



The Medical **Bulletin**

Guest Editorial



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THOUGHT FOR THE DAY/ MUSINGS ON HEALTH

For those eagle eyed on health, We all covet for a super rich health and protract our life. Only a few of us are gifted with grand health and extended life. One tries to adjourn medication if they have just transitioned from Prediabetes to entry state of Type 2 Diabetes mellitus by intense dieting, exercise, weight reduction etc. But how long for Eventually the disease wins. Some of our forefathers have managed to hit century without medical attention or Pills. Also I believe exercise has its boundaries beyond which one can not purchase supplementary health gain over and above a limited amount.

Of course they all are health essentials. Even in scenarios of expanded health span and extended life in generations of Plant based dieters some escape and become victims of deranged health. Death being the single best invention of life there are thoughts and talks of hacking the aging process, Science of rejuvenation, Life extension and senolytic drugs. Research of In Vivo cellular reprogramming to regenerate Zombie cells, Yamanaka transcription factors with a view to manufacturing elixir of life. Despite all these does it guarantee success for health perfection and life extension for how long. May be there are some with Dyslexic thinking. How not to die, is it a dream?Your thoughts are agitated. What do you think?