

Plant-Based Diet Helps Reduce Premature Aging and Disease Risk
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In a study released today by *The Lancet Oncology*, Dean Ornish, M.D., and colleagues found that comprehensive lifestyle changes, including a low-fat vegan diet, increase the body's ability to fight premature aging, cancer, heart disease, and other chronic diseases. Twenty-four men participating in a prostate cancer study switched to a plant-based diet and added daily exercise and relaxation techniques. Among other beneficial effects that were previously reported, the intervention led to increased levels of telomerase, an enzyme that protects and repairs DNA. Blood levels of telomerase increased by an average of 29 percent during the study.

Ornish D, Lin J, Daubenmier J, et al. Increased telomerase activity and comprehensive lifestyle changes: a pilot study. *Lancet Oncol* [advance online publication]. September 16, 2008; DOI 10.1016/S1470-2045(08)70234-1.

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