



The Longevity Diet (Paperback)

By Valter Longo

Penguin Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. AS SEEN IN THE TIMES. Eat the foods that will help you live longer . . . THIS is the internationally bestselling, clinically tested, revolutionary AND straightforward diet to help you slow-down ageing, fight disease and lose weight.----- The diet that holds the key to staying young . . . Dr Valter Longo is now considered one of the most influential voices in the fasting movement The Times Dr Valter Longo is one of the real scientific pioneers when it comes to researching the impact of food on health Dr Michael Mosley, bestselling author of The Fast Diet and The Clever Guts Diet-----Following 30 years of research Professor Valter Longo - a biochemist and one of the world s leading researchers into ageing - has investigated genetics, nutrition and stem cells to discover that the secret of longevity lies in cellular regeneration triggered by a special diet. He is now able to reveal how, by adhering to his fasting-mimicking diet we heal ourselves through food. Dr Valter Longo s healthy, lifespan-extending programme is based on an easy-to-adopt lifetime plan, coupled with a fasting-mimicking diet 3-4 times a...



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