



Love more — and live longer

AN Australian researcher says love may slow down the biological clock — promoting longevity.

Mark Cohen, founding professor of complementary medicine at Melbourne's RMIT University, told the International Conference on Healthy Ageing and Longevity in Brisbane: "When you have love in your life, it influences the laws of nature to . . . reduce the experience of time.

"If you're doing an activity that you love to do . . . you get moments when time seems to stop,

or it seems like five minutes but it's really been an hour."

Prof Cohen said US research on high cholesterol diets found one group of rabbits lived about 60 per cent longer than the others on the same food.

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

Another study of 1000 Israeli men with heart conditions, found the relationship with their wives was important to their disease.

"The men who felt that they were loved by their wives had a 50 per cent reduction in their angina and cardiac disease," Prof Cohen said.

Love also accounted for the fact that women generally lived longer than men and made up 85 per cent of the world's centenarians, he said.

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

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

other people. Women are the major carers on the planet and, from that perspective, it makes sense that women would live longer because they have more love in their life."

Prof Cohen is trying to test his theory by studying people during meditation — another state where time seems to stand still.

"We're looking at advanced meditators from different traditions. Preliminary studies suggest that when you're meditating, your metabolic rate goes down.

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