

Reversing age by the power of healthier substitutes to gene technology

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Isn't it that not only majority of medical health and wellness experts but even the non-professionals who simply share public opinion on health issues would advice that ' prevention is better than cure'? It is simply inevitable to admit the fact that several risk factors contribute to losses or decline in one's health. Similarly, everyone knows that by the course of nature, ageing is a spontaneous process for all human beings regardless of race, color, and unique potentials. But who wants to age rapidly in the modern world whose general encounter with advancements in the field of applied science has equally sought innovative solution to reverse ageing and still pose threat through emissions of radiation and pollution? While it is of ample interest to find out that research studies have been able to determine the chief cause of ageing and the technology-based remedies thereof, the essence of natural alternatives must be realized. To a greater extent, the methods utilized for the purpose of countering the rapidity of age as it proceeds can greatly impact overall health. In this regard, one might not help considering specific cases of prominent Hollywood figures, for instance, who manage to have preserved their seemingly ageless physical beauties by being capable of locating proper balance upon combined lifestyles. Adhering both to naturally derived solutions and those constituted in technologically-enhanced synthetic approach are typically a matter of knowing the proportions between the two. Come to think of the celebrities at their prime such as Sophia Loren and Kim Cattrall and the kind of healthy sound living they have maintained to defy age and reflect youthful radiance despite old age. Through them, there is evidently a significant deal of believing in the

wonders of scientific progress yet with further value and respect for the discipline with the natural means of keeping the quality of safe health toward wellness and beauty. The proposition that age reversal may be effected via innovations made with gene technology is based on the discovery that an internal enzyme of the body known as ' arNox' is primarily in control of the ageing process. This enzyme is scientifically claimed to have facilitated generation of lines and wrinkles as normal signs of skin ageing. Such findings have led genetic scientists to concretize a technology which under high feasibility would halt enzyme activities and enable genes to reboot biochemical conditions for ageing to acquire the property of becoming reversible. Since in this aspect of study, genetic research demonstrates ageing as a function of internal bodily components, anti-aging industries have aligned their objectives with gene technology thereby adopting a system that would monitor gene details and make necessary corrections to human genetic environment. This concept, however, with some degree of disadvantage bears a limiting focus on technological application and does not quite exhibit inclination to account for nutrition and safety from possible side-effects in the near future. Consequently, people should understand that some of the medical procedures and products used for age reversal may not suit their psychological and pre-existing state of health. Medical resources for age reversal technology may unpredictably undergo the risk of scarcity and affect the economy with burdening costs. Therefore, it is just about time for people to necessitate exploring other medical options that are widely available, safer, economical, and more natural. Prior to this though, they must be thoroughly informed and reoriented with the fundamental medical

facts concerning aesthetic treatments and health and security altogether. First, it is highly crucial to gain complete knowledge of the activities which speed up ageing such as smoking, drinking excessive alcohols, lack of sleep and exercise, excessive weight, constant stress, insufficient intake of vitamins, minerals, water, as well as the lack of moisture replenishment in the body. Most important of all, failure to absorb antioxidants in adequate levels reduces to body's defense against free radicals which are a major ground why people age fast. As by-products of metabolic energy consumption, free radicals become all the more triggered by the accumulation of carcinogens due to stress and pollution especially with the inability of the body to replace the dissipated energy. The free radicals are capable of being contagious to normal body cells which themselves transform to free radicals causing the body to experience oxidative stress or the frequent encounter with oxidation reactions that cause premature ageing, cancer, and other degenerative diseases. Hence, one must pay close attention to preventing oxidative stress build-up which if not regulated any further results to energy and memory loss, weakening of the heart and other vital organs, and expedited ageing. Clearly, these outcomes indicate that free radicals attack the powerhouse of the cell in order that its control over important functions is gradually paralyzed. Aside from the rather expensive gene technology, medical research has come up with an improved version of 'antioxidants' in combating free radicals. With this conscientious effort, individuals should cooperate by taking plenty of antioxidants aimed at terminating the chain production of free radicals which are mainly responsible in allowing oxidation processes to occur increasingly. This can

certainly be ceased, or diminished at least, if one makes it a point to acquire supplementation of 'super antioxidants' such as the CoEnzyme10, Glutathione, Ubiquinol, and Pyrroloquinoline Quinone (PQQ) for the body to be filled with high concentrations of antioxidants. Nearly every health conscious person would not afford to age abruptly since the impact of rapid ageing does not merely target the aesthetic but also the long-term concerns of health and longevity of life in general. By developing the natural habit of eating fruits and vegetables rich in ascorbic acid such as oranges, broccoli, and a wide variety of berries, large quantities of antioxidants earned from these sources would in no time reverse the process of ageing given the additional intake of the aforementioned supplements. Not only is it required to go with proper workout, sound rest, right choice of food and balanced diet, but with the discipline to stay away from harmful carcinogenic vices. Ultimately, each person's medical endeavor to mellow or reverse ageing implies a commitment to a fulfilled life of health with an enormous capacity to inspire others with the beauty and strength of youth well within appropriate maintenance. References Valore, Gabe (2011). "Age Reversal with Gene Technology - A Breakthrough in Skin Care." Retrieved from <http://www.healthbuzz.net/beauty/age-reversal-with-gene-technology-a-breakthrough-in-skin-care/> on August 18, 2011. Claiborne, Trina (2011). "Reverse Aging: Super Antioxidants." Retrieved from <http://ezinearticles.com/?Reverse-Aging:-Super-Antioxidants&id=5993466> on August 19, 2011.