



Love adds up to a longer life

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.

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 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

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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 his claim that such moments may lead to a longer life.

For example, when researchers studied rabbits on high cholesterol diets in the United States, they were perplexed to find one group lived about 60 per cent longer on the same food. They found just one difference — the longer-lived rabbits were fed by a laboratory assistant who cuddled and talked to them.

And a study of 1000 Israeli men with heart problems found their relationships influential.

"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.

He told the International Conference on Healthy Ageing and Longevity in Brisbane that love also accounted for the fact that women generally lived longer than men.

"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." — AAP