

Alla Tavola Della Longevità

Explores the premise that everything having to do with food - its capture, cultivation, preparation, and consumption - represents a cultural act. Provides insights into many patterns of culinary behavior and tradition.

A poetic translation of the classic Arthurian story is an edition in alliterative language and rhyme of the epic confrontation between a young Round Table hero and a green-clad stranger who compels him to meet his destiny at the Green Chapel. Reprint. 20,000 first printing.

A practical guide containing 20 daily menus, divided into four seasons, in support of those who have decided to pursue the fasting simulation.

Giornale della Società italiana d'igiene

La salute a tavola. 90 ricette secondo il metodo Kousmine

Il Segreto della Longevità

The Telomere Effect

Missione: 120 anni. Le nuove frontiere della longevità

A Four Seasons Recipes Collection with Precise Portions for Men and Women

"Siamo quello che mangiamo" è una delle grandi verità. E se vogliamo vivere bene, dobbiamo anche mangiare bene. Tutti sono desiderosi di vivere il più a lungo possibile. La longevità mi ha affascinato per molti anni e mi sono documentato meticolosamente a riguardo. L'alimentazione e lo stile di vita sono i capisaldi del sistema che ti consentirà di vivere bene e a lungo. In questo ebook condividerò le mie conoscenze con te per vivere fino a 100 anni ed oltre!

Antonio Giangrande, orgoglioso di essere diverso. Si nasce senza volerlo. Si muore senza volerlo. Si vive una vita di prese per il culo. Noi siamo quello che altri hanno voluto che diventassimo. Facciamo in modo che diventiamo quello che noi avremmo (rafforzativo di saremmo) voluto diventare. Rappresentare con verità storica, anche scomoda ai potenti di turno, la realtà contemporanea, rapportandola al passato e proiettandola al futuro. Per non reiterare vecchi errori. Perché la massa dimentica o non conosce. Denuncio i difetti e caldeggio i pregi italiani. Perché non abbiamo orgoglio e dignità per migliorarci e perché non sappiamo apprezzare, tutelare e promuovere quello che abbiamo ereditato dai nostri avi. Insomma, siamo bravi a farci del male e qualcuno deve pur essere diverso!

Dallo scienziato inserito da «Time» fra le 50 persone più influenti al mondo nell'ambito della salute «"La dieta della longevità è diventato un caso editoriale mondiale, tanto che il Time ha eletto Longo «guru della lunga vita».» CORRIERE DELLA SERA «"L'età ha le ore contate: la soluzione (geniale) arriva da uno scienziato italiano."» GIOIA «"Valter Longo spiega come gli alimenti possono diventare i migliori alleati per vivere più a lungo."» L'Espresso «Valter Longo spiega come gli alimenti possono diventare i migliori alleati per vivere più a lungo.» L'Espresso «La dieta della longevità è diventato un caso editoriale mondiale, tanto che il Time ha eletto Longo «guru della lunga vita».» CORRIERE DELLA SERA «L'età ha le ore contate: la soluzione (geniale) arriva da uno scienziato italiano.» GIOIA LA RIVOLUZIONE LONGO CONTINUA: OLTRE 200 RICETTE PER SEGUIRE OGNI GIORNO LA DIETA DELLA LONGEVITÀ Con il bestseller La Dieta della Longevità, Valter Longo ci ha dimostrato che il cibo è un alleato indispensabile per vivere sani e a lungo e che si può abbattere il rischio delle malattie legate all'invecchiamento. In questo secondo libro, Longo aggiorna il lettore sui risultati delle ultime ricerche sulla Dieta Mima-Digiuno e lo accompagna in un viaggio tra tradizione e scienza, alla scoperta delle zone più longeve d'Italia e dei piatti che favoriscono la longevità. Il volume include più di 200 ricette tradizionali provenienti da tutte le regioni d'Italia, scelte sulla base della loro aderenza alla Dieta della Longevità, e i metodi di cottura per massimizzarne le caratteristiche nutrizionali. Promuovendo una cucina sana che utilizza ingredienti del territorio, Valter Longo dimostra che i piatti della longevità fanno parte della nostra storia, anche se oggi rischiano di scomparire.

