



Starting Healthy Habits Later In Life Still Make A Difference

We know that diet and exercise play a vital role in living a long, healthy life, and scientists are always coming up with new information that helps explain why this is.

A recent study published in the journal *Science*, reveals that even if we start later in life, healthy lifestyle habits, (eating lots of fruits, vegetables, whole grains and a diet low in saturated fat, along with exercise, and stress reduction), has a profound balancing effect on our hormones. This may extend more than our ability to rock those skinny jeans; it also extends the health of our brains.

Researcher Morris White, PhD, who works at the Children's Hospital Boston and Harvard Medical School, explains that adopting healthy habits "... has less to do with how we look, and more to do with a healthy brain, especially in old age."

Researcher Morris White, PhD and others focused their attention on the *Irs2* gene in mice. This gene is responsible for creating a protein that helps cells absorb insulin, a hormone that monitors blood sugar levels. What the scientists found in mice, is a link between an inactive *Irs2* gene and insulin insensitivity. The



mice with insulin insensitivity gained weight and became inactive. Insulin resistance or insensitivity in people often leads to metabolic syndrome and type 2 diabetes. According to a report released by the Mayo Clinic, diabetes increases your risk for Alzheimer's.