practical. I want to give you a morning practical. I want to give you a morning routine that's not just trendy, it's routine that's not just trendy, it's rooted in plant-based longevity science.

rooted in plant-based longevity science. I call it the # cellcare morning I call it the # cellcare morning protocol. Four simple phases that align protocol. Four simple phases that align your gut, mind, and cells for the day your gut, mind, and cells for the day ahead. Phase number one would be your ahead. Phase number one would be your hydration reset. This is your first five hydration reset. This is your first five minutes. Start with room temperature minutes. Start with room temperature water. Cold water can shock digestion water. Cold water can shock digestion first thing in the morning, but room first thing in the morning, but room temperature water gently wakens up your temperature water gently wakens up your system. For an upgrade, you consider system. For an upgrade, you consider adding a squeeze of lemon or a slice of adding a squeeze of lemon or a slice of cucumber. This supports your stomach cucumber. This supports your stomach acids and digestive enzymes so your gut acids and digestive enzymes so your gut is primed for when food does arrive is primed for when food does arrive later. Think of this as rinsing your later. Think of this as rinsing your internal garden before planting the internal garden before planting the seeds. Phase two of this morning seeds. Phase two of this morning protocol is movement for stillness. Yes, protocol is movement for stillness. Yes, the next five to 15 minutes, what I want the next five to 15 minutes, what I want you to do is move your body. Not for cl you to do is move your body. Not for cl calories, but for clarity. Gentle yoga, calories, but for clarity. Gentle yoga, stretching, or even a walk outside stretching, or even a walk outside signals your gut to start moving, too.

signals your gut to start moving, too. It also increases lymphatic flow, which It also increases lymphatic flow, which clears out cellular waste from the clears out cellular waste from the night. Here's the paradox. Movement night. Here's the paradox. Movement first actually makes your stillness first actually makes your stillness deeper later. By releasing physical deeper later. By releasing physical restlessness, your mind is now ready to restlessness, your mind is now ready to settle well for phase three. Phase three settle well for phase three. Phase three is fasting and mindfulness. So this is is fasting and mindfulness. So this is going to be your minutes maybe 15 to 25 going to be your minutes maybe 15 to 25 in the morning. If you can extend your in the morning. If you can extend your fast into the morning, this allows fast into the morning, this allows autophagy, the body's cellular cleanup autophagy, the body's cellular cleanup crew, to keep working. Pair that fasting crew, to keep working. Pair that fasting state with breath work or meditation.

state with breath work or meditation. Why? Because stillness in the mind sends Why? Because stillness in the mind sends a powerful safety signal to the gut.

a powerful safety signal to the gut. Breath by breath, your nervous system Breath by breath, your nervous system shifts from stress mode into repair shifts from stress mode into repair mode. You can even try this simple mode. You can even try this simple ritual. Three rounds of deep breathing, ritual. Three rounds of deep breathing, three things you're grateful for, and three things you're grateful for, and then three intentions to set your energy then three intentions to set your energy for the day. And that's in less than for the day. And that's in less than five minutes. But what it does is it five minutes. But what it does is it rewires your stress response for the rewires your stress response for the entire day. This isn't just mental entire day. This isn't just mental health. It's gut programming. Stress health. It's gut programming. Stress hormones in the morning can disrupt your hormones in the morning can disrupt your microbiome for hours. Stillness is microbiome for hours. Stillness is medicine.

