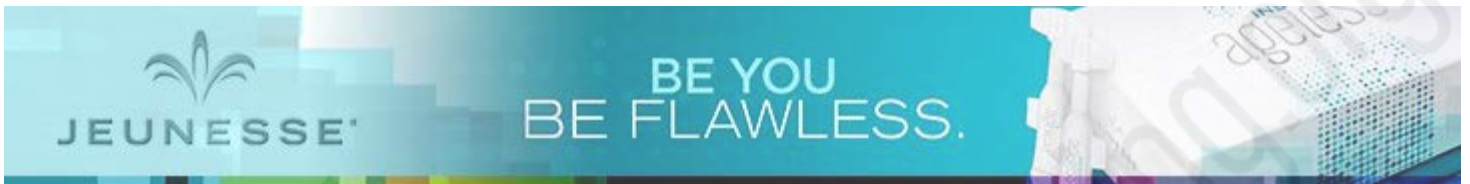


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What exactly are Telomeres?

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## What exactly are Telomeres?

For thousands of years, man has searched for the **mythical Fountain of Youth**, a spring that is said to restore the beauty and youth of anyone who comes in contact with its mysterious water. Of course, this magical pool has never been found, but modern science may have found an incredible alternative.

It has been recently discovered that the connection between youth and aging lies in *telomeres*, which are found in our chromosomes. But what exactly are telomeres, and how can they slow the aging process?

Read on to learn more about telomeres and the amazing scientific breakthroughs that are being made right now.

### What Causes the Aging Process?

When it comes to aging, most people think of the external signs, such as greying hair or wrinkling of the skin. However, there is more to growing old than just the superficial changes that you see on the outside. As humans age, their bodies undergo changes on the inside, too. Some of these changes include loss of muscle mass, onset of disease and diminished senses.

To understand the aging process, you first have to understand a little human biology. As you may know, the human body is made up of cells, which are the building blocks of life. Within each of these cells is a nucleus, and inside each nucleolus is a chromosome, which is where you'll find your DNA.

Throughout your life, your cells divide. With each division, a copy of your chromosomes must be made for the new cell. However, this process isn't a perfect one. When your chromosomes are copied, the very tail ends don't make the transition. These tail ends are where you'll find telomeres.

### What Do Telomeres Do?

Telomeres are often compared to the plastic tips of shoelaces. They are basically caps that



are meant to protect the ends of chromosomes. During the cell-splitting and chromosome-copying process, telomeres become shorter and shorter, and when they're gone, the important part of the chromosome is the next to go during the copying sequence.

When this happens, the chromosomes are damaged and the cells they occupy eventually die. It's the death of these cells that causes aging and everything that comes

with it.

### How Can Telomeres Slow the Aging Process?

Because **telomeres protect chromosomes**, logic dictates that we would want them to stay around for as long as possible. That can't happen, though, because they are slowly and continually cut away during the splitting of cells.

But, what if there was a way to regenerate, or lengthen, telomeres? By doing this, we would be able to protect our chromosomes and effectively stop the damage that comes with telomeres (and chromosomes) being destroyed.

Scientists are still doing research, but what they are finding is that there are some external factors, such as healthy eating, exercise and giving up smoking, that can help lengthen telomeres, and in essence, stop the aging process.

While those who are desperately trying to ward off wrinkles or grey hair are sure to love hearing about this, those who have a family history of aging-related conditions, such as cancer, arthritis or Alzheimer's Disease, will be particularly thankful to learn about these exciting advances.

**Finiti is a natural supplement which helps lengthen telomeres! Stay young!**

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