Title:
Can We Stop the Aging Process?

Word Count:
918

Summary:
Most of us enjoy growing older, right until the point that being old starts to be a problem.

Keywords:
aging, old age, successful aging, aging gracefully, scientists and aging, anti-aging, staying

Article Body:
If you´re still alive, you´re growing older every day.

You may not notice it, but you are.

When we make that great shift out of our teenage years into our twenties, most of the changes

Whe we are in our twenties, growing older means a lot more freedom and a lot of adventure. Ph

In our thirties, we are starting to enjoy many of the benefits of growing older as we accumula

But there comes a time, perhaps in our fifth decade, or in our sixth, when growing older start

We may not be as physically fit as we used to be. We start to get sags and bags. We get ache

Our beautiful perfection of youth is gone.

Why do we age?

Over the centuries, people have often wondered how it is that our bodies grow and develop from

Once we grow into our adult perfection, why can´t we just stay there? Why do we have to age?

And can we stop it?

Doctors and scientists used to take aging for granted. Scientists used to think that because

Now, as increasing numbers of baby boomers are turning fifty, anxious to hang on to some sembl

Scientists are trying to find out how and why we age, and they are investigating possible ways

If new ways are found to extend physical and mental health for the aging population, the benef

Although all of us want to live a long time, none of us wants to spend our final years in phys

Scientists have been able to identify some of the factors that influence the process of aging,

Here are some of the current theories about why we age:

Hayflick Limit Theory ˘ Two scentists in the 1960s noticed that many human cells would divide

Free Radical Theory - Free radicals are molecules or atoms that have an unpaired electron. I

Free radical formation may not account for all the symptoms of aging, but it probably does pla

The Telomere Theory ˘ Telomeres are special types of chemicals that seem to have some ability

Glycation ˇ When proteins in your body react with excess blood sugar, the proteins become dam

If it turns out to be true that glycation plays a major part in causing the negative effects c

Here are some other factors that play a part in aging:

-We experience a steep decline in hormone production in our later years
-Our body becomes less efficient at detoxifying
-The DNA in our cells becomes damaged
-A life time of exposure to stress and environmental toxins in our air, food and water overwhe

These are some of the explanations for why we age, but it´s not a complete picture. At the pr

If scientists can learn how to slow down the process of aging, we will be able to spend many m

And that´s something to look forward to!