Trattato di antropologia del sacro

I segreti della longevità essere centenari, ora è possibile

A Revolutionary Approach to Living Younger, Healthier, Longer

Why the Experts Got It All Wrong--And How Eating More Might Save Your Life

ANNO 2021 LA CULTURA ED I MEDIA TERZA PARTE

NEW YORK TIMES BESTSELLER The revolutionary book coauthored by the Nobel Prize winner who discovered telomerase and telomeres' role in the aging process and the health psychologist who has done original research into how specific lifestyle and psychological habits can protect telomeres, slowing disease and improving life. Have you wondered why some sixty-year-olds look and feel like forty-year-olds and why some forty-year-olds look and feel like sixty-year-olds? While many factors contribute to aging and illness, Dr. Elizabeth Blackburn discovered a biological indicator called telomerase, the enzyme that replenishes telomeres, which protect our genetic heritage. Dr. Blackburn and Dr. Elissa Epel's research shows that the length and health of one's telomeres are a biological underpinning of the long-hypothesized mind-body connection. They and other scientists have found that changes we can make to our daily habits can protect our telomeres and increase our health spans (the number of years we remain healthy, active, and disease-free). THE TELOMERE EFFECT reveals how Blackburn and Epel's findings, together with research from colleagues around the world, cumulatively show that sleep quality, exercise, aspects of diet, and even certain chemicals profoundly affect our telomeres, and that chronic stress, negative thoughts, strained relationships, and even the wrong neighborhoods can eat away at them. Drawing from this scientific body of knowledge, they share lists of foods and suggest amounts and types of exercise that are healthy for our telomeres, mind tricks you can use to protect yourself from stress, and information about how to protect your children against developing shorter telomeres, from pregnancy through adolescence. And they describe how we can improve our health spans at the community level, with neighborhoods characterized by trust, green spaces, and safe streets. THE TELOMERE EFFECT will make you reassess how you live your life on a day-to-day basis. It is the first book to explain how we age at a cellular level and how we can make simple changes to keep our chromosomes and cells healthy, allowing us to stay disease-free longer and live more vital and meaningful lives.

Provides recipes that intend to promote fast and successful weight loss, including sweet potato pancakes, stuffed cornish game hens, steak fajita lettuce wraps, and slow-cooked chicken curry.

A mother. A son. His girlfriend. And the lie they'll wish had never been told. Laura has it all. A successful career, a long marriage to a rich husband, and a twenty-three-year-old son, Daniel, who is kind, handsome, and talented. Then Daniel meets Cherry. Cherry is young, beautiful, and smart but hasn't led Laura's golden life. And she wants it. When tragedy strikes, a decision is made and a lie is told. A lie so terrible it changes their lives forever. The Girlfriend is a taut and wickedly twisted debut psychological thriller—a novel of subtle sabotage, retaliation, jealousy and fear, which pivots on an unforgivable lie, and examines the mother-son-daughter-in-law relationship in a chilling new light. "One of the best books I've read in a long, long time. I loved The Girlfriend!" —Lisa Jackson, New York Times bestselling author "The Girlfriend is a taut psychological thriller, the evil chillingly drawn. Every character is layered and beautifully twisted. Makes me consider running background checks on any potential spouses my children bring home!" —Karen Rose, New York Times "A juicy thriller and utterly compulsive reading." —Jenny Blackhurst, author of How I Lost You "An original and chilling portrayal of twisted relationships." —Debbie Howells, author of The Bones of You

Giornale della Reale società italiana d'igiene

L'esploratore

The Girlfriend

ANNO 2021 L'AMBIENTE PRIMA PARTE

The Longevity Diet

cenni critici

Cosa possiamo fare per aiutare corpo e mente a essere sani e in forma? L'alimentazione e l'attività fisica sono alla base di una vita sana e lunga, ma anche affinare la curiosità, la voglia di conoscenza e l'amore per il mondo che ci circonda possono aiutarci a raggiungere questo obiettivo. Questo volume approfondisce le caratteristiche dei nutrienti, contiene importanti informazioni sulla conservazione e la cottura dei cibi e tratta nel dettaglio gli alimenti alla base dell'alimentazione di tutti i giorni. Il capitolo dedicato alle diete, oltre a riportare le Linee Guida della Sana Alimentazione Italiana, tratta anche dei pro e contro della dieta vegetariana e fornisce indicazioni circa la corretta dieta dimagrante. La profonda cultura farmaceutica dell'Autore risalta particolarmente nella parte dedicata alla fitoterapia e all'impiego delle tante piante medicinali che possono coadiuvare la dieta per il raggiungimento di uno stato di salute ottimale.

