

# The Alternate-Day Diet



[The Alternate-Day Diet\\_ 下载链接1](#)

著者:Johnson, James B., M.D./ Laub, Donald R., Sr., M.D.

出版者:

出版时间:2009-4

装帧:

isbn:9780399534904

Diet only half the time with this revolutionary, easy-to-follow, safe, and science-based program.

The Alternate-Day Diet is based on scientific and clinical studies that show how restricting calories only every other day activates a gene called SIRT1—the “skinny” gene—which results in reduced inflammation, improved insulin resistance, better cellular energy production, and releasing fat cells from around the organs to promote weight loss.

This easy-to-follow two step plan will enable readers to enjoy these remarkable and measurable benefits:

- Lose fat easily and quickly without deprivation, discomfort, or stress
- Improve fat metabolism and avoid regaining lost fat
- Slow the aging process

Â • Find relief from symptoms of asthma, heart disease, Type 2 diabetes, autoimmune and inflammatory diseases, and menopause-related hot flashes

作者介绍:

目录:

[The Alternate-Day Diet\\_ 下载链接1](#)

标签

评论

邮箱附件

-----  
[The Alternate-Day Diet\\_ 下载链接1](#)

书评

-----  
[The Alternate-Day Diet\\_ 下载链接1](#)