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UK NEWS

KEY TO AGEING UNLOCKS THE DOOR TO A LONGER LIFE



Saturday January 10, 2009

By Jo Willey

Have your say(5)

SCIENTISTS have discovered how the body ages, paving the way for new treatments to stop the process.

They think that by influencing the chemical processes that regulate the lifespan of cells they can reduce the visible signs of ageing, such as facial wrinkles.

Discovery: Treatments could stop the aging process

Recommend Be the first of your friends to recommend! It means the possibility of a longer life and smoother skin has come a step closer.

The scientists at Stanford University in California have discovered two connected triggers that determine a cell's lifespan. They believe they can use this knowledge to reduce organ and tissue degeneration and increase longevity.

The development is further evidence that it could one day be possible to halt these natural processes and adds to the belief that degeneration is a deliberate process by the body rather than simply a gradual failing of cells.

These foods have been chosen because they are high in polyphenols

The researchers found two proteins that seem to affect ageing. One, known as SIRT6, protects against cell ageing and another, NF Kappa B, promotes it. But in an important development the study, published in the journal Cell, has discovered for the first time that the two proteins influence each other.

Changing how they are available in the body could add years to the average lifespan and even reduce wrinkles.

Britain's population is getting older, with recent figures showing that one in four will be over retirement age in less than 25 years as successful medicines and healthy lifestyles ensure longer lives for millions.

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More than three million people alive today are expected to live to 85 or over, well over double the 1.3million over-85s at present. Dr Howard Chang, associate professor of dermatology at Stanford, said: "There is a genetic process that has to be on, and enforced, in order for ageing to happen.

"It's possible that those rare individuals who live beyond 100 years have a less-efficient version of this master pathway, just as children with progeria - a genetic ageing disease - may have components of this pathway that are more active."

The study looked at two sets of mice, one bred to be deficient in SIRT6, and a second set of elderly mice which had the activity of the NF Kappa B halted. The first set aged rapidly and died after just four weeks due to an increase of the NF Kappa B in the system. Suppressing it reversed the ageing process.

The second set of mice were found to look and act younger when NF Kappa B was blocked.

It emerged last year that eating a diet based on 20 super-foods could slow down the ageing process.

The list of wonder-foods includes tea, coffee and dark chocolate, all rich in

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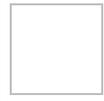
polyphenols – naturally occurring antioxidants that can guard against disease and boost people's chances of reaching their full lifespan by protecting cells from damage that takes place over time.

Professor Gary Williamson, of Leeds University, said: "These foods have been chosen because they are high in polyphenols, which reduce the risk of heart disease and help to slow down the ageing processes."

The 20 super-foods, all available on the high street, are apples, blackberries, black tea, blueberries, broccoli, cereal bran, cherries, cherry tomatoes, coffee, cranberries, dark chocolate, green tea, oranges, peaches, plums, raspberries, red grapes, red onions, spinach and strawberries.



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THERE , BUT FOR THE GRACE OF GOD, WENT METHUSELA.

10.01.09, 8:49pm

It's not just body cells that need to be have their degenerative rate slowed down, there comes a time when the loss of brain cells brings about a greater deterioration in looks, personality and the drive we have than just skin, bones and muscles. Unfortunately, the potential of Human beings lies more in the head than the body - unless you want to be an athlete with plenty of cups and medals round you while you dribble your way through old age. Maybe the use of stem cells can re-equip our brains with fresh cells, and we can not only be great looking pensioners but still the effervescent genius characters we should have could when we didn't might not have was.

• Posted by: [bluenote](#) • [Report Comment](#)



GREAT NEWS NOW WHERE DID I PUT THE KEY

10.01.09, 6:10pm

This is going to put Nulabour in a spin imagine all those council workers retiring at 55 and picking up their pensions till they are 200. While the rest of us are working part time at B&Q. To pay the council tax

• Posted by: [retiredmale](#) • [Report Comment](#)



THE DOOR TO A LONGER LIFE

10.01.09, 3:39pm

The prospect of living to the ripe old age of 200 would be O.K, if we retained all of our faculties, mobility and health!

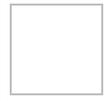
obviously we would have to reduce the birth rate to zero, or just enough to maintain a balance of persons inhabiting the globe!

Would be a problem for the politicians though, they normally rehash their policies every 20-30 years, but with increased longevity, we would all have heard them before!

For it would appear there hasn't been an original policy from our political masters since the House Of Commons was formed!

GERONIMO

• Posted by: [cassandra](#) • [Report Comment](#)



OH, GREAT....

10.01.09, 10:41am

...it's official...I can eat dark chocolate, it's good for my health...

• Posted by: [Disgruntled](#) • [Report Comment](#)



EVERYTHING THAT WE OVER INDULGE IN AGES US

10.01.09, 9:58am

Alcohol, fatty foods, lazing around, etc
So new treatments sound like a great way forward.
But remember it is not necessarily a longer life that we require but a healthier one.

Diseases such as heart disease, diabetes, and some cancers are linked to aging and over indulgence

The foods on the list are definitely ones to eat on a daily basis. But we all need foods form the basic groups..protein, carbs,fats too.
Just watch the portions and get walking !

• Posted by: [marigold](#) • [Report Comment](#)

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