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An easy-to-follow, safe, and science-based alternate-day calorie-restriction program that promotes weight loss and longevity, The Alternate-Day Diet includes the most up-to-date research on calorie restriction and intermittent fasting as well as additional techniques (including supplementation and eating according to the body ' s natural circadian rhythms) to enhance the diet ' s effectiveness. The Alternate-Day Diet describes how limiting caloric intake every other day can activate a gene ...

The Alternate-Day Diet Revised: The Original Up-Day, Down

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About The Alternate-Day Diet Revised. An easy-to-follow, safe, and science-based alternate-day calorie-restriction program that promotes weight loss and longevity, The Alternate-Day Diet includes the most up-to-date research on calorie restriction and intermittent fasting as well as additional techniques (including supplementation and eating according to the body ' s natural circadian rhythms) to enhance the diet ' s effectiveness.

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The Alternate-Day Diet Revised: James B. Johnson M.D ...

The Alternate-Day Diet describes how limiting caloric intake every other day can activate a gene called SIRT1 which reduces inflammation, lowers free radical stress, improves insulin resistance, and most important, causes fat loss by releasing fat cells from around the organs. In short, activating SIRT1 promotes weight loss and longevity.

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[PDF] The Alternate-Day Diet Revised

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The most common version of this diet involves “ modified ” fasting, where you can eat around 500 calories on fasting days. Alternate-day fasting may help promote weight loss and may help lower risk...

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Published December 31st 2013 by TarcherPerigee

Editions of The Alternate-Day Diet by James B. Johnson  
The original intermittent fasting plan: easy to follow, effective, and science-based  
The Alternate-Day Diet is based on scientific and clinical studies that show how restricting calories only every other day activates a gene called SIRT1?the "skinny" gene?which results in reduced inflammation, improved insulin resistance, better cellular energy production, and releasing fat

The Alternate-Day Diet by James B. Johnson  
The original intermittent fasting diet – now up-dated and expanded  
An easy-to-follow, safe, and science-based alternate-day calorie-restriction program that promotes weight loss and longevity, The Alternate-Day Diet includes the most up-to-date research on calorie restriction and intermittent...

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