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Daily Record **NEWS**

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1 February 2007

WINE IS SECRET OF YOUTH

DRINKING red wine can slow the ageing process, scientists claim.

Onions, bananas and rice can also hold back the years, the research reveals.

It is thought melatonin, a substance found in all the foods, protects the body's cells from age-related damage.

The research team, who did experiments on mice, believe small amounts of melatonin could significantly reduce the risk of illnesses such as Parkinson's disease.

They noted the mice produced their own source of melatonin until they were about five months old - a process mirrored in humans, who stop producing it around the age of 30.

Lead researcher Acuna Castroviejo, of the University of Granada, Spain, said the first signs of ageing appear because of an increase in free radicals in the body.

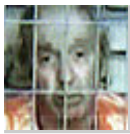
These free radicals, oxygen and nitrogen, cause the blood cells to become weak and open to disease.

But melatonin, also found in cherries, oats and mint, was shown to protect the cells.

The researchers are now calling for the legalisation of a melatonin supplement.

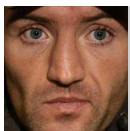
Castroviejo added: "Until it is legalised, humans should try to increase consumption through food."

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BARBARIC

A GRUESOME plot to kidnap a British Muslim soldier and behead him in this country like Ken Bigley was foiled yesterday.



CHAMP HELD ON DRUGS CHARGE

TROUBLED boxer Scott Harrison was back behind bars last night.



TONY GATE

TONY BLAIR reacted with fury yesterday after being accused of a Watergate-like cover-up over cash for honours.



PLEASE SAY IT ISN'T TRUE

THE WOMAN who accuses her boyfriend of knowingly giving her HIV fell to her knees and wept when she was told she had the virus, a court heard yesterday.



CASTLE'S A SNIP AT OFFERS OVER £1.9M

EDINBURGH Castle would fetch only £1.96million if it was put on the market, according to the Government.

- BROWN MOVES IN FOR THE SKILL
- ABUSE ON RISE
- CHAOS AS 30,000 WALK OUT
- BLAIR DENIES 'NIXON' SCANDAL OVER PEERS
- EU CAN'T TAKE THE CREDIT, ALEX
- HATE FOR BRITISH HERO
- HAMZA MAY FACE JUSTICE IN AMERICA
- BIN LADEN'S RELATIVE KILLED
- HUNDREDS OF SCOTS KIDS LEFT IN DANGER
- HOPE FOR SHOP JOBS
- FUMES FEAR FOR FEMALES
- DEAF DOG'S HOME HOPE
- WOMEN NEED A FAME FIX
- £55M FACELIFT ROW
- WRITING LEGEND SHELDON 89, DIES

NO SMOKING IN PUBLIC OR WORK PLACES!

"Tony, Don't be a muppet. A 100 meter exclusion zone outside pubs, so stop me if i'm wrong here but that"...Fraser, Glasgow

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CRIME

"no, not hit raw nerve, just dont like to see a man gettin insulted for hear say. would rather people knew the"...ps, durham

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CURRENT AFFAIRS

"Regarding the overcrowding in ptisons. , A large number of those"...John McCormick, Nr. Glasgow

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BUSINESS INSIDER



200M VODAFONE CUSTOMERS

MOBILE phone giants Vodafone have signed up their 200millionth customer, they said yesterday.



OIL FIRMS PLAY FOREIGN FIELD

OIL and gas firms are spreading their wings and moving further into international markets.



INDIAN FIRM WIN STEEL AUCTION

INDIAN steel giants Tata won the battle to buy Corus yesterday after an auction sent the Anglo- Dutch firm's value soaring to £5.75 billion.

[more business](#)

Record OPINION



RECORD VIEW

THE CCTV footage shown in court of the alleged 21/7 terrorists trying to detonate their bombs on London's Tube trains beside innocent women and children was horrifying enough.

[more opinion](#)

Record COLUMNISTS

AH, GOOD on Hugh Hefner, for proving supreme bitchiness isn't the sole preserve of the species with ovaries.

Search News

e.g. Tony Blair



Today's weather

Glasgow: Cloudy 10°C

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