



Mark Hyman's "Healthy Aging" Breakfast Smoothie

While controversial, Hyman and others stress that especially after 50 we just aren't getting enough protein (or maybe just not digesting it well)

June 11, 2023 By [Mike Barr](#)

In Chinese medicine school, we had it drummed into our heads how harmful the non-stop onslaught of cold, usually ice-cold, beverages in the American (in this case, even the pan-American) way of life is. Our stomachs and small intestines akin to a [slow cooker](#), we were told, neither to be taken for granted nor interfered with: "You are what you digest." So as far as a.m. frozen smoothies go, I am only endorsing this idea during the summer months— and only then for folks with robust digestion. Soups, (slow carb) porridges and even (slow carb) congees are more appropriate for the rest of the year— and year round for those whose "stomach fire" has already seen its better days.

[Dr. Hyman](#) is apparently not aware of this cornerstone of Chinese medicine philosophy, and it will be interesting to see if, say as he gets into his 70's, if he cools on the frozen morning health shakes. All that said, here's what he says is one of his secrets to having bio-hacked his [biological age](#)— at 64— down to 40, and as he shares in his 2023 book informs his plan to "live to be 180," even if it strains comprehension why anyone would want to live through the equivalent of thirty more stretches of these past 5 years. Godspeed, Dr. Hyman.

Take some of the specific product name recommendations with a grain of salt, as it appears that (presumably to fund another sixty to eighty years of life?) the good doctor has an insatiable attraction to more money. In addition to the Bezosian presence of his online supplement store and YouTube videos, he gets kick-backs and affiliate marketing commissions from products that he spotlights or recommends.

- 30 grams (2 scoops) Mt. Capra or Naked Goat goat whey protein (or Garden of Life Sport Organic Plant-Based Protein with additional BCAA's added for vegetarian/vegan option)
- 1 packet Mitopure (Timeline Nutrition)
- 5 grams (1 scoop) creatine powder (Thorne)
- 9 grams (1 scoop) Gut Food (This is a product he developed and sells that is basically a

probiotic, prebiotic, polyphenol blend. There are likely other, superior (specifically fresh, live) options.)

- 1 Tbsp MCT oil or [Brain Octane](#) C8 MCT oil
- 1 tsp Stamets 7 Mushroom Powder (includes lion's mane, chaga, reishi, cordyceps, maitake, mesima, and blazei)
- 8-12 ounces unsweetened macadamia or other nut or seed milk (he likes the [Elmhurst](#) brand)
- 1 handful frozen berries

Optional add-ons:

1 tsp matcha green tea powder ([Navitas](#))

1 tsp organic pomegranate and cranberry concentrate ([Lakewood](#))

1 scoop or packet AG1 greens ([Athletic Greens](#)), although this seems a bit like overkill and could replace or fill in for the Gut Food and mushroom blend (and I also just found out he is getting kickbacks from the company for including it in his book)

Mike Barr, a longtime Poz Contributing Editor and founding member of and scribe for the Treatment Action Group (TAG), is a functional medicine practitioner and herbalist in NYC. Reach out to him [here](#). Feel free too to [sign up](#) for his carefully curated (and generously discounted) online supplement store.