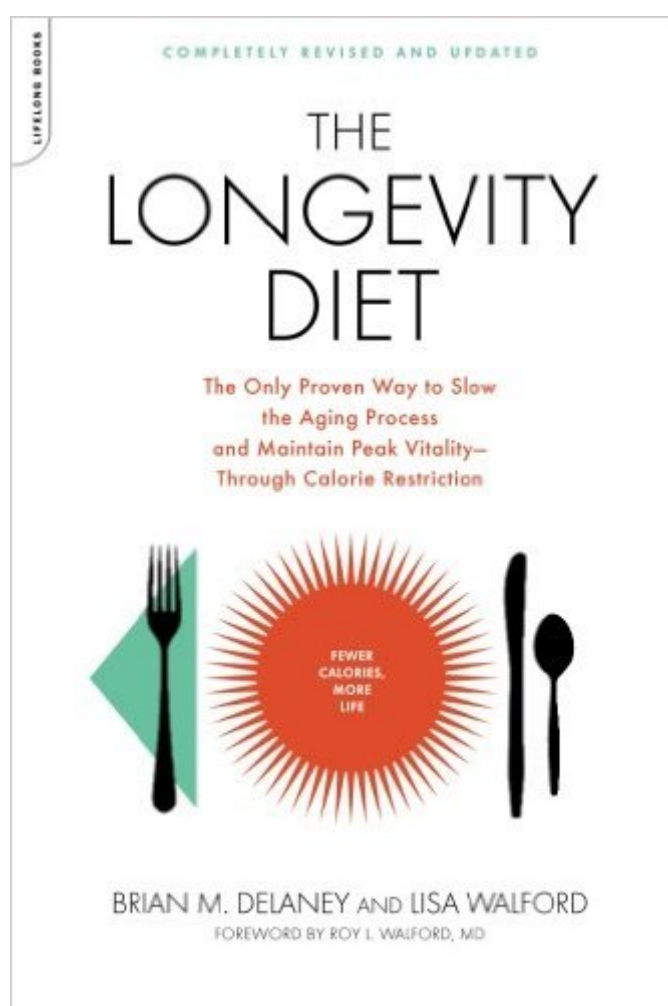


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# The Longevity Diet: The Only Proven Way To Slow The Aging Process And Maintain Peak Vitality Through Caloric Restriction



## Synopsis

At last, a book that explains in practical terms the concept of calorie restriction (CR) – a life-extending eating strategy with profound and sustained beneficial effects, according to the Proceedings of the National Academy of Sciences. The concept is simple and flexible: eat fewer calories and choose foods carefully. Longtime CR practitioners and experts Brian M. Delaney and Lisa Walford clearly explain all the relevant health and nutrition guidelines and provide the tools you need to make the appropriate dietary changes. The results can be dramatic; those who follow CR have quickly lowered their cholesterol and blood pressure and reduced their body fat. Recently featured on Oprah and 60 Minutes, CR is continuing to gain momentum. With updated research and new information about exercise and food choices, *The Longevity Diet* is the key to a longer, healthier life.

## Book Information

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## Customer Reviews

This book complements Doctor Roy Walford's books very nicely. The basic idea is that, by designing a diet which is lower in calories, but adequate in vitamins, minerals, etc., you can live a lot longer. Dr. Walford's books introduce the idea, explain the evidence for believing that it will work, and tell you how to get started on such a diet. His books tend to be a bit technical, though very well written. You should at least read "The Anti-Aging Plan" by Roy and Lisa Walford before jumping into "The Longevity Diet." "The Longevity Diet" isn't just a rehash of Dr. Walford's work. The authors discuss the human, nontechnical side of the plan. How do you change your eating habits? How do you deal with cravings for ice cream, or social situations where you are expected to feast with others? One of

the recommendations involves keeping a diary of what you eat, and what situations make you over-eat, so that you can plan strategies to overcome them. You also use the food diary to count your calories, and nutrition. They cover a number of other topics, introducing some recent developments, such as the ORAC index of foods, which tells you which foods are the best anti-oxidants (Blueberries), and the idea of energy density, which has to do with eating foods which have few calories in a large volume of food. Other topics include Exercise, Relaxation techniques, major Theories of Aging, and the balance between Omega-3 and Omega-6 fatty acids. For those who don't know, here's a synopsis of the CR (Calorie Restriction) movement: In the 1930's, some researchers at Cornell discovered, by accident, that if you feed mice less than the normal amount, they live A LOT longer.

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