

More Exciting Anti-Aging Research Comes Out On Carnosine!



A segment on the popular “Dr. Oz Show” recently discussed the idea that L-Carnosine may be “the anti-aging miracle pill to prevent telomere shortening”. A telomere is a region of repetitive DNA at the end of a chromosome, which protects the end of the chromosome from deterioration. Each time a cell divides the telomere is shortened to a degree. The more and more a cell divides, the shorter the telomere gets and eventually it gets too short for the cell to ever divide again. When this happens, the cell dies. This is a normal process in aging.

What does this all have to do with carnosine you may ask? Well, as you already know, carnosine is a naturally occurring nutrient in our bodies that declines with age. Studies have shown carnosine to be a powerful antioxidant that has many benefits, including the potential to help reduce wrinkles and fine lines, protect the brain from plaque (one of the causes of Alzheimer's disease) and protect our DNA better than any other nutrient. The article states “one study has demonstrated that L-Carnosine may play a protective role in preventing telomere damage and in decreasing the rate of telomere shortening during cell division—which technically is slowing down the aging process.” While there currently isn't a lot of research completed on carnosine's ability to reduce telomere shortening, the results are certainly intriguing! For information about LifeWave's Y-age Carnosine, [click here](#)

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Newsletter – 12 October 2012