

Broccoli and Avocado Slow Down Aging

VOCABULARY WORDS

1. physiological /ˌfɪzɪəˈlɒjək(ə)/ relating to bodily part functions.
Example: A good way to slow down your body's physiological response to anger is by taking a deep breath.
2. decline /dəˈklaɪn/ a gradual and continuous loss of strength, numbers, quality, or value.
Example: Researchers have noted a serious decline in bird numbers over the past year.
3. resemble /rəˈzembəl/ have qualities or features, especially those of appearance, in common with (someone or something); look or seem like.
Example: It's fascinating to see that some people resemble their dogs.
4. density /ˈdensədeɪ/ describes how compact or concentrated something is
Example: Water has a greater density than oil.
5. casts new light (phrase) to provide information that helps people understand something more clearly
Example: The data cast new light on the problems that millennials face.



Help may be here if you want to keep the wrinkles and gray hair away and slow down the aging process. New research says that eating green vegetables can delay the signs of aging. Researchers say that broccoli and avocado in particular have a compound that slows down the rate we age at. It is also in green fruit and is called NMN. It helps slow down the signs of getting old.

Scientists say NMN can also refresh the metabolism. It helps restore levels of energy production in our body that weaken as we age. It also helps reduce weight gain and the worsening of our vision.

The research is from the USA's Washington University School of Medicine. Professor Shinichiro Imai said: "We have shown a way to slow the **physiological decline** that we see in aging mice. This means older mice have metabolism and energy levels **resembling** that of younger mice."

Professor Imai said NMN reduced the usual signs of aging. These include weaker muscles, poor liver function, lower bone **density** and poorer eyesight. The reason our metabolism changes over time and leads to reduced energy levels has been a puzzle for decades. This latest research **casts new light** on this.

DISCUSSION

1. What are the benefits of aging?
2. What things do you dislike about aging?
3. What do you know about metabolism?
4. Why do we think it is so important to stay young?
5. What do you do to stay young and healthy?