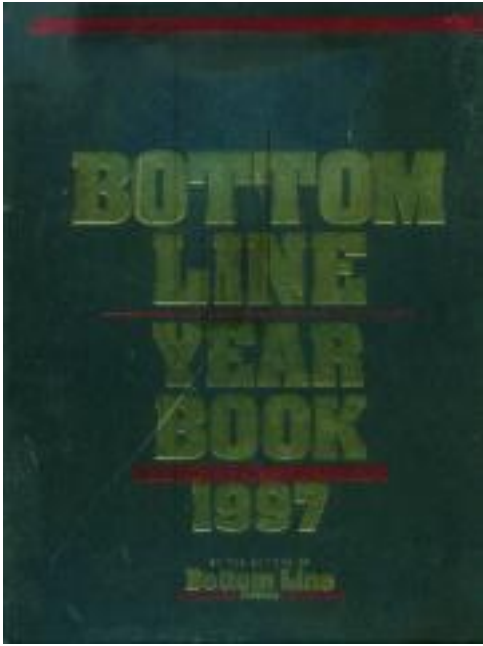


Bottom Line Year Book 1997



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From Bulgarian yogurt to goat testicle implants, countless life-extension programs have been promoted. But only caloric restriction has been validated by scientific evidence. More than 50 studies have shown that animals fed a calorie-restricted diet live 30% to

50% longer than animals allowed unrestricted eating. Calorie-restricted rats live about 55 months, compared with about 38 months for rats fed a "normal" diet.

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