

## Diet your way to a longer life?

Lately, people are searching for the fountain of youth, but not with facelifts or Botox. They are turning to their diet to help them live longer.

Research on monkeys, rodents, fish and even insects has shown that if calories are cut below what the animal would normally choose to eat, they actually live longer.

A recent study at Tufts University shows that people who restrict their calories do not just live longer, they are healthier. In an animal study conducted, the animals actually aged biologically slower. Their hair has gone gray less quickly. Their hormones have stayed at their youthful profile and their immune function has stayed good.

So what is the theory behind this research?

With fewer calories, cells throughout the body appear to die more slowly and repair themselves more easily. Research on fruit flies and rats has shown that a 30% reduction in calories can lead to 30% longer life, according to the National Institute of Health.

There are 2 simple “drug-free” ways to help you to maintain a moderate diet and keeping your weight down:

1. Eat slowly. Or take a break in the middle of your meal, go outside and have a fruit juice.

Theory: By the time you return to your meal, you will find that you are no longer hungry. It takes some time for the body to digest the food and send the signals to the brain that you are already satiated. Giving your body enough time to make this neural connection will prevent you from overeating.

2. Wear a shapewear.

Theory: Shapewear are specialized medical grade garments that compresses at a particular pressure that is optimal to blood and lymph flow.

Shapewear meant for cellulite purposes may resemble a pair of undergarments or a pair of tights, and will help to reduce cellulite by improving lymphatic drainage and eliminating water retention. Shapewear that compresses around the abdomen can also act as an “appetite suppressant” as you are less likely to feel hungry.

So is there really a fountain of youth in eating less? Well, there certainly appears to be a small fountain. Given the genes we have got, we can certainly do our best to have a healthier lifestyle by choosing to eat wisely. As the old saying goes, “you are what you eat”. So it is really up to us to choose to eat well and live well.

## About the Author

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