

## Research Suggests that Mediterranean Diet 'Extends Life'

Drinking red wine and cooking with olive oil may help us to live longer, say scientists from Harvard Medical School and Biomol research laboratory in Philadelphia.

They have found that key ingredients in both substances can significantly increase the lifespan of yeast. Since yeast and humans share many genes, scientists have speculated they may have the same effect in people. The findings provide more evidence to suggest that the Mediterranean diet may increase the propensity to living a long and healthy life.

The scientists have identified resveratrol as the key ingredient in red wine. It gives red wine its anti-cancer and anti-heart disease properties. They have found that this molecule can influence genes that have been linked to lifespan in yeast.

They found that quercetin, which is abundant in olive oil, has a similar effect. In particular, they affect

those genes that have been shown to extend life as a result of a calorie-restricted diet by enabling cells to live longer.

In the case of resveratrol it was found to extend the life of some yeast cells by as much as 70 percent. Previous studies have suggested that severe calorie restriction can increase the lifespan of organisms like yeast, fruit flies, worms and rats.



## Smoking Leads to Risk of Multiple Sclerosis, Says Study

According to research performed in conjunction with the University of Bergen (Norway) and Harvard University, multiple sclerosis is more likely to hit smokers than non-smokers. The research, which surveyed 22,000 people from 1997 to 1999, found that smokers risk of developing multiple sclerosis is between two and three times higher, depending on gender, than those who do not smoke. Males who smoke are three times more likely to face multiple sclerosis; females are twice as likely to face the disease.



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