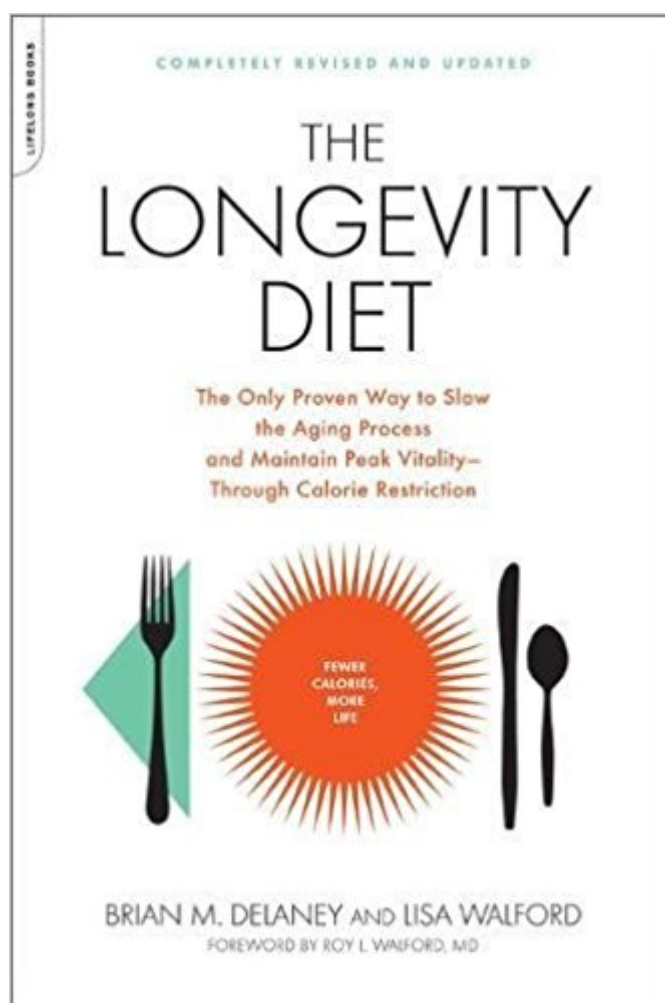


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# The Longevity Diet: The Only Proven Way To Slow The Aging Process And Maintain Peak Vitality Through Caloric Restriction



## Synopsis

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.

## Book Information

Paperback: 352 pages

Publisher: Da Capo Lifelong Books; 3rd edition (May 25, 2010)

Language: English

ISBN-10: 1600940382

ISBN-13: 978-1600940385

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 69 customer reviews

Best Sellers Rank: #462,427 in Books (See Top 100 in Books) #67 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #99 in Books > Health, Fitness & Dieting > Aging > Longevity #3739 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

## Customer Reviews

"Walford persuasively argues the merits of his solidly researched 'high/low' diet. . . . The healthful recipes are mostly creative and appealing . . . but readers will appreciate the critical examination of current medical trends, as well as explanation of food-related causes of potentially fatal diseases."

Brian M. Delaney is the president of the Calorie Restriction Society International. He lives in Florida and Sweden. Lisa Walford is coauthor, with Roy L. Walford, MD, of *The Anti-Aging Plan*. She lives in Venice, California.

I purchased this book after seeing a PBS show by Dr. Mosely on calorie restricted diet research. The authors of this book are early researchers of CRON (calorie restricted optimal nutrition) and have practiced the diet for years. I have seen other documentaries about CRON and purchased the book to learn more about it. It gives general information about the concept of CRON and the science behind it, but does not offer a lot of specifics such as food choices, menus, recipes, or exactly how to figure out how many calories to eat. It does list a lot of other resources to visit for more information. Not sure I'd go out of my way to recommend this book to others.

This is a great first book to read on calorie restriction for longevity. The first half of it is research information and results, theories of aging and how calorie restriction responds to each one, and so on. This part made the book for me. It also has a valuable list of links to other helpful resources. The second half is made of examples of what people eating this way actually eat, minuciously explained, with their testimonials on how things are going. It ends with a list of great nutrient dense recipes. Solid information for people starting out living this way.