medicine. medicine. And lastly, phase four. This is your And lastly, phase four. This is your nutrient timing. Finally, nutrients. But nutrient timing. Finally, nutrients. But here's the secret. Later is often here's the secret. Later is often better. If you can extend your fast, do better. If you can extend your fast, do it. When you do break it, make it it. When you do break it, make it plantforward and fiber richch. Start plantforward and fiber richch. Start with a green smoothie or a warm grain with a green smoothie or a warm grain bowl. packed with 20 plus grams of bowl. packed with 20 plus grams of fiber. Spinach, flax, chia, berries, fiber. Spinach, flax, chia, berries, oats. Do the rainbow. Add your protein oats. Do the rainbow. Add your protein from plants, hemp, pea, or soy. And then from plants, hemp, pea, or soy. And then consider where can you add in adaptogens consider where can you add in adaptogens like ashwagandha or turmeric to calm like ashwagandha or turmeric to calm inflammation and support your

inflammation and support your resilience. This isn't just breakfast, resilience. This isn't just breakfast, it's information. Fiber feeds your gut it's information. Fiber feeds your gut bacteria, and those bacteria send bacteria, and those bacteria send signals to your mitochondria, to your signals to your mitochondria, to your brain, and even your skin. Notice what's brain, and even your skin. Notice what's not here. Complex routines or not here. Complex routines or perfection. It's about sequence, rhythm, perfection. It's about sequence, rhythm, and timing. Water, movement, stillness, and timing. Water, movement, stillness, then nourishment. That's the language then nourishment.

Common aging mistakes

That's the language your cells understand. But what if I your cells understand. But what if I told you the way you're spending your told you the way you're spending your first 30 minutes could be aging you first 30 minutes could be aging you faster, no matter how healthy you are faster, no matter how healthy you are the rest of the day? Because here's the the rest of the day? Because here's the truth. Your morning isn't neutral. It's truth. Your morning isn't neutral. It's either sending repair signals or it's either sending repair signals or it's sending aging signals. Now, I want to sending aging signals. Now, I want to make sure you know some of the more make sure you know some of the more common hitting hidden aging common hitting hidden aging accelerators, which you might be doing.

accelerators, which you might be doing. Mistake number one is the cortisol Mistake number one is the cortisol cascade. Most people roll over and check cascade. Most people roll over and check their phone. That blue light and stress their phone. That blue light and stress spikes, sending cortisol soaring.

spikes, sending cortisol soaring. Instead of a gentle rise, you get a Instead of a gentle rise, you get a cortisol surge that inflames your gut cortisol surge that inflames your gut and brain for hours. We've all done it, and brain for hours. We've all done it, even me. Now, mistake number two is the even me. Now, mistake number two is the caffeine crash. Coffee on an empty caffeine crash. Coffee on an empty stomach. Your stomach acid spikes by stomach. Your stomach acid spikes by about 300% without food to buffer it.

about 300% without food to buffer it. You're setting up for lowgrade You're setting up for lowgrade inflammation that feels like bloating, inflammation that feels like bloating, jitters, or anxiety later. Yes, we've jitters, or anxiety later. Yes, we've all done it. Grabbing that cup of coffee all done it. Grabbing that cup of coffee first thing in the morning to get out first thing in the morning to get out the door and get moving. But reconsider the door and get moving. But reconsider that. And lastly, mistake number three, that. And lastly, mistake number three, the sugar shock. that pastry or sweet the sugar shock. that pastry or sweet latte or even a bagel. One glucose spike latte or even a bagel. One glucose spike is enough to feed harmful gut bacteria is enough to feed harmful gut bacteria while starving the ones that protect while starving the ones that protect you. Over time, it rewires your you. Over time, it rewires your metabolism towards aging. I've done all metabolism towards aging. I've done all three of these and I'm sure you have three of these and I'm sure you have too. So, really, I want you to too. So, really, I want you to reconsider what's going to work better reconsider what's going to work better for you as you age. So, what's going to for you as you age. So, what's going to happen next? Here's what happens when happen next? Here's what happens when you flip the script. This is what I see you flip the script. This is what I see with my patients. In week one to two, with my patients. In week one to two, you're going to find that your energy you're going to find that your energy stabilizes. There's going to be no more stabilizes. There's going to be no more afternoon crashes. Week three to four, afternoon crashes. Week three to four, your skin is going to look clearer. Your your skin is going to look clearer. Your digestion is going to improve. And then digestion is going to improve. And then months two to three, stress is going to months two to three, stress is going to feel more manageable and your sleep is feel more manageable and your sleep is going to get deeper. Six months on, going to get deeper. Six months on, people start asking, "What did you do?

people start asking, "What did you do? Did you have work done?" And like Maria, Did you have work done?" And like Maria, who was 52 told me, I didn't change my who was 52 told me, I didn't change my skin care. I didn't change my diet. The skin care. I didn't change my diet.

