

[IMAGE]

## A Groundbreaking Way to Live Longer

By Editorial Staff

Tales of the existence of the Fountain of Youth – a spring with the power to restore / preserve youth in anyone who drinks or bathes in it – have circulated for centuries, yet apparently no one has found it, if we consider both the average human lifespan and the physical / mental changes that accompany age. Of course, that doesn't mean we lack ways to extend our healthy years and live longer - if we're willing to embrace them. Enter the role of the calorie, or in this case, fewer calories, which research suggests may increase longevity.

A new study published in *Cell Metabolism* links consumption of a mere 15 percent fewer calories over a two-year period with reductions in common biomarkers of aging, including resting metabolism and oxidative damage. Slower metabolism may indicate the body is more efficient at using food / oxygen for energy, while oxidative damage / stress has been associated with the aging process – the less damage, the better.

reduce weight - Copyright © Stock Photo / Register Mark Now let's think about a 2,000 calorie-a-day diet for an adult (the recommended calorie total can vary substantially depending on variables such as your daily activity). Cutting 15 percent of calories would take you down to 1,700 calories daily – essentially the equivalent of skipping one small meal / snack a day. If your daily diet exceeds 2,000 calories (and for many people, particularly Americans, that's the unfortunate case, and not because they're physically active), you'd need to cut more calories to achieve a 15 percent reduction, but you probably should be doing that anyway for health reasons (for example, a McDonald's Big Mac has 540 calories by itself; add in a regular fries and you're closing in on 900 calories).

Now isn't a longer, healthier life worth that sacrifice? Talk to your doctor to learn more.

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