



Get lots of love into your life – and live longer

BRISBANE

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

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

"Having love in your life will improve your chances of living a long life," said Mark Cohen, founding professor of complementary

medicine at Melbourne's RMIT University.

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

Professor Cohen said researchers studying rabbits on high cholesterol diets in the United States were perplexed when one group lived about 60 per cent longer than the others on the same food.

They found only one difference between the two groups — the

longer-lived rabbits were fed by a laboratory assistant who cuddled and talked to them.

Professor Cohen told the International Conference on Healthy Ageing and Longevity in Brisbane that love also 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," he said.