

The Anti-Aging Plan

TENTH ANNIVERSARY EDITION

The Anti- Aging Plan

THE NUTRIENT-RICH,
LOW-CALORIE WAY OF EATING
FOR A LONGER LIFE—THE ONLY
DIET SCIENTIFICALLY PROVEN TO
EXTEND YOUR HEALTHY YEARS

"If you've ever had a question about the human life span—
and how to extend it—you couldn't find a more eminent expert
than Dr. Roy Walford." —Longevity magazine

Roy L. Walford, MD
author of *Beyond the 120-Year Diet*
and Lisa Walford

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The only diet scientifically proven to extend the length and quality of life. The late Dr. Roy L. Walford spent much of his life's work researching low-calorie diets, and is now recognized as a pioneer of what is widely recognized as "calorie restriction" (CR)—a diet consisting of fewer calories while maintaining adequate nutrition. This is the only diet that has been proven to retard aging and increase healthy life span in mammals. In just six months, by eating smaller amounts of highly nutritious foods, men in Dr. Walford's studies were shown to lose an average of 26 pounds, and women an average of 15 pounds, while cholesterol levels dropped by an average of 68 points. Blood pressure levels dropped from an average of 110/75 to 90/58 after only three months. In this tenth anniversary edition of *The Anti-Aging Plan*, Dr. Walford's landmark book first published in 1994, Dr. Walford presents the results of his studies and clearly describes how the principles of nutrient-rich caloric limitation can be applied to everyday dieting habits. In the latter half of the book, Dr. Walford and his daughter Lisa, a chef and yoga instructor, offer over 100 delicious recipe ideas that apply to Dr. Walford's diet plan.

作者介绍:

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