

Anti-Aging

Telomeres

The latest scientific research and anti-aging therapies are focusing on telomeres, regions of repetitive DNA at the ends of our chromosomes, as our best chance yet to reach the “fountain of youth”. Telomeres protect the ends of our chromosomes but every time a cell replicates, the telomeres shrink. As soon as they get too short, our cells become unable to divide leading to many old cells in our body and hence aging and eventual death.

Technology now exists to help our cells maintain good telomere length and thus resist the normal aging process. A product TA-65 developed by T.A. Sciences in New York, is made from concentrated extracts of the Chinese herb astragalus and is able to turn on the naturally occurring enzyme telomerase that acts within the human body to maintain/lengthen our telomeres. Note that this enzyme is usually is the “off” mode in adult human cells and therefore telomeres are constantly shortening our whole entire adult life until of course we die.

Being a Chinese herb, TA-65 is marketed as a dietary supplement but is only available through trained licensed physicians. It has undergone extensive laboratory in-vitro and in-vivo testing since 2002 and appears to be safe for everyone.

Potential benefits of TA-65 include strengthening of:

- Immune system & energy levels
- Bone density
- Cognitive function
- Glucose, blood pressure, cholesterol control
- Skin
- Muscles & lean body mass