

LONGEVITY

This generation of children could be the first one with a life span less than their parents. The clues to this lie in the length of an area on our chromosomes called telomeres — telomeres can be measured as a reflection of our life span. The more cells that are required to divide and regenerate themselves to fight inflammation, the shorter these telomeres become.

Studies have shown that dietary changes can actually increase the size of telomeres as a potential improvement in our longevity. Therefore, longevity depends more on what you eat than on how much you eat.

Health is basically controlling repair gone wild: in short, inflammation. The modifiers of inflammation are many.

Internal factors:

- Hormones; leptin and insulin predominate
- Microbiome
- Stress

External factors:

- Toxins
- Foods
- Medications
- Exercise