

PSYCHOLOGICAL RECONFIGURATION, THE SECRET TO LONGEVITY

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Aging is an irreversible and individualized process, manifesting on biological, psychological, and social levels, but it can be slowed down if we act in time. We cannot disregard Hayflick's Theory, the Theory of Genetic Mutation Accumulation, the Neuro-Endocrine Theory, the Immunological Theory, or Environmental Factor Theories. However, the key to extending life is largely represented by the Psychological Theory. Remembering the multidirectional connection between body, mind, and soul, as noted in ancient times by Platon, Anaxagoras, and Hippocrates, we need a holistic approach and an integrative vision of the causes of illness and aging to understand how we can prevent, treat, and determine the lifestyle changes required.

Lifestyle is not limited to healthy eating, a balanced work schedule, and physical exercise; it also involves changing the way we think, perceive reality, and, importantly, our ability to manage stress and negative emotions. Faith, love, gratitude, and compassion can stimulate telomerase, promoting the regeneration of telomeres with anti-aging effects, as demonstrated by Dr. Elizabeth Blackburn, Nobel Prize laureate in 2009. This highlights how simply we can "manipulate" the passage of time.

Integrative sciences such as Psycho-Neuro-Endocrinology and Psycho-Neuro-Immunology provide solid arguments regarding psychological factors like stress, anxiety, and depression, identifying them as triggers for the onset of most diseases. The role of the Limbic System in decoding emotions is essential, and due to its connection with the Hypothalamus, Pituitary Gland, and Adrenal Cortex, the pathological consequences at the level of all organs and systems, including the Immune System, are justified.

This is why it becomes imperative to consider the vulnerable psychological profile of the individual, acting to enhance the immunogenic personality traits and reduce the impact of stress on the body. In doing so, we can prevent the onset of diseases, delay the aging process, and ensure increased longevity.