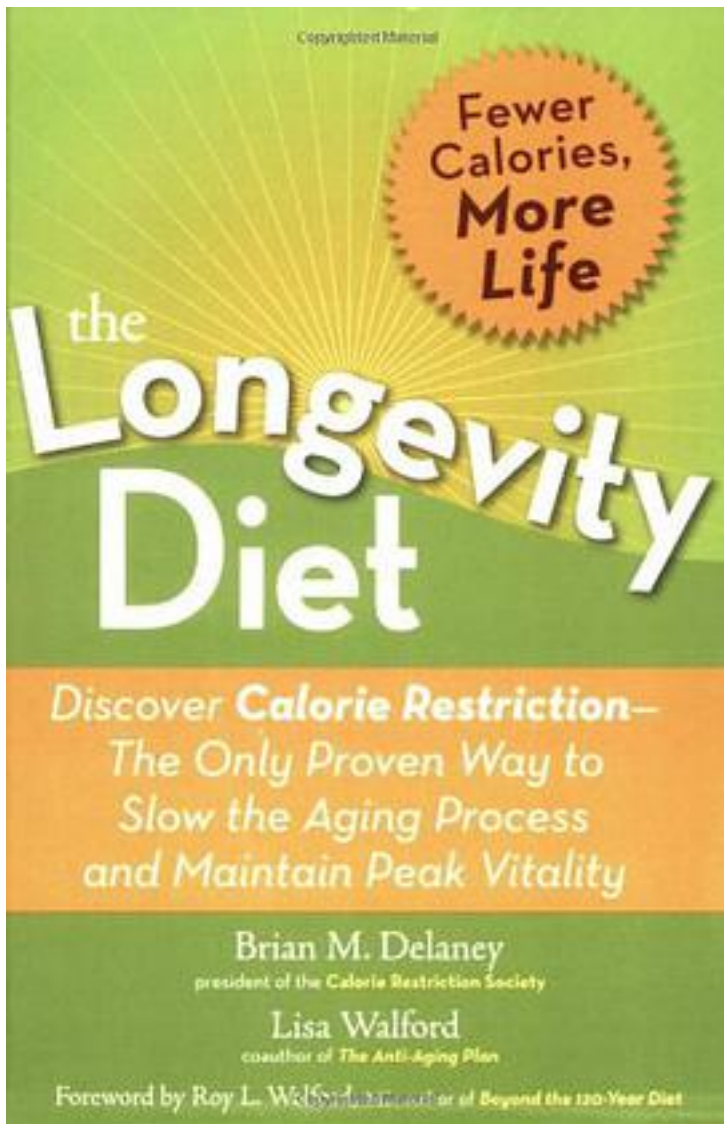


The Longevity Diet



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At last, a book that synthesizes the increasingly popular 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 Longevity Diet offers clear, straightforward principles for devising an effective eating regimen to live longer and reduce the risks of virtually all the diseases of aging. The concept is simple and flexible---eat fewer calories and choose foods carefully. And it is supported by science: studies on lab mice and other mammals have led to lifespans the human equivalent of which are over 140 years, and many suggest that the benefits extend to humans.

Longtime CR practitioners and experts Brian M. Delaney and Lisa Walford clearly explain the relevant health and nutrition guidelines and provide all of 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 body fat. Find out why a growing number of people are choosing the Longevity Diet lifestyle and let this book empower you to achieve a lifetime of healthy eating and living--whether your priorities are to live longer, reduce disease risks, lose weight, or simply feel and look healthier.

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