"I haven't felt this good in years." Sophie, 29, former sufferer of IBS (irritable bowel syndrome) Your gut is astonishingly clever. It contains millions of neurons - as many as you would find in the brain of a cat - and is home to the microbiome, an army of microbes that influences your mood, weight and immune system. In this groundbreaking book, Dr Mosley takes us on a revelatory journey through the gut, showing how junk food and overuse of antibiotics have wiped out many "good" gut bacteria, leading to a modern plague of allergies, food intolerances and obesity. Setting the record straight on everything from prebiotics to probiotics, fermented foods to fasting, Dr Mosley provides scientifically proven ways to control your appetite and boost your mood. The Clever Guts Diet is packed with delicious, healing recipes, menu plans, checklists and tips - all the tools you need to transform your gut and change the way you eat forever.

Valter Longo presenta La longevidad comienza desde niño, la continuación de su gran éxito, La dieta de la longevidad, en el que encontrarás el primer programa de alimentación para mejorar la salud de la toda la familia ya desde el embarazo. ¿A qué edad empieza la longevidad? Valter Longo responde a esta pregunta con su nuevo libro, La longevidad comienza desde niño, en el que presenta un plan de nutrición y salud para una vida larga y saludable, que comienza desde el embarazo y con el que todos los miembros de la familia viviremos sanos hasta los 110 años. Con la colaboración de expertos en pediatría y nutrición, el libro ofrece un análisis sobre la alimentación infantil y juvenil para prevenir (o revertir) el sobrepeso y la progresión de enfermedades causadas por los malos hábitos alimenticios. Además, responde a las dudas más comunes de las madres y padres actuales: la alimentación durante el embarazo, las dietas vegetarianas en la adolescencia, las cantidades y los alimentos adecuados para un bebé en la fase de destete y mucho más.

Over 100 Easy Recipes for Cancer prevention and to Boost Health During Treatment

La longevidad comienza desde niño

Eat Even More Food and Lose Even More Weight

La Dieta dei 100 anni e della Longevità

The Breast Cancer Cookbook

Age Later

A groundbreaking academic treatment of Fellini, provides new, expansive, and diverse perspectives on his films and influence The Wiley Blackwell Companion to Federico Fellini presents new methodologies and fresh insights for encountering, appreciating, and contextualizing the director's films in the 21st century. A milestone in Fellini scholarship, this volume provides contributions by leading scholars, intellectuals, and filmmakers, as well as insights from collaborators and associates of the Italian director. Scholarly yet readable essays explore the fundamental aspects of Fellini's works while addressing their contemporary relevance in contexts ranging from politics and the environment to gender, race, and sexual orientation. As the centennial of Federico Fellini's birth in approaches in 2020, this timely work provides new readings of Fellini's films and illustrates Fellini's importance as a filmmaker, artist, and major cultural figure. The text explores topics such as Fellini's early cinematic experience, recurring themes and patterns in his films, his collaborations and influences, and his unique forms of cinematic expression. In a series of "Short Takes" sections, contributors look at specific films that have particular significance or

personal relevance. Destined to become the standard research tool for Fellini studies, this volume: Offers new theoretical frameworks, encounters, critiques, and interpretations of Fellini's work Discusses Fellini's creativity outside of filmmaking, such as his graphic art and his Book of Dreams published after his death. Examines Fellini's influence on artists not only in the English-speaking world but in places such as Turkey, Japan, South Asia, Russia, Cuba, North Africa. Demonstrates the interrelationship between Fellini's work and visual art, literature, fashion, marketing, and many other dimensions of both popular and high culture. Features personal testimonies from family, friends and associates of Fellini such as Francesca Fabbri Fellini, Gianfranco Angelucci, Valeria Ciangottini, and Lina Wertmüller Includes an extensive appendix of freely accessible archival resources on Fellini's work The Wiley Blackwell Companion to Federico Fellini is an indispensable resource for students, instructors, and scholars of Fellini, Italian cinema, cinema and art history, and all areas of film and media studies.