Building your longevity habit

The only thing I changed was my first 30 only thing I changed was my first 30 minutes. Now, here's what JLo Ree and minutes. Now, here's what JLo Ree and Charize have figured out. Mornings Charize have figured out. Mornings aren't about productivity. They're about aren't about productivity. They're about programming. Every sit, every scroll, programming. Every sit, every scroll, every breath in that first hour sends every breath in that first hour sends signals to your trillions of cells.

signals to your trillions of cells. You're either saying repair and You're either saying repair and regenerate or react and age. As I regenerate or react and age. As I mentioned, the ancients call it Brahma mentioned, the ancients call it Brahma Muherta, the creator's hour. And now, Muherta, the creator's hour. And now, modern science shows us why. The quality modern science shows us why. The quality of your awakening determines the quality of your awakening determines the quality of your life. And remember, this isn't of your life. And remember, this isn't about perfection. It's about # cellcare.

about perfection. It's about # cellcare. Small choices that nourish your cells Small choices that nourish your cells instead of stressing them. Start with instead of stressing them. Start with one thing. Water before coffee. Three one thing. Water before coffee. Three minutes of breath work. A fiber richch minutes of breath work. A fiber richch breakfast instead of a sugary one.

breakfast instead of a sugary one. Master one ritual. Then add the next Master one ritual. Then add the next because your cells are listening to because your cells are listening to every choice you make. The only question every choice you make. The only question is what message will you be sending them is what message will you be sending them tomorrow morning? Tomorrow morning. Try tomorrow morning? Tomorrow morning. Try this before you do anything else. This this before you do anything else. This simple reset. Drink 16 ounces of room simple reset. Drink 16 ounces of room temperature water with a pinch of temperature water with a pinch of mineral salt. Wait 15 minutes before mineral salt. Wait 15 minutes before reaching for food or caffeine. Take reaching for food or caffeine. Take three deep breaths and set one clear three deep breaths and set one clear intention for your day. Move your body intention for your day. Move your body for five minutes. Stretch, walk, or for five minutes. Stretch, walk, or flow. Follow these steps. Less than 20 flow. Follow these steps. Less than 20 minutes. No products, no hacks, just minutes. No products, no hacks, just signals your body understands.

signals your body understands. Here's why this matters. Your biology is Here's why this matters. Your biology is paying attention from the moment you paying attention from the moment you wake up. Those first signals don't just wake up. Those first signals don't just set your morning. They shape how you set your morning. They shape how you digest, how you focus, and how you digest, how you focus, and how you handle stress throughout the day.

handle stress throughout the day. There's no neutral there. You're either There's no neutral there. You're either going to be sending yourselves a message going to be sending yourselves a message of repair and balance, or you're going of repair and balance, or you're going to send the message of stress and to send the message of stress and confusion. As the ancient teachings confusion. As the ancient teachings remind us, how you do anything is how remind us, how you do anything is how you do everything. The way you begin you do everything. The way you begin isn't separate from your life. It is isn't separate from your life. It is your life. Concentrate it into those your life. Concentrate it into those first few minutes.

first few minutes. Hi, I'm Dr. Monisha Benu, your longevity Hi, I'm Dr. Monisha Benu, your longevity lifestyle physician. And if this lifestyle physician. And if this resonated with you, subscribe to this resonated with you, subscribe to this channel for more sciencebacked # channel for more sciencebacked # cellcare rituals and longevity cellcare rituals and longevity practices. And until then, remember, practices. And until then, remember, your cells are listening to every single your cells are listening to every single choice you make. Make tomorrow morning choice you make. Make tomorrow morning count.