

# Scientists solve anti-aging mystery



In a discovery that could give way to prolonging youth, scientists have unraveled the mechanisms of a low-calorie diet that lead to longevity. (Alexander Rath/shutterstock.Com)

Relaxnews

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A low-calorie, balanced diet delays aging and increases longevity in animals because it encourages a sort of house-keeping in the cells, according to a Portuguese research team.

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 U.S.

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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.

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**guy** 2 days ago  
 You mean Sex, Drugs, and Rock and Roll don't work. Go figure.  
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**Darel** 2 days ago  
 So almost starve yourselves daily so that you can live well for a long time? Oh that's so much fun! NOT!  
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**BoomPowSurprise** 2 days ago  
 Lots of ignorance in your statement, pal. Low calorie doesn't necessarily mean "starving" yourself, however, this is generally the case since most people approaching a low calorie diet will eat foods that don't necessarily fulfil a balance diet (look up protein, and I don't mean shakes). In addition, getting enough exercise in your day will leave you in a calorie deficit since

you'll be burning more than you're consuming. So no, you don't need to exactly starve yourself.

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**Heather**

2 days ago

I'd like to see what is meant by low-calorie diet - which could make a difference between whether getting to 100 would be fun - or not.

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**quiet1**

2 days ago

My grandparents probably fit into the low cal diet (I was always starving when I went to visit and I was a skinny kid). They both lived to 93 and 97, and their diet mostly consisted of simple broth soups, small ham sandwiches and a few squares of dark chocolate with tea. Special occasions were very different of course.

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**Mrs. Edna Lickamaid**

1 day ago

Glad I wasn't ever invited to their house for supper because I'd have to wolf down a bag of chips before I arrived!

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