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**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



**VALTER LONGO, PhD**

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Read by Keith Sellon-Wright | Unabridged

Includes companion PDF

*Valter Longo*

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The culmination of twenty-five years of analysis on aging, diet, and disease around the world, this unique system lays out a simple solution to living to a healthy old age through nutrition. Can everything you eat determine how long, and how well, your home is? The clinically proven reply can be yes, and The Longevity Diet plan is easier to check out than you'd think. [Browse by Keith Sellon-Wright] The internationally renowned, clinically tested, revolutionary diet program to lose weight, combat disease, and live an extended, healthier life. Longo's simple pescatarian daily diet program and the periodic fasting-mimicking methods can both yield amazing outcomes. The FMD, done just 3-4 times a year, does away with the misery and starvation most of us experience while fasting, enabling you to reap all the beneficial health effects of a restrictive diet plan, while avoiding unfavorable stressors, like low energy and sleeplessness. Valter Longo, director of the Longevity Institute at USC and the Program on Longevity and Tumor at IFOM in Milan, designed the FMD after producing a series of exceptional discoveries in mice, after that in human beings, indicating that specific diet programs can activate stem cells and promote regeneration and rejuvenation in multiple organs to significantly reduce risk for diabetes, cancer, Alzheimer's, and heart disease. The main element is combining the healthful everyday eating plan the book outlines, with the scientifically engineered fasting-mimicking diet, or FMD; Including thirty easy recipes for an everyday diet predicated on Longo's five pillars of longevity, The Longevity Diet plan is the key to living a longer, healthier, more fulfilled life. Longo's healthy, life-span-extending program is founded on an easy-to-adopt pescatarian program together with the fasting-mimicking diet only four times a yr, just five days at a time. Low in proteins and sugars and rich in healthy fat and plant-based foods, The Longevity Diet is which can help you lose pounds and reduce abdominal fat, extend your healthful life-span with basic everyday adjustments, prevent age-related muscle tissue and bone loss, and build your level of resistance to diabetes, coronary disease, Alzheimer's, and cancer.



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The book to learn if you are thinking about optimizing your longevity. The first thing that I observed was that my neuropathy nearly totally went aside after only 24 hours on the fast! But what's the easiest method to switch on your body's ability to promote cellular safety, regeneration and rejuvenation? Restrict your feeding windows to 12 hours or less 3.D. Of them all, this is the best. As the editor and founder of the most visited natural health site I had a chance to thoroughly review Dr. Also, that first round of Taxol had almost crippled me for 3 days, making all my joints unstable to the point that I experienced to use a walker. By studying the effects of starvation on yeast, Longo discovered that glucose accelerates aging and premature death. I'd also like to add that this publication is wonderfully created and smart. Longo recommends limiting proteins to 0.31 to 0.36 grams of proteins per pound of body weight. For most, that would mean cutting down their protein intake by about two-thirds. If you weigh 150 pounds, you'd need just 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, during the refeeding phase, the body undergoes a significant regeneration and rejuvenation phase. There's really nothing that comes close, and the explanation for it is because it switches your cells to a protected "anti-aging mode. The "magic" actually happens through the refeeding stage, after you've gone through an interval of starvation. In the event that you just cut calories but by no means enter refeeding, you miss the chance to rebuild the body. Therefore, while starvation triggers the cleanout process of autophagy and activates stem cells, refeeding triggers rebuilding, and for optimal wellbeing, you truly need both. It is Longo's analysis that finally convinced me that multi-day drinking water fasting is among the most powerful metabolic interventions out there. That is in part why intermittent fasting or fasting is indeed superior to chronic calorie restriction." It encourages autophagy and replaces cell parts with newly generated functional ones, because of the activation of stem cells. I now do a five-day water-only fast monthly, and recommend it for most people - so long as you've prepared yourself properly initial.. If you're on medication, you also need to work with your doctor to ensure safety, as some medicines really need to be taken with food and/or may become toxic when your body chemistry normalizes. I likely to only see alternate medicine people talking about it, but I realized it had been all TRUE, while also having a sickening realization: a lot of my family members have died of malignancy in the past 4 years and there was actually a lot of chat occurring on the internet concerning this topic, about research and promising results for a number of illnesses including malignancy. Longo cautions that folks who shouldn't water fast or end up being on the fasting mimicking diet plan include pregnant women, people who are seriously underweight (have lower body mass index) and/or suffer from anorexia, seniors older than 70 (unless you're exceptionally

