

Dr Michael Elstein



**Review of the
SBS Show
Make Me
Live Forever
With
Michael Mosley**



From the World of Health and Nutrition

Telomeres and Ageing

Last night [SBS](#) featured a documentary by Michael Mosley called [Make Me Live Forever](#) focusing on strategies that promote longevity. One of those involved regenerating [telomeres](#), the short caps at the end of chromosomes, that are thought to contribute to the preservation of DNA. With ageing these telomeres become increasingly smaller, and as this happens cells lose their capacity to multiply, which then speeds up the ageing process.

One of the processes that can compromise telomere length is stress or rather our reactions to it, which can be assessed by means of measuring the hormone [cortisol](#). The best way to do this is not with a blood test but by means of a urine or saliva [specimen](#). Anxiety, anger that can boil over rather easily, fatigue and insomnia are all indicators that cortisol production is out of balance and poorly controlled.

While rejuvenating telomere function might seem like a rather elementary panacea for the ageing process, this has a potential massive downside. Immortalizing cells might also lead to the uncontrolled proliferation of [cancer](#) cells, as this article demonstrates. We don't yet have the technology or know how which would allow us to selectively rekindle the telomeres of healthy cells.

Hormones and Ageing

Another way to promote longevity, as presented on this documentary was via hormone replacement. One of the principle hormones that is thought to counter ageing is [growth hormone](#). This attached article and especially figures one and two question the wisdom of this endeavour, with lower levels of growth hormone actually being connected with longevity.

In the case of [testosterone](#) for men and [oestrogen](#) (oestrogen and skin ageing) for women supplementing with these hormones have both advantages and disadvantages and need to be administered with caution. Aside from diminished sexual function low levels of testosterone can be associated with depression, fatigue, weight gain, a decline in muscle mass and cognitive deficits. In women premature skin ageing and difficulties with weight loss can be associated with a drop in oestrogen. A comprehensive [health assessment](#) would be the best way to assess hormone status.

My e-Book [You Have The Power](#) explores hormone replacement, stem cells and all the other processes currently thought to be associated with longevity.

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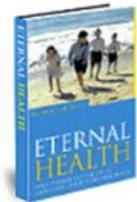
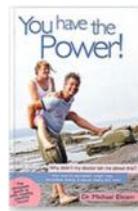


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