



Cruising Review

anti-aging

Anti-Aging: Publications and Research from  
SwissMixIt

5/14/2024

608-238-6001 [ TEL ]

greg@cruisingreview.com [ Email ]



This webpage QR code

## Structured Data

```
<script type="application/ld+json">
  {
    "@context": "http://schema.org",
    "@graph": [
      {
        "@type": "Organization",
        "@id": "https://cruisingreview.com/#organization",
        "name": "Cruising Review",
        "url": "https://cruisingreview.com",
        "sameAs": [
          "https://www.youtube.com/channel/UC7gOvLwcx8MtYt3ExzAZJQ",
          "https://www.instagram.com/pepe.g6",
          "telephone": "608-238-6001",
          "email": "greg@cruisingreview.com",
          "logo": "https://cruisingreview.com/logo.png"
        ]
      },
      {
        "@type": "WebSite",
        "@id": "https://cruisingreview.com",
        "url": "https://cruisingreview.com",
        "name": "Anti-Aging: Publications and Research from SwissMixIt",
        "description": "The phenomenon of aging is an intrinsic feature of life. Accordingly, the possibility to manipulate it has fascinated humans likely since time immemorial. Recent evidence is shaping a picture where low caloric regimes and exercise may improve healthy senescence, and several pharmacological strategies have been suggested to counteract aging. Surprisingly, the most effective interventions proposed to date converge on only a few cellular processes, in particular nutrient signaling, mitochondrial efficiency, proteostasis, and autophagy. Here, we critically examine drugs and behaviors to which life- or healthspan-extending properties have been ascribed and discuss the underlying molecular mechanisms."
      },
      {
        "@type": "NewsArticle",
        "mainEntityOfPage": {
          "@type": "WebPage",
          "@id": "https://cruisingreview.com/smx/anti-aging.html"
        },
        "headline": "Anti-Aging: Publications and Research from SwissMixIt",
        "image": "https://cruisingreview.com/images/",
        "datePublished": "2024-05-14T08:00:00+08:00",
        "dateModified": "2024-05-14T09:20:00+08:00",
        "author": {
          "@type": "Organization",
          "name": "Cruising Review",
          "url": "https://cruisingreview.com"
        },
        "publisher": {
          "@type": "Organization",
          "name": "Cruising Review",
          "logo": {
            "@type": "ImageObject",
            "url": "https://cruisingreview.com/logo.png"
          }
        }
      }
    ]
  }
</script>
```

The phenomenon of aging is an intrinsic feature of life. Accordingly, the possibility to manipulate it has fascinated humans likely since time immemorial. Recent evidence is shaping a picture where low caloric regimes and exercise may improve healthy senescence, and several pharmacological strategies have been suggested to counteract aging. Surprisingly, the most effective interventions proposed to date converge on only a few cellular processes, in particular nutrient signaling, mitochondrial efficiency, proteostasis, and autophagy. Here, we critically examine drugs and behaviors to which life- or healthspan-extending properties have been ascribed and discuss the underlying molecular mechanisms.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/anti-aging.html>

## Anti Aging Botanical Information

The phenomenon of aging is an intrinsic feature of life. Accordingly, the possibility to manipulate it has fascinated humans likely since time immemorial. Recent evidence is shaping a picture where low caloric regimes and exercise may improve healthy senescence, and several pharmacological strategies have been suggested to counteract aging. Surprisingly, the most effective interventions proposed to date converge on only a few cellular processes, in particular nutrient signaling, mitochondrial efficiency, proteostasis, and autophagy. Here, we critically examine drugs and behaviors to which life- or healthspan-extending properties have been ascribed and discuss the underlying molecular mechanisms.

**Keywords:** Aging, caloric restriction, exercise, rapamycin, metformin, resveratrol, spermidine, anti-aging, antioxidants, laser, peeling, fillers, botulinum toxin, hormone replacement therapy, cell regulators, prevention, nutrition, diet, ultraviolet protection, skin aging, fatty acids, flavonoids, vitamins, resveratrol, caloric restriction, SIRT1, caloric restriction, aging, growth hormone/insulin-like growth factor 1, mitochondria/redox regulation, remodeling of white adipose tissue, Hormone Replacement Therapy, Calorie Restriction, Vitamin D

**Description and Research Abstract:** The phenomenon of aging is an intrinsic feature of life. Accordingly, the possibility to manipulate it has fascinated humans likely since time immemorial. Recent evidence is shaping a picture where low caloric regimes and exercise may improve healthy senescence, and several pharmacological strategies have been suggested to counteract aging. Surprisingly, the most effective interventions proposed to date converge on only a few cellular processes, in particular nutrient signaling, mitochondrial efficiency, proteostasis, and autophagy. Here, we critically examine drugs and behaviors to which life- or healthspan-extending properties have been ascribed and discuss the underlying molecular mechanisms.

Skin aging is a complex biological process influenced by a combination of endogenous or intrinsic and exogenous or extrinsic factors. Because of the fact that skin health and beauty is considered one of the principal factors representing overall "well-being" and the perception of "health" in humans, several anti-aging strategies have been developed during the last years. It is the intention of this article to review the most important anti-aging strategies that dermatologists have nowadays in hand, including preventive measurements, cosmetological strategies, topical and systemic therapeutic agents and invasive procedures.

Skin has been reported to reflect the general inner-health status and aging. Nutrition and its reflection on skin has always been an interesting topic for scientists and physicians throughout the centuries worldwide. Vitamins, carotenoids, tocopherols, flavonoids and a variety of plant extracts have been reported to possess potent anti-oxidant properties and have been widely used in the skin care industry either as topically applied agents or oral supplements in an attempt to prolong youthful skin appearance.

Resveratrol and caloric restriction (CR) are the powerful therapeutic options for anti-aging. Here, their comparative effect on longevity-associated gene silencing information regulator (SIRT1).

Calorie restriction mimetics define compounds that imitate the outcome of calorie restriction, including an activator of AMP protein kinase (metformin), inhibitor of growth hormone/insulin-like growth factor-1 axis (pegvisomant), inhibitor of mammalian target of rapamycin (rapamycin), and activator of the sirtuin pathway (resveratrol). Hormonal replacement has also been widely used in the elderly population to improve their quality of life. Manipulating healthy gut microbiota through prebiotic/probiotics or fecal microbiota transplantation has significant potential in anti-aging medicine. Vitamin D is expected to be a primary anti-aging medicine in the near future due to its numerous positive effects in the elderly population.

10  $\mu$ M resveratrol in vitro and the high dose group in vivo showed relatively stronger activities of anti-aging and stimulating SIRT1 level than CR. In conclusion, resveratrol and CR showed similar anti-aging activities on SIRT1 signaling, implicating the potential of resveratrol as a CR mimetic.

CR, Caloric Restriction, decreased calorie intake without malnutrition, is one of the most robust interventions that increase lifespan in model organisms from yeast to primates. It could protect against the deterioration of biological functions, reducing the incidence and delaying the onset of multiple age-related diseases. The mechanism by which CR prolongs lifespan involves retardation of growth, reduction of body fat, delaying neuroendocrine or immunologic changes, increase in DNA repair capacities, altered gene expression, enhanced apoptosis, reduction of body temperature and depression of metabolic rate, and amelioration oxidative stress.

It is widely accepted that caloric restriction (CR) extends lifespan and suppresses various pathophysiological changes. CR suppresses growth hormone/insulin-like growth factor signaling and mechanistic target of rapamycin complex 1 activity, activates sirtuin and enhances mitochondrial redox regulation, but the exact mechanisms are still under debate.



---

---

---

---

---

---

