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Worst Exercise For Aging

Discover how to activate the one hormone that slows aging



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Scientists find lead to uncovering 70-year-old anti-aging mystery

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The discovery on the low-calorie diet could be important in fighting age-related neurodegenerative diseases such as Alzheimer’s and Parkinson’s. ©Alexander Rathsh/shutterstock.com

WASHINGTON, DC, March 23 — 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. — AFP-Relaxnews

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