



What's Love Got to Do with It?

The Heart of the Matter

What's love got to do with overall health? The short answer is plenty. Centenarians, the oldest people in the world, have revealed that other than a good diet and plenty of regular exercise, the key ingredient to longevity is receiving love from their children, grandchildren or the community at large.

Similarly, a 2002 National Heart Foundation study showed social isolation and lack of group support to be as significant a contributing factor as high cholesterol, high blood pressure and smoking, for people with heart disease.

‘There’s a growing research base that suggests that the more we experience love in our life the longer we will live and the more protected we are against a whole lot of degenerative diseases.’

Mark Cohen, professor of complementary medicine