



Love may slow ageing process says scientists

WATCHING a sunset with your lover, holding a sleeping baby, playing with your beloved pet dog - they're all timeless moments.

An Australian researcher believes love in all its forms may actually 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.

"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."

Prof Cohen said research backed up his claim that such moments were healthy for you and may lead to a longer life.

He told the International Conference on Healthy Ageing and Longevity in Brisbane 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," Prof Cohen said.