



The Longevity Diet: The Only Proven Way to Slow the Aging Process and Maintain Peak Vitality Through Caloric Restriction

Brian M. Delaney, Lisa Walford

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At last, a book that explains in practical terms the 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 concept is simple and flexible: eat fewer calories and choose foods carefully. Longtime CR practitioners and experts Brian M. Delaney and Lisa Walford clearly explain all the relevant health and nutrition guidelines and provide 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 their body fat.

Recently featured on *Oprah* and *60 Minutes*, CR is continuing to gain momentum. With updated research and new information about exercise and food choices, *The Longevity Diet* is the key to a longer, healthier life.



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