



United Press International®  
News. Analysis. Insight.™

[Advertise Online](#) | [Site Map](#) | [About UPI](#) |

Search Stories

[Home](#) [Video Update](#) [Top News](#) [Science](#) [Business](#) [Entertainment](#) [Sports](#) [Quirks](#) [Newspictures](#)

[Security & Terrorism](#) [International Intelligence](#) [Energy](#) [Consumer Health Daily](#) [Health Bu](#)



### Black colorectal survival could increase

### Prostate cancer treatments about equal

### Many stop drug after adverse reaction

### Caregiving: Factors pointing to suicide

Published: April 24, 2007 at 6:51 PM

By ALEX CUKAN  
UPI Health Correspondent  
It may take years or we may never learn exactly why Virginia Tech student Cho Seung-hui decided to kill peers and lecturers and himself, but the odds are he suffered from depression, another mental disorder, or a substance-abuse disorder.

### Health Tips: Surgery, vitamin D, HRT, salt

Published: April 24, 2007 at 9:26 AM

By LIDIA WASOWICZ  
UPI Senior Science Writer  
Questions raised about safety of anesthesia; vitamin D shortages can affect physical performance; HRT-breast cancer link grows stronger; salt can endanger the heart.

### SOME FOODS MAY HELP DELAY AGING

Published: April 24, 2007 at 3:36 PM [E-mail Story](#) | [Print Preview](#) | [License](#)  
GRANADA, Spain April 24 (UPI) -- A substance found in foods like onions, cherries and bananas, as well as cereals, spices and red wine, may be key to delaying aging, says a Spanish study.

Researchers at the University of Granada's Institute of Biotechnology as well as researchers in Seville, Oviedo, Saragossa, Barcelona and Reus have concluded that the consumption of melatonin -- a natural substance produced in small amounts by human beings and present in many types of food delays the oxidative damage and inflammatory processes typical of the old age.

Melatonin is found in foods including onions, cherries, bananas, corn, oats, rice, mint, lemon verbena, sage, thyme and red wine, according to the findings published in Free Radical Research, Experimental Gerontology, Journal of Pineal Research and Frontiers in Bioscience.

The researchers administered small amounts of melatonin to mice and observed that not only did this substance neutralize the oxidative stress and the inflammatory process caused by aging, but it also delayed its effects and increased longevity.

[Del.icio.us](#) | [Digg it](#) | [RSS](#)

© Copyright 2007 United Press International, Inc. All Rights Reserved.  
United Press International, UPI, the UPI logo, and other trademarks and service marks, are registered or unregistered trademarks of United Press International, Inc. in the United States and in other countries.

### Post A Comment

Your Name

Your Email Address

Comments