

Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

Arome Solomon Odiba¹

¹ University of Nigeria

Potential competing interests: No potential competing interests to declare.

The authors have made very interesting efforts to provide information on a very interesting field. I highly commend their work. I have outlined some strengths and weaknesses in the work below. Authors should improve the manuscript based on the recommendations.

Strengths

- The manuscript emphasizes the importance of preventative measures to avoid chronic diseases like cancer and osteoporosis.
- The authors acknowledge the role of both Eastern and Western medicine in promoting longevity and well-being.
- The manuscript offers specific dietary and lifestyle recommendations to improve health outcomes.
- The focus on post-retirement individuals (aged 55+) provides targeted advice for this demographic.

Weaknesses

- There are some slight inaccuracies that could provide misleading information. Here are a few examples:
 - Claim that acidic foods cause acidosis (a dangerous pH imbalance). The body tightly regulates blood pH.
 - Belief that excess protein intake weakens the immune system. Protein is an essential nutrient for immune function.
 - Stating that sumos are all healthy despite their obesity. Obesity is a significant health risk factor.
- The manuscript references several sources but does not include proper citations in many instances.
- The text misinterprets some scientific concepts, such as the role of antioxidants and the glycemic index.
- Some of the advice provided is based on anecdotal evidence and personal opinions rather than strong scientific studies.
- The manuscript discourages the use of some conventional medications like antibiotics, while these can be life-saving in some cases. It should be put in the proper context.

Additional Considerations

- The section on chirality provides a well-written explanation of a fascinating concept in chemistry. However, it is not directly relevant to the core message of the paper on healthy aging. It may be best to remove this section or place it in an appendix.

Overall

This manuscript contains some interesting ideas but suffers from a lack of scientific rigor and contains potentially misleading information.