

Latest News: n manufacturing: ZumaConsumers don't know what to make of self-driving carsFord offering a smarter way to avoid a speeding ticket'Mor

Get the rates everyone is talking about [Click Here](#)

Subscribe to newsletters
Your Email Address

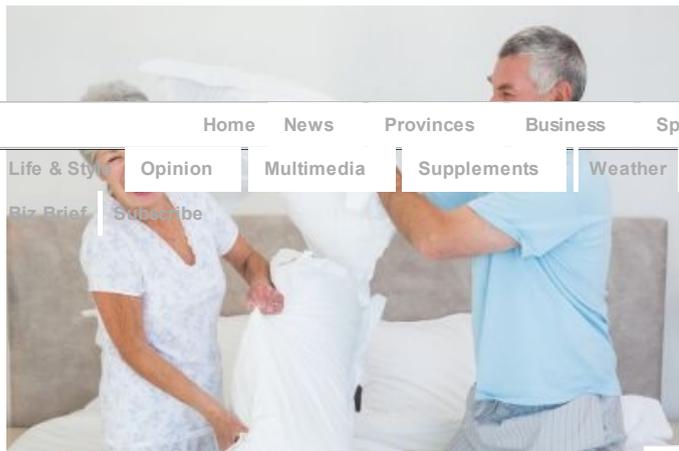
[RSS](#) [Twitter](#) [Facebook](#)

You are here > Home > News > [Life & Style](#)

Life & Style

Mar 23 2015 12:53PM

Scientists solve 70-year-old 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. Picture: Getty Images

Print | Mail | Share | Rate this Article

A | A

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 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. -Relaxnews

A | A

Print | Mail | Share | Rate this Article

Comment Now

Also post on Facebook

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

Facebook social plugin

3-12 APRIL 2015

Stand 7 E10 Hall 7

THE NEW AGE One Copy One Paper

We know YOU HAVE BIG dreams WE'LL GET YOU STARTED

WIN BURSARIES WORTH R635 000

See inside THE NEW AGE every weekday!

Most Read | Most Commented | Most Mailed

- Jury still out on Ashes to Ashes
- More than 200,000 Zimbabweans applied for Z...
- Minister Collins Chabane dies in a car crash
- Dagga toddler found
- Man stabbed to death at Viakplaas shebeen
- North West cop, mother arrested for father'...

LIVE ON SABC 2

THE NEW AGE BUSINESS BRIEFING

presents Nelisiwe Mildred Oliphant Minister of Labour

With: Mr. Thobiso Lamati - The Director General, Department of Labour
Ms. Nerine Kahn - National Director, Commission for Conciliation and Arbitration (CCMA)

on Thursday, 26th March 2015 06H30 - 09H30 at Hyatt Hotel, Rosebank

Other News

- Health ministry launches nationwide TB campaign
- Foods that help you sleep better
- Why women think about sex more often
- Lindt presents new sweet and salty snack pairings