Worst Exercise For Aging

Discover how to activate the one hormone that slows aging

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

ICYMI

Spoilt for choice, getting more grunt for Ford’s iconic Mustang

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Jennifer Lawrence: I am not having sex with Bradley Cooper

Search teams probe Germanwings wreckage, one black box found
WASHINGTON, DC, March 23 — A low-calorie, balanced diet delays aging and increases longevity in animals because it encourages a sort of housekeeping 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

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