

COMPLETELY REVISED AND UPDATED

THE LONGEVITY DIET

The Only Proven Way to Slow
the Aging Process
and Maintain Peak Vitality—
Through Calorie Restriction



BRIAN M. DELANEY AND LISA WALFORD

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At last, a reserve that explains in practical conditions the concept of calorie restriction (CR)—profound and sustained beneficial results,"a life-extending feeding on strategy with “ those that follow CR possess quickly reduced their cholesterol and blood pressure and reduced their surplus fat.The concept is simple and flexible: eat fewer calories and choose foods carefully. Longtime CR practitioners and professionals Brian M. Delaney and Lisa Walford obviously explain all of the relevant health and nutrition guidelines and provide the tools you need to make the correct dietary changes. The outcomes can be dramatic; based on the Proceedings of the National Academy of Sciences. With updated research and new information about exercise and food options, The Longevity Diet is the key to an extended, healthier life. Recently presented on Oprah and 60 Minutes, CR can be continuing to gain momentum.



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Informative and Inspiring. It can list a lot of other resources to go to for more information.) but doing my greatest. This book was both useful and inspiring, and I'm doing better right now. From my research into the subject of longevity, calorie restriction is really the only scientifically proven way to improve the life span. Having said that, I believe we will someday find that a compassionate, positive, and trusting attitude helps as well. I mean, if you're often angry, greedy and fearful, then life doesn't appear to be as a lot of a blessing worth keeping since it does when you're content, grateful, loving others and feeling secure. But who knows?

Best Book on Individual CR Practice This latest (3rd, 2010) edition of the book is a considerable improvement from the first, green-covered version, being more solidly grounded in the science of CR, better-focused on core issues about CR itself and the practice thereof by humans, less hampered by bending over backwards with caveats and disclaimers, and more practical to use. It gives general info about the idea of CRON and the technology behind it, but will not offer a lot of specifics such as food choices, menus, recipes, or just how to physique out just how many calories to consume. Don't buy this publication. Less bread, much less pasta, etc. is a classic, and really should be read as well, but it's badly outdated on both primary CR science and ancillary issues of basic healthy nutritional tips and dietary supplements, and in addition can be somewhat badly organized possesses many errors in the references. Title is purposely misleading. is overly-focused on side issues, overly-emphasizes unproven mechanistic hypotheses about the biochemical basis for the anti-aging ramifications of CR, and is wanting too hard to create CR sound flexible and open up -- to the point that it tends to neglect the core requirement that folks actually, substantially reduced their Calorie consumption over an extended period of time, in favor of dietary and way of living manipulations of very uncertain relationship to CR or long-term benefit. And, also if is ready to follow through with real Calorie restriction, *The CR Way* But I did follow the overall concepts, and something particular big idea. This new edition is clear, focused, and practical; from here on in, it must be the first reserve that people seeking to consider up CR go through to help make an informed decision and then to guide them into effective CR practice. Wish It Had More Detailed Advice I purchased this publication after viewing a PBS display by Dr. Mosely on calorie restricted diet study. The authors of the book are early researchers of CRON (calorie restricted optimal nutrition) and have practiced the diet plan for years. I've seen various other documentaries about CRON and purchased the book for more information about it. And the recipes are better, both nutritionally so when cuisine. I've practiced Caloric Optimization (consuming less calories with concentrate on good nutrition) for several years now, Not perfectly, not very well (I love sweets and processed foods!" Issues with the book: 1 - A continuing diatribe about animal studies and testimonials. Great results I bought this book back in September of 2007, thus a bit over 4 months ago. I have been searching for these details, and found it right here..might also have the opposite problem: of introducing so *many* peripheral tweaks of uncertain benefit as to overwhelm readers, thinking either that they can equally take up some of them, or that they need to take up every one of them or the whole task is doomed. I focused myself on eating more of what's healthy. More vegetables, even more blueberries and other fruits. I also centered on consuming less of things that are nutrient-poor. Beyond the 120 Year Diet plan I'm still losing gradually and also have lost 15-20 pounds up to now.), though much less than before. Anyway, I lost 5-10 pounds fast. In that first couple of weeks I went hungry at times. Some dialogue of the monkey trials in Wisconsin. Hardly "proven. My fat steadied. I experienced my cholesterol checked following a couple of months and it had been a big improvement. Good book Bought used and came in want new condition.

I still eat stuff that's "poor" for you (the common notion of bad - cheese, salami, etc.). I've read many "diet plan books" in the past. South Beach wasn't poor, but this is significantly better. By that I mean it worked better for me. You don't have to follow the book to the letter to create it work, also to the authors' credit, they state so and provide advice on that.. Really? Walford's landmark Has never been proven in virtually any study. All the markers of a junk research text for pop . A Sucker Born Everyday!. All of the markers of a junk science text for pop consumption: padded with recopes, space that you can keep your daily journall, the success tales of Natalie, Brian, Harry.. Now I generally eat better and it's even more of a habit than an effort. Caloric restriction isn't a successful way to slow growing older in humans. The CR Method Caloric restriction is NOT a . There's no method I'm calculating everything I consume. Trees cut down for this? Title is purposely misleading. Was a good read. Eat less, eat healthful, no duh! No genuine science here apart from recanting research on mice and other animals. It felt too fast, and at times I felt light-headed. THEREFORE I examined in with my doctor (I was great) and ate a little more. Not sure I'd go out of my way to recommend this reserve to others. 2- No obvious outline on how to go about starting this lifestyle, problems with the diet, how exactly to maintain nourishment and muscle tissue. Allusions to these but no systematic outline. I suspect the publication can be a teaser for buying even more products. Ugh Head to your library if you must read it. Five Stars Great book Longevity Diet Great book with lots of diet information Five Stars Great information A good starting place Extremely informative. Like any "diet plan book", I didn't follow it actually. This is a good starting place for all those interested in the CR lifestyle.



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