

Adira ao Barclaycard e receba, após a 1ª compra, um Tablet Samsung



SAMSUNG
Oferta
Tablet Samsung
Galaxy 3 7" (Wi-Fi)

ADIRA JÁ →

AdChoices

Scientists solve 70-year-old anti-aging mystery

Relaxnews (AFP) | 1 day ago



© Provided by AFPRelaxNews In a discovery that could give way to prolonging youth, scientists have unraveled the mechanisms of a low-calorie diet that lead to longevity.

By using this site you agree to the use of cookies for analytics, personalised content and ads. [LEARN MORE](#) ×

in animals because it encourages a sort of house-keeping in the cells, Adhering to the diet, says lead author Claudia Cavadas, induces the recycling of old molecules in the cells that could clog and cause malfunctioning if they stick around.

The study targeted a part of the brain called the hypothalamus, which was recently identified to be what controls aging, say the researchers, whose study was recently published in the journal Proceedings of the National Academy of Sciences of the US.

Finding out why a low-calorie diet leads to longevity and anti-aging could be an important step in fighting age-related neurodegenerative diseases such as Alzheimer's and Parkinson's.

More on MSN:

Bad bosses increase their employees' chance of heart attack – here's how to beat them

5 Things Your Blood Type Says About Your Health

5 Surprising Causes Of Alzheimer's Disease

Go to MSN Home

Go to MSN Health & Fitness

MORE IN HEALTH & FITNESS



Alzheimer's: test breakthrough raises hopes

The Week



Aspirin can't help a million heart patients

The Telegraph



High-factor sunscreen doesn't cut melanoma risk

NHS Choices



'Nature v nurture' IQ debate continues

Home-HealthAndFitness

LEAVE YOUR COMMENT



Add a comment...

Also post on Facebook

Posting as **Center for Neuroscience a...**

Comment

Facebook social plugin