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introduction to the calorie restriction diet plan, discussing how it slows the aging process, reduces the risk of disease, and maximizes health, including recipes for main and side dishes.

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Longevity Diet for Adults Eat mostly vegan, plus a little fish, limiting meals with fish to a maximum of two or three per week. Choose fish, crustaceans, and mollusks with a high omega-3, omega-6, and vitamin B12 content (salmon, anchovies, sardines, cod, sea bream, trout, clams, shrimp).

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Brian M. Delaney , Lisa Walford Hachette Books , May 25, 2010 - Health & Fitness - 352 pages

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The clinically tested answer is yes, and The Longevity Diet by

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Valter Longo, PhD is the program to help you live a longer, healthier life. Among the longevity factors within your control, what you eat is the primary choice you can make that will affect whether you live to 60, 80, 100, or 110—and more importantly, whether you will get there in good health.

The Longevity Diet: Benefits and How It Works

The Longevity Diet: Discover Calorie Restriction-the Only Proven Way to Slow the Aging Process and Maintain Peak Vitality | Delaney, Brian M., Walford, Lisa, Walford MD, Roy L. | ISBN: 9781568583099 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.

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The Longevity Diet: The Only Proven Way to Slow the Aging ...
The longevity diet is a set of guidelines for healthy eating developed by biochemist Valter Longo, Ph.D., director of the USC Longevity Institute at the USC Leonard Davis School of Gerontology, and is meant to help people live longer, healthier lives. The longevity diet recommends following a plant-based diet that includes little-to-no meat and poultry and periodic fasting.

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