We claim:

1. A method of increasing lengths of telomeres in cells of an aging subject comprising:
(a) measuring lengths of one or more telomeres of a cell sample from the subject;
(b) an aqueous extract of *Uncaria tomentosa* is to be administered in an effective amount and for a period of time sufficient to increase the lengths of said telomeres in said cells of said subject, wherein said period of time sufficient to increase the lengths of said telomeres in cells of said subject is at least 1 year; and
(c) re-measuring lengths of one or more telomeres, wherein if the telomeres have not lengthened, the aqueous extract is continued to be administered,
wherein said aqueous extract comprises carboxy alkyl esters (CAEs) in a range between 8% and 10% weight/weight (w/w).

2. The method of claim 1, wherein said aqueous extract is to be administered orally.

3. The method of claim 2, wherein the amount of said aqueous extract ranges from 200 mg/day to 700 mg/day.

4. The method of claim 3, wherein the amount of said aqueous extract is about 700 mg/day.

5. The method of claim 4, wherein the subject is a human.

6. The method of claim 1, wherein said aqueous extract is formulated into a delivery means selected from the group consisting of a capsule, a tablet, a liquid, a syrup, and a gel.

7. The method of claim 2, wherein said aqueous extract is formulated into a delivery means selected from the group consisting of a capsule, a tablet, a liquid, a syrup, and a gel.

8. The method of claim 1, wherein said subject is a human.

9. A method of increasing lengths of telomeres in cells of an aging subject comprising:

(a) obtaining a sample of nucleated cells from a subject;

(b) measuring lengths of telomeres in said sample of nucleated cells;

(c) an effective amount of an aqueous extract of *Uncaria tomentosa* is to be orally administered to said subject for a period of time sufficient to increase the lengths of telomeres in cells of said subject, wherein said period of time sufficient to increase the lengths of said telomeres in cells of said subject is at least 1 year;

(d) obtaining a sample of nucleated cells from said subject after said period of time has been completed; and

(e) measuring the lengths of telomeres in said sample of nucleated cells from said subject after said period of time has been completed;

(f) comparing said lengths of said telomeres before said period of time has commenced with said lengths of said telomeres after said period of time has been completed; and

(g) wherein if the telomeres have not lengthened, the aqueous extract is continued to be administered,

wherein said aqueous extract comprises carboxy alkyl esters (CAEs) in a range between 8% and 10% weight/weight (w/w).

10. The method of claim 9, wherein said nucleated cells are white blood cells.

11. The method of claim 9, wherein said subject is a human.

12. The method of claim 9, wherein said measuring steps (b) and (e) are carried out by quantitative polymerase chain reaction.

13. Use of an aqueous extract of *Uncaria tomentosa* for the manufacture of a medicament for the treatment of Alzheimer's disease or cancer in a subject by increasing lengths of telomeres in cells of the subject, wherein:

(a) lengths of one or more telomeres of a cell sample from the subject are to be measured;

(b) the medicament in a pharmaceutically effective amount is to be administered to the subject for a period of time sufficient to increase the lengths of said telomeres in said cells

of said subject, wherein said period of time sufficient to increase the lengths of said telomeres in cells of said subject is at least 1 year;

(c) lengths of one or more telomeres are to be re-remeasured, wherein if the telomeres have not lengthened, the medicament is continued to be administered; and

(d) said use resulting in lengthening of said telomeres,

wherein said aqueous extract comprises carboxy alkyl esters (CAEs) in a range between 8% and 10% weight/weight (w/w).

14. The use of claim 13, wherein the medicament is to be administered orally.

15. The use of claim 14, wherein the amount of the medicament ranges from 200 mg/day to 700 mg/day.

16. The use of claim 15, wherein the amount of the medicament is about 700 mg/day.

17. The use of claim 16, wherein the subject is a human.

18. The use of claim 13, wherein the medicament is formulated into a delivery means selected from the group consisting of a capsule, a tablet, a liquid, a syrup, and a gel.

19. The use of claim 14, wherein the medicament is formulated into a delivery means selected from the group consisting of a capsule, a tablet, a liquid, a syrup, and a gel.

20. The use of claim 13, wherein said subject is a human.

21. Use of an aqueous extract of *Uncaria tomentosa* for the manufacture of a medicament for the treatment of Alzheimer's disease or cancer in a subject by increasing lengths of telomeres in cells of the subject, wherein:

(a) a sample of nucleated cells from a subject is to be obtained;

(b) lengths of telomeres in said sample of nucleated cells are to be measured;

(c) a daily dose of an effective amount of the medicament is to be orally administered to

said subject for a period of time sufficient to increase the lengths of telomeres in cells of said subject, wherein said period of time sufficient to increase the lengths of telomeres in a cell of said subject is at least one year;

(d) a sample of nucleated cells from said subject after said period of time has been completed is to be obtained; and

(e) the lengths of telomeres in said sample of nucleated cells from said subject after said period of time has been completed are to be measured;

(f) said lengths of said telomeres before said period of time has commenced with said lengths of said telomeres after said period of time has been completed are to be compared; and

(g) wherein if the telomeres have not lengthened, the medicament is continued to be administered,

wherein said aqueous extract comprises carboxy alkyl esters (CAEs) in a range between 8% and 10% weight/weight (w/w).

22. The use of claim 21, wherein said nucleated cells are white blood cells.

23. The use of claim 21, wherein said subject is a human.

24. The use of claim 21, wherein said measuring steps (b) and (e) are carried out by quantitative polymerase chain reaction.