healthy), anyone who's 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 him or her closely monitor your trouble. Among the strong suggestions in Longo's book is to actively incorporate the fasting approach if you're undergoing treatment for cancer.. In his publication, Longo cites animal research showing the fasting mimicking diet in conjunction with treadmill exercise led to greater maintenance of muscle mass and a reduction in sarcopenia. I can't say more than enough about the ProLon foods- all, literally, all products were delicious. Great read Easy to read, but well researched Excellent work. Cancers are decreased by almost 50 percent. Significantly, cancers are also considerably postponed, and several tumors are also benign instead of malignant. Cognition can be improved. In mice that received the fasting mimicking diet twice a month were cognitively doing much better than the mice on the standard diet. Another section of improvement is certainly your immune system, which undergoes a transformation to a far more youthful state. I am so grateful for your kindness and fortitude of spirit that you brought this publication out now. Brief: the longevity diet and fmd is. very important publication of the century, if not forever!!!! I have already been absolutely fascinated for the past 3 weeks because the night I discovered Valter Longo and his study by viewing the documentary (free on amazon prime) for "The Research of Fasting". By the way, I can't withstand adding that I believe Lord Byron must have jumped for joy in his grave when this publication was published. I was diagnosed with breast tumor in 2017 in the first Spring and my life has used that challenging path of looking to get a treatment from the typical "standard of care" kind of treatment. Before I learned about the concept of starving around your chemo classes, I had currently endured 4 rounds of Adriamycin/Cytosin and 1 round of Taxol. I was in the depressing situation of being numb in my feet, starting to get numb in my hands, and totally freaked out about it. Longo's reserve which explains why I can post a thorough review on the date of publication. I am just 47, so I started to think that I'll be remaining so numb in my own feet that it wouldn't be safe for me personally to ride my bike anymore, which would truly be sad if you ask me. 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 now), and I found a documentary that I could watch for free on Amazon Primary ("The Science of Fasting") and I made a decision to watch it. Eat vegan (with just a little fish occasionally) - low protein / high (complex) carb - avoid all animal proteins - prevent saturated and trans excess fat - eat everything you ancestors ate 2. Then I knew that I acquired to consult google to discover if this is really true. Those acquiring hypoglycemic or anti-hypertensive medication are especially at an increased risk, as they may end up overdosing. I consider the man behind the book to be exactly the type of person most of us needed to be doing this, because

he can not be discouraged from going for a better and more insightful appearance at these incredibly important issues. There is nothing more essential than living in a means that sustains and protects life, since life is beautiful but delicate and should be held with respect. I truly appreciate that the perspective of the book is that folks should live longer and healthier lives, combined with what technology says on this issue. I am not sure when they added that name, but I am so incredibly grateful to have discovered this essential research and all of the implications that I've learned over the past weeks! If only he had known that his behaviors of starving himself and then bingeing on "seafood and vegetables" was actually a huge boon to his wellness, and not just to his fashion sense. I plan to do it again it in January and once again in March. Imagine this: Byron's worst issue, his hated tendency to get excess fat, drove him to a cycle of fasting and re-feeding that literally galvanized his poet skill?. Recommend! He also discovered that limiting proteins intake offering profound metabolic benefits and for that reason he promotes radically decreased proteins consumption. Still an extremely exciting go through and I learned a few new points and reconfirmed existing individual studies on fasting and plant structured whole foods. Not only will it radically improve the effectiveness of the cancers therapy, but it may also decrease its unwanted effects. Not sure about this. you literally have tons of energy and desire for preparing healthy and small portions of highly nutritious food. This diet will sound like hell to you in case you are currently stuffed on a wealthy diet, but in the event that you in fact fast, you will find that this is exactly the kind of food that you crave. General, there's a decrease in risk elements for diabetes, coronary disease and tumor, and a noticable difference in markers for ageing. Day 1 was fine, Day 2 I was totally exhausted by 5pm (unlike me), Day 3-5 my brain became extremely very clear and I experienced light and relaxed, and I wasn't that hungry.!!Edit: We forgot to mention the most important thing, that is that I was able to execute a 4 day drinking water fast around my 2nd infusion of taxol. I faster for just 2 days ahead of chemo day time (I was afraid to getting too run-down, and I didn't know what to expect), plus I fasted your day of the infusion and the day after. Most of us want to live a wholesome, long life. In order that neurapathy eased actually before I acquired in the chemo seat. I felt great after chemo, and quite ok the day after, and then your day after that (etc my 4th day time of fasting), I knew that method of starving yourself to protect from the toxic ramifications of chemo actually works. Because I was strolling with great balance, in a normal gait, without any limping or feeling like I have to walk with the aid of a "walker". That is what happened certainly to me when I experienced my 1st taxol infusion, without the fasting. So if you ask me, this was totally confirmed and I realized this book was coming out within a couple of days, so I purchased multiple copies to share with EVERYONE. Because all proceeds

