

# 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.

- there are a number of important topics and good points raised in the article
  - however these are obscured by use of secular, non-scientific language and unreferenced or under-referenced claims
  - the article may benefit from the use of diagrams or graphics to better illustrate key concepts, with discussion then referring to the diagrams
1. important, relevant topics: these include oxidative stress, environmental exposures effecting human health, definition and management of metabolic syndrome. It was interesting to relate these to traditional chinese medicine concepts and perhaps this would be better communicated in seperate dedicated articles for each topic. For example, TCM conceptualisation of oxidation/antioxidant pathways, TCM and management of metabolic syndrome etc.
  2. some claims are unreferenced or under-referenced and this is not an adequate standard for publication even for a discussion article. eg. "It turns out that the gastral organs of the Japanese are not as strong as those of the Chinese."
  3. some key points have grammatical erros and changing use of tense which confuse the message. Using illustrative diagrams, flow charts or tables may help overcome this. For example illustration of oxidant and anti-oxidant pathways could be communicated more clearly in a diagram, and suggested foods for management of metaboic syndrome could be more concisely communicated in a table.