

A Simple Trick to Staying Young



In almost all cultures around the world, people worry about staying young and healthy. They take vitamins, buy beauty products and some people even get surgery to look younger. Although some of these methods may be helpful, many of them are useless and sometimes dangerous. Yet, according to most scientists, there is an easier way to live a younger and longer life. If you want to stay young, you must eat fewer calories. Eating less could add years to your life.

Research on animals has proven that limiting calories can reduce the chances of getting diseases such as cancer, diabetes and heart attack. For example, reducing calories slows and even reverses cell damage in rats. Besides, Dr. Edward Weiss of the University of St. Louis has shown that the same is true for human beings. His research on humans shows that cutting calories by 20 percent slows the release of a hormone that causes tissue damage. It can slow down aging and might add up to five years to a person's life.

However, people don't have to live their lives on a strict diet. Weiss argues that it's equally important to get proper nutrition. For example, eating fruit instead of sweets or choosing a turkey salad over a hamburger at lunch can also have positive effects. Furthermore, a person only has to reduce his or her calories by 300 per day to get the benefits. If that seems too difficult, scientists are creating drugs that can have the same benefits. Simply by taking a pill, people could stay young and may not have to give up any of their favorite foods. For now, such drugs are still years away, but hopefully they should be developed within our lifetime.