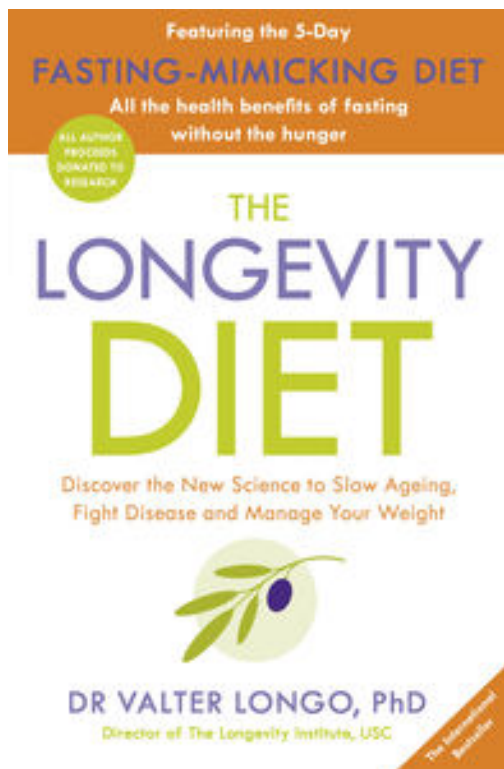


Download Online Boek Nederlands The Longevity Diet - Dr Valter Longo



Download online boek Nederlands The Longevity Diet Dr Valter Longo , 'How to live to 100 . . . Longevity has become the new wellness watchword . . . nutrition is the key' *VOGUE*

Eat the foods to help you live longer . . .

'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*

THIS is the internationally bestselling, clinically tested, revolutionary AND straightforward diet to help you slow-down ageing, fight disease and lose weight.

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 year, and just 5 days at a time, that gives all the health benefits of fasting without the hunger. Including 30 easy recipes for an everyday diet based on Longo's **Five Pillars of Longevity**, *The Longevity Diet* is the key to living a longer, healthier and more fulfilled life.

Try easy, plant-and-fish based recipes that use phenomenal, livelong ingredients . . .

- Great for the heart and rich in antioxidants: **black rice with courgette and shrimp** with a mixed green salad, sweet tomatoes and carrots drizzled in balsamic vinegar
 - For a good source of iron, snack on **dark chocolate and yoghurt**
 - For dessert try tangy dried **cranberries and walnuts**
-

Make simple changes that can extend your healthy lifespan

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Prevent age-related muscle and bone loss

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Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer

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Maintain your ideal weight and reduce abdominal fat

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Why rely on medication to cure illness, when you can help to prevent it altogether with your diet?

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