

7 ways for long life

Contributed by Administrator
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Researchers argue that each of us can live a hundred years. So we are programmed by nature. Just follow a few rules. Researchers from the University of Michigan showed that if we eat less, our lives will extend about one-third.

Those who daily eat no more than 1400-2000 calories have younger hearts of 15 years from his birth certificate. It is good to compose a diet. Should it be primarily a lot of fiber. Passing through the digestive tract, it regulates the work of the bowel. As a result, helps to lower bad cholesterol and blood sugar. Also helps keep the silhouette slim. Need body portion of this component is in the plate porridge with added dried fruit, such as some apricots. Wine contains a large amount of flavonoid, resveratrol. It acts anti-inflammatory, lowers cholesterol and prevents cancer. Thanks to the blood is not thicker in the vessels, so there is no risk of a clot. Resveratrol can also swallow tablets. In one of them is as much a bottle of wine. Laugh every day - Our lives extend efficient immune system. It combats inflammation in the body and prevents tumor formation. American scientists have discovered that spurs him to work such as laughter. Joy in our body increases production of immune cells. They protect against infections and cancer. Laughter also causes production of endorphins in the brain. So let's watch a daily comedy or read a few jokes on the Internet. Long nights - The key to longevity is a good night's sleep and regular exercise. Scientists have shown that only a minimum of eight hours of uninterrupted night rest regenerates the body. Those who sleep too short, often have diabetes, higher cholesterol and blood pressure. To prolong life, is worth more to move, for example, ride a bike. Hour drive three times a week makes, after three months, the pressure is reduced by 13 strokes. Organizing biorhythm - Body likes to order. For thousands of years the so-called educated. circadian rhythm. Day time operation is in full swing, and night - time to rest. Scientists manage to follow this rhythm and do not work late. When it is disrupted, changes begin to occur in the metabolism, which after many years can lead to disease. Chinese meal - Residents of the East follow the rules, to eat slowly. Chew each mouthful at least 30 times. In the mouth, through the enzymes contained in saliva, pre-digestion takes place. This relieves the stomach and improves the absorption of nutrients. Eating too fast makes it emits as much digestive acid, which irritates the stomach. Passion and effort - To live long, you have to do what is fun. For some, it may be working in the garden, cooking for others or playing cards. Researchers explain that when we do something to us happy, our brain secretes a large number of relaxing endorphins. They lower blood pressure and slow your heart. In addition, physical activities, such as weeding flower beds and long walks, strengthen our bones, preventing such osteoporosis.