



Age gets the kiss of death

WATCHING a sunset with your lover, holding a sleeping baby, playing with your beloved pet dog are timeless moments.

An Australian researcher believes love in all its forms may be able to slow the biological clock.

So whether it is between partners, parent and child or even an artist's love of painting, the more love you have in your life, the longer you are likely to live.

Founding professor of complementary medicine at Melbourne's RMIT University Mark Cohen said: "Having love in your life will improve your chances of living a long life.

"When you have love in your life it influences the laws of nature to ... reduce the experience of time.

"So if you're doing an activity that you love to do, whether it's making paper aeroplanes or gardening or looking into the eyes of your lover, you get moments when time seems to stop, or it seems like five minutes but it's really been an hour."

Professor Cohen said research backed up his claim

that such moments were healthy for you and might lead to a longer life.

He told the International Conference on Healthy Ageing and Longevity, in Brisbane, that love accounted for the fact that women generally lived longer than men and made up 85 per cent of the world's centenarians.

"Women are working with children who need love, their major work is to love," Professor Cohen said.

"They actually spend more of their waking hours in this state of connection, of union, of love with children, with other people."

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LOVE STORY: Scientists say it can slow ageing.