The Longevity Diet: The Only Proven Way to Slow the Aging Process and Maintain Peak Vitality Through Caloric Restriction  
The CR Way: Using the Secrets of Calorie Restriction for a Longer, Healthier Life  
The books 'The Longevity Diet' and 'The CR Way' are the two books that are life-changers. Forget all those faddy diets that fail as soon as you start because you're so hungry all the time; or spending a fortune on so-called magic weight-loss pills that don't work at all; absorb the wisdom contained in these books and not only will you lose weight, you'll be healthier and live longer too. And feel so much better in yourself! Invaluable and excellent books to guide you onto the path of wellness.

This book about calorie restriction and how to go about trying it. The authors are Brian Delaney, President of the Calorie Restriction Society, and Lisa Walford, the daughter of Dr Roy Walford who was one of the early proponents of calorie restriction for people. They are both well connected to the community that is trying calorie restriction, and well grounded in the science behind it. From their experience, improvements in health and slower aging come from any regimen that includes reduced calories over what is considered a normal level. So you can eat some high-glycemic food such as rice or potatoes, or eat a really healthy diet where all of your carbohydrates come from vegetables and fruit. You can eat one meal a day, or graze throughout the day. All of the apparent benefits will result as long as you eat enough less than normal. There are a number of ways to track progress:

watch your weight and when it gets to a BMI of 15-16 then eat enough to keep it there; track total calories relative to normal for your body height/frame; or track health markers such as fasting blood sugar, liver function, lipids (e.g. cholesterol, HDL, LDL, triglycerides), blood pressure, and immune system function. They emphasize repeatedly that you should talk to your doctor or health professional before going on this regimen, and that it is not for everyone. If you are pregnant or want to get pregnant or have certain medical conditions you should definitely NOT use this diet. If you have a lot of weight to lose to get to a low BMI, or if you are over 60, you should definitely take it slow and not make too radical a change. They make a number of key points: \* Because you are eating a reduced-calorie diet, you have to make sure that you get enough nutrients: protein, fat, calories, essential fatty acids, vitamins, and minerals. \* This is why most practitioners eat all of their carbohydrates in the form of vegetables and fruit, because they have very high nutrition value per calorie. When you eat a lot of calories from starch (bread, potatoes, white rice, other starches) it is very hard to reduce your calorie intake enough and still get enough nutrition. \* If you adopt this regimen, you have to find a way to do it that works for you and lets you enjoy life. Don't stress out about it \* Exercise and managing stress are important for everyone! I really liked their idea of "energy density" and "nutrition density" for food. For example, cheese has high energy density; vegetables have high nutrition density. To feel fuller and to get enough nutrition, you want a lot of your calories to come from high-nutrition, low-energy-density foods. This is a good point for everyone, not just when you are on a calorie restriction diet. I had a couple of issues with their advice: \* they do not recommend using omega-3 supplements, suggesting that you will get enough omega-3 from a high-nutrient diet. I don't think this is the case, to get enough omega-3 for optimal brain function you almost have to supplement, or eat very expensive grass-fed meat, grass-fed dairy, etc, or eat very large amounts of fish. \* they mention fasting as an alternative for reducing total calories, that this is easier for some people. However, this book was written before research came out that suggests fasting is not healthy on a regular basis. \* they are convinced that calorie restriction will increase maximum human lifetimes, but I don't think that we know or can say at this point. (It is clear that calorie restriction with good nutrition does increase your life expectancy, but not that you should expect to live past 100 on this regimen.) There is some research that suggests that the important thing is not the reduced calories, but the hormones that are released when you are hungry. So I think I'm going to try skipping lunch and snacks, having a normal breakfast and dinner, and eating enough at those meals to feel full. I'll continue to track my weight and ongoing blood sugar levels, and see what the effect is. Fascinating stuff, and I recommend the book.

Even if one does not follow any of the recipes in this book the reader will get a good feel of what kinds of foods are most important for proper nutrition. But the bottom line is simply that the reader can improve their chances to live longer by eating high nutrition foods but, with less calories than you burn, until you are real skinny. Then diligently stay skinny by eating the right amounts of the most nutritious foods. Severe exercise programs are discouraged.

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