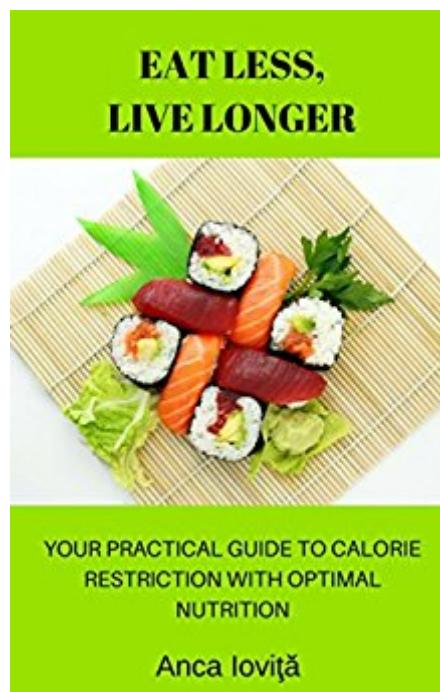


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Eat Less, Live Longer: Your Practical Guide To Calorie Restriction With Optimal Nutrition



Synopsis

During my third year of medical school I stumbled upon an online article about calorie restriction with optimal nutrition. I read about an apparently simple diet intervention that prolonged the average and maximum lifespan of laboratory animals such as yeast, fruit flies, worms and mice. At that time, I wasn't aware that such experiments were already done on non-human primates too. Honestly, I dismissed it as a curiosity, an intervention that could have some effect in simple organisms such as fruit flies, but something which would never work in complex beings like us. It just seemed too good to be true. Time passed and proved me wrong. Given an early childhood fascination with the limits of life extension, I studied engineering and medicine in an attempt to radically prolong human lifespan. After a short stint of research in neural prosthetics in a German lab, I realized implanting artificial devices into the human body is not a long-term solution. I returned home where I started the medical residency in geriatrics, the branch of medicine specialized in age-associated diseases. A funny thing happened then. Reading about theories of aging is one thing. Daily caring for people 3-4 times your age is a completely different thing and I started to connect the dots. I noticed some people aged like wine and others aged like vinegar. According to their skinny frames and detailed lifetime stories, it looked like calorie intake had something to do with it. That's how I got started in typing the first words for this book.***** TABLE OF CONTENTS ***** Introduction Basic Principles of Calorie Restriction with Optimal Nutrition What You Will NOT Find in this Book How Should You Use This Book? Less is More for Rodents. Is It the Same for Humans? Indications and Contraindications of Calorie Restriction with Optimal Nutrition Medical Tests for Monitoring Calorie Restriction with Optimal Nutrition How Do You Choose Quality Food? Where to Source Quality Food When Looks May Deceive You Which Food Choices Provide the Most Nutrients for the Least Amount of Calories? Beverages The Smoothie Formula The Joys of Vegetables The Basic Soup The Wonders of Roe How to Serve Fish Sushi & the Perfect Ocean Food Edible Mushrooms Pates, Dips and Spreads Animal Products and Offal A Small Guide to Culinary Herbs and Spices The Comfort of Herbal Teas Desserts A Raw Vegan Cake Eating out When Restricting Calories How to Turn Quality Ingredients into Amazing Dishes Where Can You Source Nutritious Low-Calorie Recipes? Cooking Utensils or Tools of the Trade Calorie Restriction for the Long Term The Ups and Downs of Fasting How to Implement Calorie Restriction as a Full-Time Professional The Practical Shopping List How to Choose Dietary Supplements Are There Alternatives to Calorie Restriction? The End Acknowledgments Bibliography

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Customer Reviews

I have read a lot books about nutrition and how to live longer by eating properly. Some try to push fad diet-type programs onto the reader that would be impossible to sustain long-term and others are simply unproven. I was intrigued by author Anca Iovita's "Eat Less, Live Longer" and found it to be one of the most interesting and well researched books on nutrition and longevity that I have read. Based on the proven CRON principle, Iovita takes the reader through the research and then proceeds to lay out the actual foods and recipes that adhere to these principles. A well-written book with sound ideas that we are already implementing into our lives.

It's good

Fantastic and very very informative and this is how I live my life

It totally makes sense to limit intake and design the right plan. Im down leveraging this book with a

low calorie diet I deigned using Keto. Down 21lbs!

Very good and quick read for the average beginner layman who is interested in the calories restriction with optimal nutrition with easy to implement tips. However, I notice that it doesn't tell you how much to cut back though.

This book made me understand what is the difference between real food and junk food. I'll be more careful with the way I spend my money on food.

Not worth purchasing. Very little science and no mention of the metabolic pathways that aging is associated with. Example: what food down regulate TOR? I don't know, because I read this book. What meal is best for suppression of IGF1? Once again, couldn't tell you.

poorly written and the information was not very informative.

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