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healthy brains

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'meet margaret the super ager whose brain is abc news

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super hero like superman but super agers are people just like you who happen to age really well meaning they look years younger than their actual age'

'young brains of super agers voa

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super agers have scores that rival those of women decades younger especially on measures of aerobic capacity the amount of oxygen you can take in and distribute to your tissues in a minute expressed as maximal oxygen consumption or vo2 max'
'scientists calling all super agers for brain study cbs

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Il run across people who haven t told their friends that they re over age 80 and so they don t want their friends to know about the super aging study because they prefer to"*the mystery of the super ager medical xpress*

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May 20th, 2020 - bining her knowledge and training in healing yoga and ayurveda she decided to put together something that helps people to age well and feel good about it this curiosity and desire spurred her to write super ager you can look younger have more energy a better memory and live a long and healthy life released this summer'

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