

Broccoli and avocado slow down aging

Harder

1st November, 2016



Help may be at hand for those of us who want to keep the wrinkles and grey hair at bay and slow down the process of aging. New research suggests that eating green vegetables can ward off the signs of aging. Researchers say that broccoli, cabbage and avocado in particular contain a compound that helps slow down the rate at which we age. The key compound, present in green fruit and vegetables, is called NMN. It helps slow down the physical signs of getting old. Scientists say NMN can also rejuvenate the metabolism. It helps replenish levels of energy production in our body that deteriorate as we age. It also helps reduce weight gain and the deterioration of vision. The research was conducted by scientists at the Washington University School of Medicine in the USA. Researcher professor Shinichiro Imai said: "We have shown a way to slow the physiological decline that we see in aging mice. This means older mice have metabolism and energy levels resembling that of younger mice."



Professor Imai said tests on mice showed that NMN reduced typical signs of aging, including a decline in the strength of skeletal muscle, poor liver function, lower bone density and weakening eyesight. The reason our metabolism changes over time and leads to reduced energy levels has baffled scientists for decades. This latest research casts new light on this mystery.

Sources: FoxNews.com / TechTimes.com / DailyMail.co.uk

Discussion Questions



1. Is it wrong to try and slow down the natural process of aging?
2. What things do you dislike about aging?
3. What do you know about metabolism?
4. What is the best age to be?
5. Why do we think it is so important to stay young?

AGING SIGNS

Rank these with your teacher.

Put the worst at the top.



- losing teeth
- thinning hair / baldness
- hearing loss
- muscle weakness
- wrinkles
- grey hair
- memory loss
- poor eyesight