HEALTHY TIPS

Eating Chocolate and Drinking Red Wine Could Help Prevent Aging According To New Study

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According to research published in the BMC Cell Biology journal, old cells in the body can be rejuvenated with the help of chemicals similar to resveratrol- a substance that is present in dark chocolate and red wine.

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The study is a follow-up of a previous research done at the University of Exeter which concluded that the splicing factors, a type of protein, reduce in activity as we age, according to Unilad..

What Did the Researchers Do?

For the purposes of the study, the researchers added resveralogues, i.e. chemicals that are similar to resveratrol, to aging cells from humans. They discovered that they reactivated the splicing factors. As a result, the cells were not only rejuvenated, but they also began to divide as younger cells would.

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Resveratrol is a compound naturally present in grapes, red wine, peanuts, dark chocolate, and some berries.

mRNA Splicing Factors- What Are They?

The information in our genes is carried in our DNA and when a gene is necessary, it is switched on and the primary message made is known as RNA. This contains the necessary instructions for whatever the gene makes. The inclusion or removal of the building blocks from which the initial message is made is done by a process known as mRNA splicing- different blocks are combined together when needed.

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The Impact of the Study's Findings

When old cells are treated with molecules that have the capacity to restore the splicing factors, they will regain specific youth features. The telomeres become longer as they are in young cells now. The researchers add that the impact lasted for several weeks, which is very promising evidence. This discovery may be essential in prolonging the lifespan in elderly and ensuring optimal health as we age.

Sources:

Independent

Unilad

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