

## Reverse aging? Scientists find way to make old muscles young again with proteins and stem cells

It is a dream for everyone as they grow older to turn back the clock and live in a younger body once again. While many have developed ways to make the body look younger cosmetically, there have been very few effective methods to combat the aging process within the body – until now.

For the first time ever, researchers have identified a crucial protein responsible for the decline of muscle repair and agility as the body ages. Upon this discovery, the scientists were able to effectively halt muscle decline in mice, giving hope to similar treatments for humans in the future.

**View the original article here: [Reverse aging? Scientists find way to make old muscles young again – Fox News](#)**