

5 Easy Ways to Live Longer (That you don't already know)

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Everyone wants to live longer, healthier lives. Because of this, people are always coming out with new ways to extend your life - many of which are unsupported by any legitimate science. While we know that eating healthy and abstaining from cigarettes can increase your lifespan, here are 5 ways to live longer you might not know about:

Medical Innovations

There is never a shortage of claims that a certain pill or drug can extend your lifespan. It's such an intriguing, desirable outcome that many people purport that their pill or drug can make you live longer. Rarely, if ever, are these claims supported by science.

However, a new study from the National Institute of Aging shows that the supplement Protandim significantly extends the lifespans of male mice. Also published in Aging Cell, the NAI discovered the impact that the supplement was having. The program was federally-funded, and designed to shed new light on the treatments conducted with the intention of extending lifespan and delaying disease. While the increase of female mice lifespan was less significant, the males saw an increase of about 7 percent.

This makes Protandim the only tested supplement proven to increase lifespan in mice. This isn't the first test that's been conducted using Protandim.

In 2009, the supplement tested positive in related NAI studies for its ability to suppress tumor-promoting oxidative stress and inflammation, as well as its ability to protect the heart from fibrosis.

LifeVantage Corporation, a Salt Lake City company geared towards anti-aging and wellness, has created and harnessed the Protandim formula and has been providing it to an expanding community of users since 2005.