

Featuring the

## 5-DAY FASTING-MIMICKING DIET

All the health benefits of fasting  
without the hunger



# THE LONGEVITY DIET

Discover the New Science Behind Stem Cell  
Activation and Regeneration to Slow Aging,  
Fight Disease, and Optimize Weight



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**The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight**



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The internationally renowned, clinically tested, revolutionary eating plan to lose weight, fight disease, and live a longer, healthier lifestyle. Can everything you eat determine how very long, and how well, your home is? The clinically proven response is yes, and The Longevity Diet Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer Lower in proteins and sugars and abundant with healthy fats and plant-based foods, The Longevity Diet plan is proven to assist you to: to a healthy old age through nutrition. The main element is combining the healthful everyday diet program the book outlines, with the scientifically designed fasting-mimicking diet plan, or FMD; the FMD, done just 3-4 times a year, does away with the misery and starvation many of us experience while fasting, enabling you to reap all of the beneficial health effects of a restrictive diet plan, while avoiding negative stressors, like low energy and sleeplessness. • Extend your The culmination of 25 years of research on aging, nutrition, and disease around the world, this unique plan lays out a straightforward solution to living Longo's, and cardiovascular disease. • Lose excess weight and reduce belly fat • s basic pescatarian daily eating plan and the periodic fasting-mimicking techniques can both yield impressive outcomes.Prevent age-related muscle mass and bone loss lifespan with basic everyday changes Valter Longo, director of the Longevity Institute at USC and this program on Longevity and Cancers at IFOM in Milan, designed the FMD after producing a series of remarkable discoveries in mice, then in human beings, indicating that specific diet plans can activate stem cells and promote regeneration and rejuvenation in multiple organs to significantly reduce risk for diabetes, cancer, Alzheimer' healthful Including 30 easy recipes for a day to day diet based on Longo's five pillars of longevity, •is the key to living a longer, healthier, more fulfilled life.is simpler to check out than you'd think that. Longo's healthy, life span-extending plan is founded on an easy-to-adopt pescatarian plan combined with the fasting-mimicking diet only 4 times a year, just 5 days at a time. The Longevity Diet



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The book to read if you are interested in optimizing your longevity. Most of us wish to live a wholesome, long life. Brand-new science for health and diet Fasting is most beneficial way to preserve health! I was kind of skeptical until I saw the interview with Valter Longo, who was showing the laboratory mice who had been starved versus the laboratory mice who was simply allowed to free feed prior to and during a substantial overdose of a chemotherapy medication. D. Very interesting ideas and the Prolonged Fasting Diet plan is the system which can help 5 days of fast for some employees! As the editor and founder of the most visited natural wellness site I had a chance to cautiously review Dr. Not really a how to. Predicated on years dedicated to understanding what factors accelerate aging (sugar) and which slow it down (fasting), the author explains the biological processes that take place. e. Longo recommends limiting protein to 0.31 to 0. The next half is the meats and bones of the reserve, and goes quite in-depth to the research he did with fasting and particular conditions. For some, that would mean reducing their protein consumption by about two-thirds. In the event that you weigh 150 pounds, you'd need simply 50 grams of proteins a day. If you eat excessive protein then your regenerative potential is positioned on hold. Once you remove these blocks, your stem cells are turned on, and then, through the refeeding phase, your body undergoes a major regeneration and rejuvenation stage. But it is essential to know how the body responds to fasting and its role in the healing process. The "magic" actually happens during the refeeding phase, after you've been through a period of starvation. In the event that you just cut calorie consumption but never enter refeeding, you miss the chance to rebuild the body. So, while starvation triggers the cleanout procedure for autophagy and activates stem cells, refeeding triggers rebuilding, and for optimal health, you really need both. But I love to think therefore, because I honestly wouldn't normally have even dreamed of considering that unless I learned of Valter Longo's research. Those taking hypoglycemic or anti-hypertensive medication are especially at risk, as they may end up overdosing." It promotes autophagy and replaces cell components with recently generated functional ones, thanks to the activation of stem cells. Restrict your feeding window to 12 hours or less. A lot of the first half of the reserve was unnecessary to me, since it just exhibited some of Longo's biases on diet. If you're on medication, you also need to use your doctor to ensure safety, as some medications really need to be studied with food and/or may become toxic when your body chemistry normalizes. There's really nothing at all that comes close, and the explanation for it is because it switches your cells to a secured "anti-aging mode. Longo cautions that people who shouldn't water fast or end up being on the fasting mimicking diet plan include pregnant women, those who are seriously underweight (have lower body mass index) and/or have problems with anorexia, seniors older than 70 (unless you're exceptionally healthy), anyone who is fragile or people who have liver or kidney disease. In case you have a chronic disease, make sure to function with your physician and have her or him closely monitor your condition. Among the strong recommendations in Longo's publication is to actively incorporate the fasting approach if you're undergoing treatment for malignancy. Not merely will it radically improve the efficiency of the cancer therapy, but it will also decrease its side effects. Before I learned all about the idea of starving around your chemo periods, I had currently endured 4 rounds of Adriamycin/Cytoxin and 1 circular of Taxol. Interestingly, neither strategy done its own! vitamin supp once every 3 days Tip: miss the first fifty percent of the book I respect Dr. Significantly, cancers are also significantly postponed, and several tumors are also benign rather than malignant. Cognition is also improved. In mice that received the fasting mimicking diet twice a month were cognitively carrying out superior to the mice on the regular diet plan. Another area of improvement is certainly your disease fighting capability, which undergoes a transformation to a far more youthful state. General, there's a reduction in risk elements for diabetes, cardiovascular disease and tumor, and a noticable difference in markers for aging. I feel great! you actually have tons of energy and fascination with preparing healthy and small portions of highly healthy food. Longo's study also shows the fasting reduces inflammation and inflammatory diseases such as dermatitis!! I'd also prefer to add that this book is wonderfully written and intelligent. I am not sure if they added that name, but I am so extremely grateful to can see this very important study and all of the implications that I've learned in the last weeks! I was diagnosed with breast malignancy in 2017 in the first Spring and my life has taken that difficult path of trying to get a get rid of from the normal "standard of care" kind of treatment. In his book, Longo cites animal research displaying the fasting mimicking diet plan in conjunction with treadmill exercise resulted in higher maintenance of muscle mass and a reduction in sarcopenia. I was in the depressing situation to be numb in my

