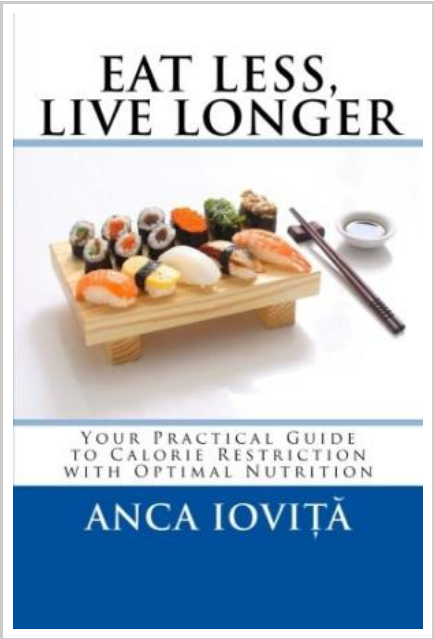


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Eat Less, Live Longer: Your Practical Guide to Calorie Restriction with Optimal Nutrition (Paperback)

By Anca Iovita

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You found out about the calorie restriction experiments on many animal species and you wonder whether it would work in humans too. You made up your mind to safely try restricting your daily calories for a possible slowing of aging and a longer lifespan. You understand the importance of getting an appropriate quantity of nutrients, yet you have no idea how to make good choices in food stores and restaurants. You may have a chronic disease or you may be in a certain stage of your life like childhood, pregnancy, breastfeeding and you wonder whether it is safe to try calorie restriction at all. You are more interested in nutritional principles than in counting calories, vitamins, proteins or in following rigid recipes and set menus. You wonder whether dietary supplements are necessary at all. You wonder whether a magic pill could mimic the effects of calorie restriction. There is a fine line separating calorie restriction with optimal nutrition from starvation. Don t cross it. Read this book instead. During my third year of medical school...

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