How to increase your life expectancy

Life expectancy for both men and women has continued to rise with improvements in diet, awareness and medical care. To ensure that you are one of those helping boost future life expectancy figures, here are some great tips to help with putting off the inevitability of death for as long as possible...

Have a good laugh

Research states that laughter may be beneficial to health. Laughing appears to boost the blood flow (by more than 20%) and researchers say it may reduce the risk of developing heart disease. Laughing has previously been found to help fight infections, relieve hay fever, ease pain and help control diabetes. The positive effect of laughing is thought to last around 30-45 minutes.

Adjust sleeping time

Life expectancy may be reduced by sleeping more than eight hours a night. A study found that people who get only six to seven hours sleep a night live longer than those who sleep eight hours or more, or less than four hours.

Eat more garlic

Garlic has been referred to as 'nature's antibiotic'. It is a powerful cleanser of the body and regular ingestion promotes a healthy heart and circulation by lowering blood pressure and cholesterol. It also helps fight infection and can boost immunity. There is strong evidence to suggest that garlic helps with the prevention of cancers of the digestive system, including the oesophagus, stomach, colon and rectum.

Have a brew

Many bodies of research support the view that tea is good for your health. Scientists tend to agree that tea, both black and green, may contribute positively to the promotion of health and the prevention of chronic disease. Recent research studies reveal the antioxidants in tea may inhibit the growth of cancer cells, support dental health, increase bone density and strengthen cardiovascular health.

Drink more water

Most people are unaware that the recommendation is that the average person should drink around eight glasses of water a day. The human body is in need of constant water replenishment. An increased intake of water will greatly enhance digestion, nutrient absorption, skin hydration, detoxification and virtually every aspect of better health.

Get more friends

Research suggests that friends help people live longer. Research in the Journal of Epidemiology and Community Health says that socialising with friends is beneficial. Good friends will promise to be there for you, and their presence can actually help you live longer, researchers say. Australian scientists said having friends around in old age can do more for life expectancy than having family members around, and that friends may encourage people to look after their health, and help reduce feelings of depression and anxiety at difficult times.

No smoking

Everyone is aware of the potential catastrophic effect of smoking. It is better not to start at all, but the sooner a smoker quits, the better. Because the damage caused by smoking is cumulative, the longer a person smokes the greater the risk of developing a smoking-related disease, such as lung cancer or heart disease. Quitting not only saves money, but also has added health benefits. In Britain, about 120,000 a year die through smoking that's more than 300 every day.

Relax

Relaxation reduces blood pressure and helps reduce stress-related conditions such as depression. A relaxation technique such as yoga or meditation can help reduce stress levels.

Get a pet

Owning a pet has a surprising amount of health benefits for the owner, according to a series of studies. Ownership of a pet, particularly a dog, means people are more active. Animals are known to reduce anxiety both from the actual physical comfort from stroking them, but also because they are a distraction and something pleasant to focus on.

Exercise

Exercise is known to reduce the risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity. It keeps joints, tendons and ligaments flexible, and contributes to mental well-being by helping treat depression, relive stress and anxiety. Exercise also aids better sleep.

Eat more fruit and vegetables

Eating plenty of fruits and vegetables can help ward off heart disease and stroke, control blood pressure and cholesterol, and prevent some types of cancer. It is recommended to eat at least five servings of fruit and vegetables a day.

Change job

Research suggests a strong relationship between how long people live and the nature of their jobs.

Have a happy marriage

Married people tend to have better health than unmarried people. For instance, married individuals tend to be able to have lower rates of alcoholism than their unmarried counterparts because they tend to offer encouragement, support, and protection from daily problems. They are also more able to handle stress better as a result. However, studies suggest that divorcing then remarrying actually increases the risk of dying prematurely.

Eat chocolate

Chocolate contains flavanoids and antioxidants which have positive health benefits. Flavanoids aid cardiovascular health, while antioxidants are believed to prevent or delay certain damage to the body's cells and tissues. Dark chocolate is considered best as it contains more than twice as many antioxidants as a bar of milk chocolate, and has fewer calories.

Source: The Internet