# Intro:

If we had the choice, how long would we want to live?

You are made of tiny things that we call cells; they have to handle a lot of specific tasks and in order to do so, they use something we call proteins. We are not going to explain in detail how proteins work but you only need to know that it’s the “language of life”, everything happening inside you is thanks to proteins.

# What is aging?

1. Senescent cells

Your cells are made of many things, but the most important one is DNA. It is a long molecule that encodes information: 1% is for genes that are a sort of protein dictionary, they help manufacture and understand proteins. The rest is like a set of rules. If we were to use an analogy, it would be like the instruction manual of Ikea furniture: how to assemble, with how many screws, and the order of steps.

When your cells divide, they copy your chromosomes, but in doing so they lose tiny bits at the ends.

To delay this erosion, your DNA is equipped with telomeres located at the end of chromosomes. In some cases, when the telomeres are gone, cells become zombies, they refuse to die and start to build up. Not only that, but they also harm surrounding tissues and are linked to many diseases such as diabetes and kidney failure.

Scientist attempted to genetically engineer mice so that they gained the ability to get rid of senescent cells more easily. They observed that they were more active, with their heart and kidneys working better and they had less chance to develop cancer. They tend to live longer as well, 30% longer that regular mice and in better health. But we can’t do the same with all the cells of an already developed living being. Instead, we can provide senescent cells with a protein they’re underproducing that tells the cell it’s time to die.

1. NAD+

Inside of your cells, there is a bunch of complex machineries that needs maintenance. Parts of those machines needs to be destroyed, cleaned up and rebuilt, otherwise things don’t work. These machines are used to produce whatever they need but as we age those products are no longer produced in the quantities required or even not at all. We can take for example NAD+, a coenzyme that guide cells to keep themselves in a good state.

But with age we produce fewer of those, to be more precise we only have half of them at age 50 than at age 20. Some studies have linked low amounts of NAD+ with diseases like skin cancer, Alzheimer, Heart disease and multiple Sclerosis. Unfortunately, we can’t directly take pills of NAD+ since it cannot enter inside cells.

A 2016 study on mice showed that mice who received additional NAD+ were rejuvenated: They displayed an increase of the multiplication of cells of skin, brain and muscles. They were more capable of repairing their DNA and had a slightly increased life span. Anyway, it could become, with further research, one the first real anti-aging pills.

1. Stem Cells

Stem Cells are the first kind of cells that will constitute you, they have a general purpose and are not as specialized as neurons or muscles. However, their purpose is to specialize into a specific kind of cell, that is why as we age, we can see the body deteriorates. Indeed, without anything to replace what has been damaged, the body will eventually be unable to sustain itself with what it has left. Stem cells’ number decline over time and so the ability of the body to repair itself.

Scientists observed in mice that the dwelling number of stem cells in their brain could be linked to diseases. To verify this, they took stem cells in the brain of baby mice and injected it into the brain of middle-aged mice. But not in any part of the brain, rather in one of the most important parts of the brain the Hypothalamus. It is responsible for many things like reproduction, heat management, hunger or even the circadian rhythm.

Their conclusion is that stem cells allowed old cells to be reinvigorated and the effects took longer to be visible. It took 4 months to be able to distinguish between mice who received stem cells, who had brain and muscle cells that worked better with a life expectancy increased by 10%, and those untreated. We can see the same kind of effects when doing that not in the brain but in the heart: mice could exercise 20% longer and a weird consequence is that their hair grew faster.

# Should we stop or even reverse aging?

1. N/A
2. N/A
3. To achieve this goal, we need to focus not on one thing but on multiple issues

# But should we stop aging if we can?

1. There are benefits to it
2. But a lot of trouble as well
3. In the end it’s not right, we should focus on Healthspan

# Conclusion:

It’s too soon to know the answer, everything showed here are theoretical and studies are mostly conducted on mice, to prove something we need clinical experimentations and human trials, but it doesn’t mean it’s useless information, after all, it gives us ideas and exploration paths.

But we should remember that, although it is exciting and fills us with wonder, there’s always hidden aspects, and ending aging is no exception. Dying always was the natural order for millennia and maybe we don’t fully understand it from a biological and evolutionary perspective. In other words, we could destroy a delicate balance established by meddling with nature.

Instead of focusing on something that is far from guaranteed to be developed in our lifetime, we should focus on something about our lifetime, many people want to **become** old but nobody wants to **be** old. And it’s obvious why, the elderly is always in pain, with deteriorated senses, and with memories too hard to bear. Instead of increasing our lifespan and being captivated about a far future that will never be the way we think or plan it to be, we should focus on the present moment and in the near future. We should focus more on increasing our Healthspan instead of wrongly focus on Lifespan.

# Bibliography:

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