

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

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This topic is very important but this manuscript does not provide clear suggestions as suggested by the title. Rather, it provides broad statements without data or references, so poor journalism rather than good science. The review is overly simplistic, light on evidence but heavy on opinion. I cannot see any clear, evidence-based concepts that are discussed in more depth than in the average tabloid newspaper. As a 70 year-old, I was looking for specific suggestions to keep enjoying my healthy life but I didn't find them.

This opinion piece relies on their unpublished paper [Li et al. (2024)] so readers cannot check the interpretation nor the overlap of this reference with the current manuscript.

*Li, H. -Y., Li, H. -L., Lv, X. -X. and Kanemitsu, S. (2024). Concrete advices for longevity from wholistic medication in the light of modern molecular chemistry–physiology–nutrition, to appear.*

References to original sources are very limited eg page 2 includes statements that Japanese tend to suffer (more) from metabolic syndromes, also essential nutrients, minerals and amino acids, and problems in agricultural products – all presented without references to original studies. Further, there are only 3 references, other than self-citations, which have been published since 2010. This means that most of the current knowledge has not been included.

The tone is strongly supportive of traditional Chinese medicine without providing evidence and without reference to other traditional medicines from around the world.

The authors should avoid abbreviations – MS can be metabolic syndrome but also multiple sclerosis.