

## Best Supplements for Longevity: Pill may Help the Ageing Process and Slash Cancer Risk

*By Jessica Knibbs, Express.uk*



A healthy diet, regular exercise, not smoking and drinking alcohol in moderation are all key to living a long and healthy life. But studies have also suggested the addition of curcumin supplements could help to boost your longevity. How?

Curcumin, the main active compound in turmeric, has been shown to possess powerful anti-ageing properties, which are attributed to its potent antioxidant potential.

Cellular senescence occurs when cells stop dividing.

As a person ages, senescent cells accumulate, which is believed to accelerate ageing and disease progression.

Curcumin supplements have been shown to combat cellular damage and significantly increase the lifespan of fruit flies, roundworms, and mice.

A study published in the US National Library of Medicine National Institutes of Health, the role of curcumin in the modulation of ageing was analyzed.

“Compounds which could delay symptoms of ageing, especially natural products present in a daily diet, are intensively studied,” noted the study.

It continued: “One of them is curcumin, it causes the elongation of the lifespan of model organisms, alleviates ageing symptoms and postpones the progression of age-related diseases in which cellular senescence is directly involved.”

In another study published in the US National Library of Medicine National Institutes of Health, sirtuins found in curcumin and how it can help with ageing and to boost longevity was investigated.

The study noted: "Sirtuin is an essential factor that delays cellular senescence and extends the organismal lifespan through the regulation of diverse cellular processes.

"Suppression of cellular senescence by Sirtuin is mainly mediated through delaying the age-related telomere attrition, sustaining genome integrity and promotion of DNA damage repair.

"Since Sirtuin is also believed to mediate the longevity effect of calorie restriction, activators of Sirtuin have attracted the attention of researchers to develop therapeutics for age-related diseases."



It is well known that inflammation plays a key role in ageing.

Several studies have highlighted the positive impact of curcumin supplementation in metabolic diseases such as diabetes, neurodegenerative diseases such as Alzheimer's or Parkinson's, or cancers, the main common phenomenon of which is inflammation.

Also, in mice, several studies have shown the effectiveness of curcumin on three common types of cancer: colon, lung and prostate.

In all studies, tumor size was significantly reduced, and post-treatment survival was increased up to three times.

The most common explanation for this effect is that curcumin is able to regulate the expression of certain pro-cancer proteins by binding onto the genes encoding them.

If curcumin can really help prevent heart disease, cancer and Alzheimer's, it would have obvious benefits for longevity, said Healthline.

The site added: "For this reason, curcumin has become very popular as an anti-aging supplement.

"But given that oxidation and inflammation are believed to play a role in aging, curcumin may have effects that go way beyond just preventing disease."

It's important to consult your GP before embarking on any new supplements.