

Metabolic theory of ageing:

- posited that individual's lifespan was reciprocally linked to their basal metabolic rate.
- ~~Rate~~ Heartbeat or energy is not counted but ROS - by product of respiration is counted.
- Over time, continued generation of energy & related consumption of O_2 leads to accumulation of ROS induced damage to DNA, protein & lipid until, eventually, universally conserved tipping point is reached.
- Cells experiencing caloric deficits adjust their metabolic pathways to utilize available resources in more efficient manner that concomitantly decrease yield of collateral ROS.