**Paraphrased paragraphs from Staying Alive article**

**Wright, Karen. Staying Alive. *Discover.* Nov. 2003: 64-70.**

**Paragraph # 1:**

Natural selection works to ensure survival through the reproductive ages. Once reproduction has passed, diseases such as cancer, heart disease, stroke, etc. attack our bodies and there is no mechanism for us to weed these out of the population because we have already passed our genes to the next generation.

**Paragraph #2:**

Life span and reproduction seem to go hand in hand for birds and mammals. Those that reproduce sooner, have shorter lives. Those that produce many young per litter have shorter lives. Those that produce few young have longer lives and they also have young that take longer to mature so the parents are needed by the young.

**Paragraph #3:**

Organisms that live in more dangerous or unstable environments tend to mature earlier, breed sooner, have lots of young quickly and die sooner than those that live in safer or more stable environments.

**Paragraph #4:**

One researcher contends that medical science must learn to slow the aging process. One way to do this is by working on oxidants. These are chemicals produced in the body as by-products of metabolism and they can damage tissues. We can counteract the damage done by eating foods high in antioxidants.

**Paragraph #5:**

Scientists contend that there are no real biological limits to aging. There are practical limits that include being lucky enough not to be in a serious accident, having enough money to fund aging research, etc. Most people could help themselves live longer by eating right, exercising daily and not smoking.