

## REV UP YOUR LIFE SPAN – TAKE CARE OF YOUR MITOCHONDRIA!

The key to living a long and healthy life could be in the health of your mitochondria according to Malaysian preventative medicine expert, Dr Selvam Rengasamy.

To speak at the 4th Annual 2010 Conference in Anti-Aging and Aesthetic Medicine in Melbourne on 20-22 August, Dr Rengasamy says that it is the Mitochondria who decide how long and how well you live your life.

“Mitochondria are the power generator within every cell of the body, making it possible for us to think, move and stay healthy as we age.

“They are incredibly efficient; a standard combustion engine runs at only 10% efficiency, the mitochondria runs at 70% efficiency.

“When the mitochondria stop being efficient then cellular function declines and this can lead to many of the chronic degenerative diseases that are common today.

“If you don't take care of your car engine then it will become less and less efficient until one day it stops working all together.

“The same thing happens when you neglect your body's power source, they become less efficient, more things go wrong in the body and eventually they stop functioning, sometimes years before they should.

“Mitochondria are particularly susceptible to free radical damage because free radicals are a by-product of the energy that is produced in the mitochondria.

“Mitochondria also contain a single loop DNA which is also more vulnerable to free radical damage, because it is single loop it is less able to repair itself when damaged.

“Keeping the mitochondria healthy is a simple formula of providing them with good nutrients and plenty of antioxidants.

“Finding ways to managing stress and making sure you get adequate sleep both in quantity and quality of sleep

“Bringing the hormones into balance and facilitating the body's natural detoxification process.

“Taking care of your mitochondria is very important to health and wellbeing.

“If you want to live a long healthy life without the complications associated with aged related chronic illnesses you must consider the health of your mitochondria before it is too late,” Dr Rengasamy said.

For more information or to register for the Conference visit [www.a5m.net](http://www.a5m.net) or phone +61 3 9813 0439.

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