



A Diet Of Fruits & Veggies May Slow Down Aging (Video)

A natural product found in many fruits and veggies might help people live longer. Buzz60's Sean Dowling has more.

One key factor in the aging process is known as “[cellular senescence](#),” or the aging of the cell.

When a cell enters this stage, it is no longer able to divide.

When that eventually happens, the cell releases inflammatory signals that prompt the immune system to “clear out” that damaged cell.

Younger bodies can easily remove senescent cells, but as we grow older, our systems become less well equipped to do so.

This causes an accumulation of damaged cells, which gives rise to low-level [inflammation](#) and then tissue breakup.

In a previous [study](#) published in *Nature Medicine*, scientists at the University of Minnesota Medical School in Minneapolis and the Mayo Clinic in Rochester, MN, noticed that senolytics — which are molecules that target and destroy senescent cells to slow down or prevent the aging process — can effectively prolong an

individual's lifespan and improve their health.

Even when applied later in life, the authors explained, senolytics are still able to reduce the burden of senescent cells.

Some of the scientists involved in this study — including Prof. Paul D. Robbins, from the University of Minnesota — teamed up again in order to try to identify which senolytics would be the most effective in slowing down aging processes.

Their [new findings](#) now appear in the journal *EBioMedicine*. [MedicalNewsToday](#), **excerpt posted on [SouthFloridaReporter.com](#), Oct. 9, 2018**

Video by Buzz60/Sean Dowling