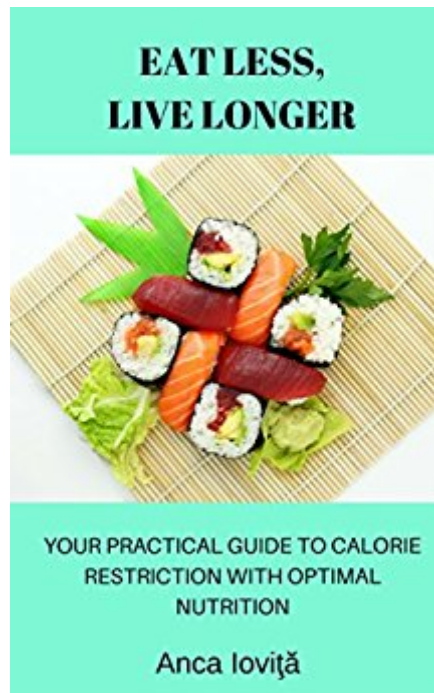


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# Eat Less, Live Longer: Your Practical Guide To Calorie Restriction With Optimal Nutrition



## 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 \*\*\*\*\*|Introduction1Basic Principles of Calorie Restriction with Optimal Nutrition 4What You Will NOT Find in this Book5How Should You Use This Book?6Less is More for Rodents. Is It the Same for Humans? 9Indications and Contraindications of Calorie Restriction with Optimal Nutrition17Medical Tests for Monitoring Calorie Restriction with Optimal Nutrition 20How Do You Choose Quality Food?25Where to Source Quality Food25When Looks May Deceive You29Which Food Choices Provide the Most Nutrients for the Least Amount of Calories?35Beverages35The Smoothie Formula38The Joys of Vegetables 41The Basic Soup 49The Wonders of Roe52How to Serve Fish53Sushi â “ the Perfect Ocean Food56Edible Mushrooms 58Pates, Dips and Spreads60Animal Products and Offal64A Small Guide to Culinary Herbs and Spices66The Comfort of Herbal Teas68Desserts70A Raw Vegan Cake74Eating out When Restricting Calories76How to Turn Quality Ingredients into Amazing Dishes79Where Can You Source Nutritious Low-Calorie Recipes?79Cooking Utensils or Tools of the Trade82Calorie Restriction for the Long Term85The Ups and Downs of Fasting 86How to Implement Calorie Restriction as a Full-Time Professional88The Practical Shopping List90How to Choose Dietary Supplements93Are There Alternatives to Calorie Restriction? 97The End109Acknowledgments 111Bibliography113

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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.

Anca IoviÄf has written an interesting book entitled Eat Less, Live Longer. In it, she mentions how certain diets prolonged laboratory animalsâ lives, and the same dietary restrictions can prolong human lives. The key is limiting caloric intake but maintaining the same amount of nutrients. To this end, she makes many suggestions that readers will find useful, including what to eat, how to cook certain foods, what foods to avoid, and more. Following her advice, people will save money while shopping, try new and interesting foods, and (hopefully) live longer. This book is also useful

for individuals trying to lose weight, as she helps people to minimize their daily caloric intake while eating foods that maximize their energy. In all, this book is worth the read, and I sincerely hope that she writes another.

I really enjoyed reading this book which came to me at a time when I was already working on making healthy eating choices. It is clear from the book that Anca knows what she is talking about, particularly with regards to calorie counting. While she offers her tips on eating, buying food stuff and even the consumption/relatively restricted consumption of alcohol as personal suggestions backed with research, she is careful to point out that one should not embark on calorie restriction without first making sure they are healthy enough to do so by visiting a doctor and carrying out a basic full body work up. I will be referring to this book from time to time and highly recommend it to anyone who is looking to start and adopt a commonsense approach to a healthy and conscious lifestyle without the madness that are calorie counting and all the other yo-yo diet plans out there.

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.

Very informative and I love the book offers you action plans. You are engaged and call to action at the same time. I know I need to make changes in the way I eat and this book broke it down so the changes I make will be attainable and sustainable. Great work hope to see results soon.

Good book, easy to read with lots of practical advice. I liked the recipes for the smoothies and raw cakes and the special chapter dedicated to sushi and seafood. A heads up => it describes lots of situations normally met in Eastern Europe, so it could be hard to identify with the landscape if you're American.

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

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