own feet, starting to get numb in my hands, and totally freaked out about it. I quicker for only 2 times prior to chemo time (I was afraid to getting too run-down, and I didn't know what to anticipate), plus I fasted the day of the infusion and your day after. The dietary plan will appear to be hell to you in case you are currently stuffed on a rich diet, but in the event that you in fact fast, you will find that this is exactly the kind of meals that you crave. Great read Readable, but well researched Outstanding work. Valter Longo Ph. I QUICKLY knew that I had to consult google to see if this is really true. I likely to only see alternate medicine people talking about it, but I recognized it was all TRUE, while also having a sickening realization: many of my loved ones have died of cancers in the past 4 years and there was actually a lot of talk occurring on the internet about this topic, about analysis and promising outcomes for a number of illnesses including tumor. Very leading edge. Byron also spoke greatly about the mental clearness he appreciated when he was in starvation mode, which is fascinating when you find out that brain neurons are manufactured, new brain neurons, when you fast and re-feed. I truly appreciate that the perspective of the book is that folks should live much longer and healthier lives, combined with what research says on the topic. Have a mineral & If only he had known that his habits of starving himself and then bingeing on "seafood and vegetables" was actually an enormous boon to his wellness, and not simply to his fashion sense. There is nothing even more important than living in a way that sustains and protects existence, since life is beautiful but delicate and really should be held with respect. Think about this: Byron's worst problem, his hated tendency to get fat, drove him to a cycle of fasting and re-feeding that actually galvanized his poet skill? Uncertain about that. It is Longo's research that finally convinced me that multi-day water fasting is among the most powerful metabolic interventions out there. I have been absolutely fascinated for days gone by 3 weeks since the night I came across Valter Longo and his study by watching the documentary (free of charge on amazon prime) for "The Technology of Fasting". I did feel a slight twinge of uncertainty about the dietary plan but I recognized that I could follow the eating plan by measuring elements on a scale, and trust me, after you surface finish a fast... very important publication of the century, if not really forever! I am only 47, therefore i started to believe I'll be left so numb in my feet that it wouldn't be safe for me personally to ride my bicycle anymore, which would truly be sad if you ask me. Extremely thorough and educational. Bless!!!Edit: I forgot to mention the most crucial matter, which is that We was able to do a 4 day water fast around my 2nd infusion of taxol. Also, that first circular of Taxol had nearly crippled me for 3 days, making all my joints unstable to the idea that I had to employ a walker. Eat vegan (with a little fish once in a while) - low protein / high (complicated) carb - avoid all pet protein - prevent saturated and trans unwanted fat - eat what you ancestors ate 2. So that neurapathy eased also before I acquired in the chemo seat. I felt great after chemo, and pretty ok your day after, and after that your day after that (etc my 4th day time of fasting), I knew that this method of starving you to ultimately guard against the toxic effects of chemo actually works. Simple and easy read - great book Easy and simple read - great summary of V. Individuals have the proper to know about this! Setting up my diet Outstanding, all based on analysis! Because all proceeds go to charity, and folks are being broken by chemo drugs every day around the world. That is what happened certainly to me when I acquired my 1st taxol infusion, without any fasting!! Exercise 2. HIGHLY recommend! Because I was strolling with good balance, in a normal gait, without the limping or feeling like I must walk with the aid of a "walker". Longo's 30 years of hard research and its own practical application. Although, very little scientific depth in this reserve nor the discovery information I was wishing to read about. I plan to repeat it in January and once again in March... Short: the longevity diet and fmd is certainly. I read prolon is not for celiacs or nut allergy people. The first thing that I observed was that my neuropathy nearly totally went away after only 24 hours on the fast! I right now do a five-day water-only fast monthly, and recommend it for most people — so long as you've ready yourself properly initial. Periodically fast for 5 to seven days; He also found that limiting proteins intake offering profound metabolic benefits and as a result he promotes radically reduced proteins consumption.g. monthly 4.! Best Nutrition book ever! By the way, I can't resist adding that I think Lord Byron must have jumped for joy in his grave when this book was published. Cancers are decreased by almost 50 percent. Longo a whole lot as he has made incredible headway in the field of fasting, which is why I loved the second half of the publication.A key step that made water fasting possible for me was getting into the habit of intermittently fasting 20 hours a day for at least per month. A lot of the evidence in the first fifty percent of the reserve on nourishment was anecdotal, so it was not particularly

