THE PARTS OF A CELL THAT CONVERT FOOD INTO ENERGY ARE CALLED MITOCHONDRIA. THEY ARE KNOWN AS THE POWERHOUSES OF THE CELL FOR PROVIDING THE ENERGY NEEDED FOR OUR BODIES TO FUNCTION.

NOW, RESEARCH FROM THE UNIVERSITY OF MISSOURI HAS FOUND THAT MITOCHONDRIAL FUNCTION MIGHT ALSO HELP EXPLAIN THE LINK BETWEEN INTELLIGENCE, HEALTH AND AGING.

CURATORS DISTINGUISHED PROFESSOR OF PSYCHOLOGICAL SCIENCES DAVID GEARY STUDIED CHANGES IN COGNITION AND HEALTH ASSOCIATED WITH AGING. GEARY BELIEVES THERE MIGHT BE A LINK BETWEEN MITOCHONDRIAL HEALTH, INTELLIGENCE AND AGING.

“There is a real interesting relation between people’s performance on cognitive tests, such as problem solving tests, their general health, and how quickly they age, that is how long they stay healthy as they get into older adulthood.”

UNDERSTANDING MITOCHONDRIAL FUNCTION COULD PROVIDE VALUABLE INFORMATION FOR RESEARCHERS SEEKING ALTERNATIVE THERAPIES FOR AGE-RELATED DISEASES, SUCH AS ALZHEIMER’S DISEASE.

“A lot of people are now trying to develop therapies to deal with difficulties with mitochondrial functioning, these therapies are focused on specific diseases, such as Alzheimer’s and maybe some other types of diseases, but if my hypothesis is correct, then these same therapies may be more generally useful in terms of slowing down the aging process a bit.”

GEARY ADDED THAT HABITS SUCH AS REGULAR EXERCISE AND A DIET FILLED WITH FRUITS AND VEGETABLES CAN PROMOTE HEALTHY MITOCHONDRIA AND POSSIBLY SLOW THE AGING PROCESS.

I’M CAILIN RILEY, WITH A MIZZOU SPOTLIGHT ON SCIENCE.