

The Longevity Diet Valter Longo

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The Longevity Diet with Dr. Valter Longo | MGC Ep-43
You are what you eat: Fasting as an approach for a healthy long life | Dr Valter Longo
Fasting for longevity: Science-backed with Dr. Valter Longo
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Dr Jason Fung on Weight Loss and Kidney Disease
David Sinclair Interview—World Leading Longevity and Harvard Genetics Expert | Learn 107-Year-Old Shares The Secret To A Long Life
David Sinclair talks about the **BEST LONGEVITY DIET**
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The Longevity Diet
Valter Longo
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Longo, director of the Longevity Institute at the University of Southern California, believes that the secret to staving off the ills of old age is a diet designed to trick your body into thinking ...

Valter Longo
as well as Nutrition For Longevity®, the first meal delivery company to provide clean food based on the Centenarian diet. Founded 13 years ago by Dr. Valter Longo, who is Director of the ...

L-Nutra attracts funding from Brentwood
This approach to eating was pioneered by Dr. Valter ... longevity. Based on the findings of his research, Longo founded the L-Nutra technology company and developed the ProLon Fasting Mimicking ...

What is the Fasting Mimicking Diet?
For one year, each group had to adhere to either an alternate-day fasting diet ... Valter Longo, a professor at the University of Southern California and director of the university's Longevity ...

Does fasting on alternate days work? A new study weighs in
The standard sirtuin narrative is compelling, and goes roughly as follows: the sirtuins are responsible for the health- and longevity-enhancing ... In 2005, Valter Longo's group at the University ...

A mid-life crisis for aging theory
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The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life. Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and The Longevity Diet is easier to follow than you'd think. The culmination of 25 years of research on ageing, nutrition, and disease across the globe, this unique combination of an everyday diet and fasting-mimicking diet (FMD) to be done only 3-4 times per year lays out a simple solution to living to a healthy old age through nutrition. FMD does away with the misery and starvation most of us experience while fasting and helps you reap all the beneficial health effects of a restrictive diet while avoiding the negative stressors, like low energy and sleeplessness. Valter Longo, Director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, developed THE FMD after making a series of remarkable discoveries in mice and humans indicating that specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to reduce the risk for diabetes, cancer, Alzheimer's and heart disease. Longo's simple pescatarian daily eating plan and the periodic, fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-based foods, The Longevity Diet is clinically proven to help you: Lose weight and reduce abdominal fat Make simple changes which can extend the healthy lifespan Prevent age-related muscle and bone loss Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer Longo's healthy, life span-extending plan is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet 4 times a year, and just 5 days at a time. The Longevity Diet is the key to living a longer, healthier, and more fulfilled life.

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Getting older doesn't have to mean experiencing more pain and illness, becoming less mobile, or developing disease. Renowned cardiovascular research scientist and doctor of pharmacy Dr. James DiNicolantonio partners with leading physician and bestselling author Dr. Jason Fung to deliver The Longevity Solution, a groundbreaking new book that unlocks the secrets of healthy aging. Using evidence drawn from their years of medical research and clinical practice, Dr. DiNicolantonio and Dr. Fung lay out five simple, easy-to-follow steps you can take now for a longer, fuller, healthier life. "The Longevity Solution" explains how to incorporate time-honored wellness traditions while doing away with fads, unnecessary supplements, and unsubstantiated wellness practices. It investigates the dietary habits and other practices of the healthiest, longest-lived humans on the planet, who live in regions known as Blue Zones, as a model for what and how we should eat. It teaches the benefits of intermittent fasting and calorie restriction, which have been shown to slow the aging process, while consuming proper ratios of protein and healthy fats. It also looks at how red wine, tea, and coffee play key roles in optimizing health and why salt is an ally, not an enemy, in the longevity equation. In this comprehensive guide, Dr. DiNicolantonio and Dr. Fung unveil cutting-edge science in an approachable format that is easy to understand and can be put into practice immediately. Simple dietary changes can help you break the cycle of carbohydrate dependence, kick your metabolism into high gear, and jump-start your longevity genes. The Longevity Solution puts healthy aging back in your control!

Slow down the aging process and live well for longer Do you know exactly how and why you age? And what you can do— whatever your current age—to slow that process and have a longer, healthier life? In The Longevity Code, medical doctor Kris Verburgh illuminates the biological mechanisms that make our bodies susceptible to heart attacks, dementia, diabetes, and other aging-related diseases. With the facts laid out, he provides the tools we need to slow down the aging process. His scientifically backed Longevity Staircase outlines a simple yet innovative step-by-step method offering better health and a longer life span— especially the crucial role of proper nutrition and exercise. But diet and exercise might not be the only way to crack the "longevity code": With each passing day, advances in biotechnology that were once the stuff of science fiction are emerging. Dr. Verburgh discusses how new types of vaccines, mitochondrial DNA, CRISPR proteins, and stem cells may help us slow and even reverse aging—now and in the future—and when paired with the right lifestyle, lead to longer, healthier lives than we've ever imagined.

Ever noticed how you feel as you age? Do you feel more tired, less energetic, and more prone to illness? It's not just you—many people experience these changes as they get older. But what if you could feel younger, more energetic, and more resilient? In this book you will learn: What is inflammation?How to boost your immune system?Anti-inflammatory diet recipesWhat is the weight watcher freestyle diet?Benefits of freestyle dietImportance and calculation of smart points in weight watchers' dietFreestyle diet recipes for weight watchersThis guide will help you in losing weight, improving your overall health, and boosting your immune system by reducing inflammation.

How do some people avoid the slowing down, deteriorating, and weakening that plagues many of their peers decades earlier? Are they just lucky? Or do they know something the rest of us don't? Is it possible to grow older without getting sicker? What if you could look and feel fifty through your eighties and nineties? Founder of the Institute for Aging Research at the Albert Einstein College of Medicine and one of the leading pioneers of longevity research, Dr. Nir Barzilai's life's work is tackling the challenges of aging to delay and prevent the onset of all age-related diseases including "the big four": diabetes, cancer, heart disease, and Alzheimer's. One of Dr. Barzilai's most fascinating studies features volunteers that include 750 SuperAgers—individuals who maintain active lives well into their nineties and even beyond—and, more importantly, who reached that ripe old age never having experienced cardiovascular disease, cancer, diabetes, or cognitive decline. In Age Later, Dr. Barzilai reveals the secrets his team has unlocked about SuperAgers and the scientific discoveries that show we can mimic some of their natural resistance to the aging process. This eye-opening and inspirational book will help you think of aging not as a certainty, but as a phenomenon—like many other diseases and misfortunes—that can be targeted, improved, and even cured.

Presents an introduction to the calorie restriction diet plan, discussing how it slows the aging process, reduces the risk of disease, and maximizes health, including recipes for main and side dishes.

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