Scientists solve 70-year-old anti-aging mystery

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
Scientists solve 70-year-old anti-aging mystery