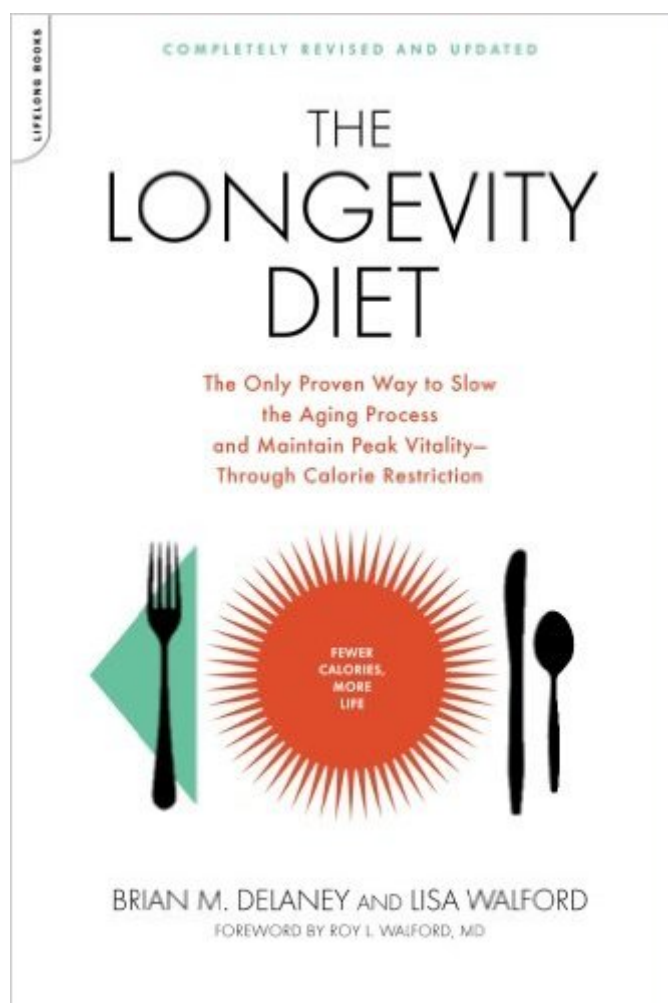


The book was found

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

Paperback: 352 pages

Publisher: Da Capo Lifelong Books; 3rd edition (May 25, 2010)

Language: English

ISBN-10: 1600940382

ISBN-13: 978-1600940385

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars – See all reviews (66 customer reviews)

Best Sellers Rank: #92,253 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #1380 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #10120 in Books > Self-Help

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.

[Download to continue reading...](#)

The Longevity Diet: The Only Proven Way to Slow the Aging Process and Maintain Peak Vitality Through Caloric Restriction
The Longevity Diet: The Only Proven Way to Slow the Aging Process and Maintain Peak Vitality--Through Calorie Restriction
Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products)
Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1)
Paleo Diet: Paleo Slow Cooker COMBO 2 IN 1 SET - Paleo Diet for Beginners, Paleo Slow Cooker Cookbook, Paleo Diet Recipes and Paleo Slow Cooker Recipes, ... (Paleo Diet Paleo Slow Cooker COMBO SET 1)
Slow Cooking - Top 500 Slow Cooking Recipes Cookbook (Slow Cooker, Slow Cooker Recipes, Slow Cooking, Meals, Slow Cooker Chicken Recipes, Crock Pot, Instant Pot, Pressure Cooker, Vegan, Paleo)
Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3)
Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners (Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb) (Cookbook delicious recipes 1)
HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)
The Slow Carb Diet: My Journey Of Fat Loss And How To Lose 10-15 Pounds Per Month (slow carb, weight loss motivation, healthy diet cookbook, paleo diet, low carb, lose weight fast, diet motivation)
Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet)
Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss,

ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Top 30 Easy Vegan Slow Cooker Recipes For Busy Women: Amazing Vegan Recipes For Weight Loss And Healthy Eating: Slow Cooker, Slow Cooker Cookbook, Slow ... Cooker Recipes Cookbook For Busy Women 1) Low Carb Slow Cooker Cookbook Box Set: Low Carb Slow Cooker Recipes, Low Carb Chicken Slow Cooker Recipes, Low Carb Beef Slow Cooker Recipes Crock Pot Recipes - The Ultimate 500 CrockPot Recipes Cookbook (Crock-Pot Meals, Crock Pot Cookbook, Slow Cooker, Slow Cooker Recipes, Slow Cooking, Slow ... Meals, Paleo, Vegan): Bonus 200 Recipes 100 Slow Cooker Recipes: Get 'em! Mix 'em! Leave 'em! (Slow Cooker Recipes, Crockpot Recipes): Big Slow Cooker Recipes Cookbook - The 100 Slow Cooker Recipes Slow Cooker: 100% VEGAN!: Irresistibly Good & Super Easy Slow Cooker Recipes to Save Your Time & Get Healthy. (Slow Cooker, Crockpot, Crockpot Recipes, Vegan Slow Cooker) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Slow Cooker Low Carb: Over 70+ Low Carb Slow Cooker Meals, Dump Dinners Recipes, Quick & Easy Cooking Recipes, Antioxidants & Phytochemicals, Soups Stews ... Slow Cooker-Slow Cooker Recipes Book 109)

[Dmca](#)