



The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life

James B. Johnson M.D., Donald R. Laub Sr. M.D.

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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 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 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.

The simple two-step program calls for you to limit calories one day and eat normally the next and the book outlines lifestyle suggestions to support the diet's effectiveness including proper hydration and exercise, which are also key components to maximizing weight-loss.

Throughout, you will be inspired by the anecdotes and testimonials from real people who have used the diet successfully to lose weight, and to find relief from a range of health issues including heart disease, Type II diabetes, autoimmune diseases, and even menopause-related hot flashes.

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The e-book untitled The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life is the guide that recommended to you to see. You can see the quality of the publication content that will be shown to you. The language that author use to explained their way of doing something is easily to understand. The copy writer was did a lot of study when write the book, to ensure the information that they share to you is absolutely accurate. You also can get the e-book of The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life from the publisher to make you more enjoy free time.

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