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Love more and live longer

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.

So whether it's between partners or even an artist's love of painting – 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 Melbourne's 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 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."

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

"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," he said.