

## PREVIEW\_ Ron Rosedale - Interview (Miami, FL JAN 2017) 3

**Dr. Rosedale:** From a strictly biological perspective we're here to do two things. And that is to obtain food so that we can replicate. And our ability to do that is dependent on nutrient availability.

And that nutrient availability is detected by metabolic pathways, nutrient sensors, which insulin is a major one, leptin is another one and the TOR pathway is probably the major one.

And they tell the body, they tell the cell or the multicellular organism what the availability of nutrition is and whether it's good time to replicate.

And if it's not we know that we can up regulate all sorts of tricks that nature has to keep us alive longer and healthier in order to replicate at a future more nutritionally opportune time.

That's all nature cares about. The nature doesn't care about us living a long healthy life. It just cares about us living a long enough healthy life--

**Ivor Cummins:** To reproduce.

**Dr. Rosedale:** To successfully reproduce.