



How to live to be a hundred

Sarah: Hello Wentworth! I'll be absent today as my family is celebrating my great grandmother's hundredth birthday.

W: Oh my God, she a centenarian! Amazing! Life expectancy has increased to such an extent that the notion of "fourth age" is rapidly losing meaning.

Sarah: Isn't it? Medicine is doing all it can to extend human life and is succeeding brilliantly. New research suggests that a long life is no accident. Can eating the right food in the right combination actually prevent disease?

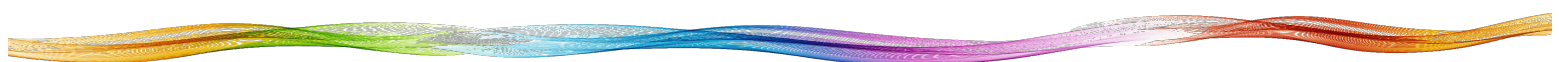
W: This is not so simple, but we know that the most immediate benefit from adopting a healthy diet is that it can lower blood-pressure and most nutritionists agree that red wine – but not too much – may be good for the heart.

Sarah: Well as I always heard my great grandmother say all her life, and apple a day keeps the doctor away. And she also drinks one glass of red wine every day!

W: talking about food, a number of studies have linked regular consumption of broccoli to a reduced risk of breast, colon and stomach cancers, and scientists are fairly confident that garlic protects the heart and has antibacterial and antifungal powers.

Sarah: I think as well that regular exercise like walking may be the best for reducing the risk of heart disease, stroke or diabetes.

W: So getting to a hundred depends partly on the genes you are born with and partly on your lifestyle, which means your diet, where you live and the stress you experience. Well, wish a happy birthday to your great grandmother for me then, and enjoy the day!





GLOSSARY:

How to live to be a hundred	Research
To celebrate	A long life
To increase	The right food
To lose meaning	The right combination
To extend	Disease
To succeed	Immediate benefit
To suggest	A healthy diet
To prevent	Blood-pressure
To adopt	Nutritionists
To lower	Red wine
To agree	An apple
To keep	The doctor
To link	One glass
To protect	Studies
To reduce	regular consumption
To get	Breast
To depend	Colon
To be born	Stomach
Enjoy	Scientists
great grandmother	Garlic
hundredth birthday	Antibacterial
a centenarian	Antifungal
Life expectancy	Powers
The notion	Regular exercise
Fourth age	
Medicine	Walking
Human life	The genes
	Lifestyle
	Amazing
	Such an extent
	Brilliantly
	Fairly confident
	Partly



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