

‘From quackery to established science’: Here’s what’s going on with promising anti-aging research

It’s hard to pinpoint the exact moment anti-aging research morphed from quackery to an established science. Some say it’s 1939, when an experiment that restricted calories in rodents bizarrely increased their lifespan. ...

A note of caution: the very nature of anti-aging research incites hype and over-promises. Want to live forever? That’s not the goal—and it won’t be for a long time, if ever. Here’s what aging research already has to offer, and how the field will continue weaving the space-time fabric of life in the next 30 years.

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You’ve probably heard of senolytics, the wonder drugs that kill off toxic “zombie” cells that outlive their function. Although with few trials in humans, senolytics are still [some](#) of the [most promising](#) anti-aging pills based on animal research alone. ...

The discovery of hundreds of aging-related genes provided a molecular blueprint for aging. None of the molecules work alone, and many stem from the initial finding that restricting calories prolongs lifespan in mice, which was recently replicated in primates (with controversy).

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Geroscience targets a ridiculous amount of molecular pathways... . However, two main points pop out: one, a huge number of tweakable genes are involved... . Two, the process of getting old is pretty conserved at the genetic and molecular level across evolution... .

Read full, original post: [Scientists Just Released a New Playbook for Engineering Longer, Healthier Lives](#)