

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

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In my opinion, this review is of merit. The authors aimed to describe hints coming from both scientific community and cultural-social heritage to give suggestions for the healthy aging and possibly for overcome the frank diseases towards a healthy longevity. In some passages, the readers could be disoriented because the speech flows poorly, and it could be improved. For example, the chapter dedicated to Resveratrol describe very poorly its effect, it seems more focused on NAD and NADH, and their link is only mentioned. The review will be boosted when a more strict description of this very interesting topic will be refined. I appreciated the idea to connect the life steps, from adolescence to very old age, as they really are. There are very few papers that try to have a holistic and comprehensive view, that is the case for a complex phenomenon like longevity, in which lifestyle, nutrition, exercise, pollution, nutrigenetic asset, emotional/mind features converge. I suggest also to specify and expand the chapter describing Chirality, very very interesting in my opinion, but only briefly mentioned. I encourage the authors to implement and expand the review, moving from asian to worldwide sight, and add more cultural hints, very often neglected.