

Life Extension - Fact or Fiction?

Can you choose to extend your life by 10, 15 or 20 years? At this point, the answer has to be a strong "maybe." This is because the whole subject of life extension isn't fully understood and there is certainly no "magic bullet" that can prevent aging. "For one thing, part of your life span has to do with genetics. Did your grandparents live well into their eighties? How about aunts and uncles or your own parents? If you can answer "yes" to these questions, then your chances of living just as long are certainly above average. Medicine has also helped with life extension. People now live longer because of advanced screening techniques coupled with drugs that weren't even dreamed of 10 years ago. Can you really forestall aging? Beyond this, there are things you can do to forestall aging. For example, have you heard of free radicals and antioxidants? Free radicals are produced as your body processes food for energy and free radicals are thought to contribute to aging and certain diseases. The good news is that your body can neutralize free radicals with antioxidants. And you can help your body produce more of these via the foods you eat and the vitamins you take. Which vitamins are good antioxidants? Common antioxidants include Vitamin A, Vitamin B-6, Vitamin B-12, Vitamin C, Vitamin E, Beta carotene, Folic acid and Selenium. The best way to give your body these substances is by eating a variety of fresh foods and vegetables. If you, like me, don't eat as much fruits and vegetables as recommended, you might want to take some supplements. Extract of Green Tea is a good antioxidant, as are Grape Seed Extract, Bilberry Extract, Curcumin, Milk Thistle, Ginger Root extract, Hawthorne Berry extract and Gingko Biloba. These supplements can usually be found as separate products or together in a special antioxidant health product. There are other steps you can take in life extension. Hormone supplements is one. Another is to take DHEA, which proponents say can slow aging, increase muscle and improve cognition. In short, there are things you can do in life extension which may not guarantee a long life, but can certainly help you enjoy a better life.

About the Author

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