engaging.36 grams of protein per pound of bodyweight. But what's the ultimate way to switch on your body's ability to promote cellular protection, regeneration and rejuvenation? Longevity diet is a method of presenting fasting for 5 times into your way of life!, a researcher and director of the Longevity Institute at the University of Southern California (USC) assists answer that question, mainly because he's investigated this subject for over 2 decades.5 hours a week / walk daily 5.! Not a fad diet. Based in solid science. So if you are interested in increasing not merely how long you live but the quality of these years then you will be strongly advised to review this book to comprehend how to greatest accomplish that with this current knowledge of biology. So about 3 weeks ago, I was depressed about those thoughts and desperate to find something to watch other than "The Walking Dead" (awful show today), and I found a documentary that I could watch for free of charge on Amazon Primary ("The Research of Fasting") and I decided to view it. I consider the man behind the reserve to be exactly the type of person we all needed to be carrying out this, because he can not be discouraged from taking a better and even more insightful appearance at these incredibly essential issues. Longo's book which is why I can post a thorough review on the time of publication. This publication, and doing the cleanse, provides reset me in a way that I am actually thinking in a different way about these flexible 2 days, realizing that sugar is doing a lot more than leading to me to gain weight, but it's increasing aging which is scary. Not a "how exactly to". 1. I'm already keto and can figure out a "fasting mimicing diet plan" for myself (AMA). That is in part why intermittent fasting or fasting is indeed much better than chronic calorie restriction. I am so grateful for your kindness and fortitude of spirit that you brought this reserve out now. So to me, this was totally tested and I realized this book was developing within a couple of days, so I ordered multiple copies to share with EVERYONE. I am so happy and energetic right now that no one can believe I simply had chemo. I'm a big lover of health-related books, and have about 30-40 that I'm presently reading. Of them all, this is my favorite.By studying the effects of starvation on yeast, Longo discovered that sugar accelerates aging and premature death. I am carrying out intermittent fasting with great success for days gone by 6 months or so, and this past week I did the 5 day FMD, Prolon. It proceeded to go very well. Day 1 was good, Day 2 I was completely exhausted by 5pm (unlike me), Day 3-5 my brain became extremely clear and I experienced light and relaxed, and I wasn't that hungry. I can't say more than enough about the ProLon foods- all, literally, all products were delicious. Still an extremely exciting examine and I learned a few new items and reconfirmed existing human research on fasting and plant structured entire foods. While I'm often fueled with info on what things to eat and what things to avoid, I have a tendency to be very clean 5 times of the week and flexible the other 2 days where I might eat things that are not that great for me (pizza, cookies). Brilliant work. good reserve but doesnt give enough details I liked the idea of his longevity diet plan AND his 5 time fasting mimicking diet FMD, but he doesnt go into enough detail on what you can eat on FMD because he wants you to get his product instead of preparing the food yourself. I believe that I want to prepare the meals myself rather than buy his expensive meals.



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