

Radical life extension is already here, but we're doing it wrong

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Over the past twenty years, biologists have begun to set their sights on the aging process itself, in part by paying close attention to species like the American Lobster, which, despite living as long as fifty years, doesn't seem to age much at all. Though some of this research has [shown promise](#), it's not as though we're on the brink of developing a magical youth potion. Because aging is so biologically complex, encompassing hundreds of different processes, it's unlikely that any one technique will add decades of youth to our lives. Rather, the best we can hope for is a slow, incremental lengthening of our "youth-span," the alert and active period of our lives.

View the original article here: [Radical life extension is already here, but we're doing it wrong](#)