go to charity, and folks are being damaged by chemo drugs each day around the world.! Patients have the proper to know concerning this! e.! Brand-new science for health and diet Fasting is most beneficial way to preserve health! Easy and simple read - great book Easy and simple read - great summary of V. Longo's 30 years of hard research and its own practical application. Not a how to. I did so feel hook twinge of uncertainty about the diet but I recognized that I can follow the eating plan by measuring substances on a level, and trust me, after you finish a fast. So if you are interested in increasing not only how long your home is but the quality of these years then you would be strongly advised to examine this book to comprehend how to greatest accomplish that with our current understanding of biology..A key step that made water fasting easy for me was getting into the habit of intermittently fasting 20 hours a day time for at least a month. 1. I was sort of skeptical until I noticed the interview with Valter Longo, who was simply showing the lab mice who had been starved versus the lab mice who was simply permitted to free feed ahead of and during a substantial overdose of a chemotherapy medication. Valter Longo Ph. Periodically fast for 5 to 7 days;!g. monthly 4. Exercise 2. I feel great! Take a mineral & This publication, and performing the cleanse, provides reset me in a way that I am really thinking in different ways about these flexible 2 days, realizing that glucose is doing more than leading to me to gain pounds, but it's raising aging which is scary. Longo a lot as he offers made incredible headway in the field of fasting, which is why I loved the second half of the publication. A lot of the 1st half of the reserve was unnecessary to me, since it just exhibited a few of Longo's biases on diet. I think that I wish to prepare the meals myself and not buy his expensive food. I'm currently keto and can figure out a "fasting mimicing diet" for myself (AMA). I am so content and active right now that no one can believe I simply got chemo. Longevity diet is a way of introducing fasting for 5 days into your lifestyle! I read prolon isn't for celiacs or nut allergy people. Best Nutrition book ever!! Not a fad diet. Based in solid science.5 hours a week / walk daily 5.Longo's research also shows the fasting reduces irritation and inflammatory diseases such as for example dermatitis. Very cutting edge. Although, very little scientific depth in this book nor the discovery details I was wishing to read about. Brilliant work. Not a "how exactly to". Very interesting concepts and the PROLON fasting diet is the system which can help 5 times of fast for most working people! The second half is the meats and bones of the publication, and goes quite in-depth to the study he did with fasting and specific conditions. Nonetheless it is important to know the way the body responds to fasting and it's really role in the healing process. Extremely thorough and educational. Setting up my diet Outstanding, all predicated on research! But I like to think therefore, because I honestly would not have even imagined considering that unless I learned of Valter Longo's study. I'm a big fan of health-related

books, and also have about 30-40 that I'm presently reading., a researcher and director of the Longevity Institute at the University of Southern California (USC) helps answer that query, mainly because he's investigated this topic for over two decades. Structured on years dedicated to understanding what elements accelerate aging (sugars) and which gradual it down (fasting), the author explains the biological procedures that occur. I've been carrying out intermittent fasting with great success for the past 6 months or so, which past week I did the 5 day FMD, Prolon. It went very well. Bless! Interestingly, neither strategy worked on its own. Byron also spoke significantly about the mental clearness he loved when he was in starvation setting, which is amazing when you find out that brain neurons are created, new mind neurons, when you fast and then re-feed. While I'm frequently fueled with info on what things to eat and what things to avoid, I tend to be super clean 5 times of the week and versatile the other 2 days where I may eat things that aren't that great for me (pizza, cookies). vitamin supp once every 3 days Tip: miss the first half of the book I respect Dr. good reserve but doesnt provide enough details I liked the idea of his longevity diet AND his 5 day fasting mimicking diet FMD, but he doesnt go into enough details on what you can eat on FMD because he wants you to buy his product rather than preparing the food yourself. A lot of the evidence in the first fifty percent of the reserve on nutrition was anecdotal, so that it had not been particularly engaging.



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