

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

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**Potential competing interests:** No potential competing interests to declare.

## Abstract

1.- Please define GI

## Introduction

2.- Please add carbohydrate body percentages or discuss why the TCM there haven't considered them.

3.- The authors should differentiate them as macro (proteins, carbohydrates, and lipids) and micronutrients (vitamins and minerals) or oligo nutrients in some cases.

### 1.1 Oxidative stress and cancer

4.- Please rewrite and explain terms such as acidosis resp. alkalosis to facilitate the reading. The first paragraph is complicated to understand.

5.- Please rewrite this sentence... "The body regularizes the pH every moment so that it is kept in the range 7.35~7.45 in which range of pH, the inside of cells is in neutral, and they can work normally; here we have the principle of balance à la Yin Yang." There are some impressions. First, the body tries to regularize the pH; unfortunately, it doesn't always get it. Second, intracellular pH is not always neutral; the cytoplasmatic range is 7.0 - 7.2, and pH in organelles can be 6.6 to 6.8 (mitochondria), 4.5 to 6.5 (lysosomes) or 6.0 to 7.5 in primary endosomes.

6.- The two last paragraphs have no concordance or consequence with previous ideas (previous sections). It is recommended that authors find a way to connect the ideas.

### 1.2. How to prevent obesity and enhancing calcium absorption

7.- This reviewer thinks that this section must be named. How to prevent obesity and improve calcium absorption.

8.- The calcium section is very general.

9.- Section food with antioxidant effects must be rewritten and managed about how these foods provide the antioxidant, how much contributes, absorber, and how it is distributed in the body or which are the beneficiary tissue(s).

10.- Section 5 is out-focused; this reviewer does not understand why is the reason for the allergy section.

11.- Resveratrol, a double edge sword. This section is very limited and wrong-focused.

12.- The authors forget the final remarks or conclusions section.