



Deades of research has shown that limits on calorie intake yields, worms, and mice can enhance life span in laboratory conditions. But whether such calorie restriction can do the same for humans remains unclear. A new study led by researchers examines the health effects of moderate calorie restrictions in humans and identifies a key nutrient that could be harnessed to extend health in humans [1].

The research was based on results from the Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy

"These findings demonstrate that A2G7 is one of the drivers of the effects of calorie restriction." Identifying these drivers helps us understand how the metabolic system and the immune system talk to each other, which can point us to potential targets that can improve immune function, reduce inflammation, and potentially even enhance healthy lifespan."

For instance, it might be possible to manipulate A2G7 and get the benefits of calorie restriction without having to actually restrict calories, which can be harmful for some people.

References

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