# Intro:

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

# What is aging?

1. Senescent cells
2. NAD
3. Stem Cells

# 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

# 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, 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.

# Bibliography:

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