Le mutate condizioni di vita e lo sviluppo dei mercati finanziari hanno portato al superamento della Matematica Attuariale tradizionale, verso un più incisivo apporto della matematica finanziaria. Non si intende fornire un'esposizione completa e sostitutiva dei testi istituzionali, ma si desidera piuttosto dare un orientamento alla comprensione delle nozioni fondamentali per sottolineare la rilevanza degli strumenti e dei modelli applicativi. Il corso si propone di offrire una panoramica delle vecchie e delle nuove metodologie. Tratto dalla Premessa dell'Autrice

This charming story follows two children who go looking for their jump rope and discover that a group of foxes have claimed it as an answer to their wish. With beautiful, classic illustrations and lyrical text, here is a subtle, sensitive piece of magic that proves to sisters, brothers, and foxes alike that the trusted familiar often lives right next to the truly extraordinary—if only you have the eyes to see it.

Alla tavola della longevità

Il tao del sesso, della salute, della longevità. Un approccio pratico ad un antico metodo

The 5 Days Fasting Simulation

La dieta della longevità-Alla tavola della longevità

How to Revolutionise Your Body from the Inside Out (16pt Large Print Edition)

The Path to Longevity

Antonio Giangrande, orgoglioso di essere diverso. ODIO OSTENTAZIONE ED IMPOSIZIONE. Si nasce senza volerlo. Si muore senza volerlo. Si vive una vita di prese per il culo. Noi siamo quello che altri hanno voluto che diventassimo. Facciamo in modo che diventiamo quello che noi avremmo (rafforzativo di saremmo) voluto diventare. Rappresentare con verità storica, anche scomoda ai potenti di turno, la realtà contemporanea, rapportandola al passato e proiettandola al futuro. Per non reiterare vecchi errori. Perché la massa dimentica o non conosce. Denuncio i difetti e caldeggio i pregi italici. Perché non abbiamo orgoglio e dignità per migliorarci e perché non sappiamo apprezzare, tutelare e promuovere quello che abbiamo ereditato dai nostri avi. Insomma, siamo bravi a farci del male e qualcuno deve pur essere diverso!

Dallo scienziato inserito da «Time» fra le 50 persone più influenti al mondo nell'ambito della salute «La Dieta Mima-Digiuno abbassa i fattori di rischio associati all'invecchiamento, come ad esempio le malattie cardiovascolari, il diabete, l'obesità e il cancro. In pratica l'invecchiamento viene rallentato, assicurandoci dieci anni di vita in più.» Umberto Veronesi «Si fa purtroppo abuso della parola "scienza" quando si parla di longevità, invecchiamento e alimentazione. Finalmente Valter Longo ha dimostrato sulla base di dati sperimentali di laboratorio come le nostre cellule possano vivere in salute e più a lungo. Non è una formula magica ma il risultato di lunghi anni di ricerca.» Giovanni Caprara LA DIETA MIMA-DIGIUNO È UNA DELLE PIU' IMPORTANTI SCOPERTE SCIENTIFICHE NEL CAMPO DELL'ALIMENTAZIONE Valter Longo ha dimostrato come prevenire e curare i mali del secolo. Con il suo regime alimentare, tutti possono ritrovare e mantenere un corpo sano fino a 110 anni. Qui trovate oltre 200 ricette per seguire ogni giorno la dieta della longevità.

The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life. Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and The Longevity Diet is easier to follow than you'd think. The culmination of 25 years of research on ageing, nutrition, and disease across the globe, this unique combination of an everyday diet and fasting-mimicking diet (FMD) to be done only 3-4 times per year lays out a simple solution to living to a healthy old age through nutrition. FMD does away with the misery and starvation most of us experience while fasting and helps you reap all the beneficial health effects of a restrictive diet while avoiding the negative stressors, like low energy and sleeplessness. Valter Longo, Director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, developed THE FMD after making a series of remarkable discoveries in mice and humans indicating that specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to reduce the risk for diabetes, cancer, Alzheimer's and heart disease. Longo's simple pescatarian daily eating plan and the periodic, fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-

based foods, The Longevity Diet is clinically proven to help you: Lose weight and reduce abdominal fat Make simple changes which can extend the healthy lifespan Prevent age-related muscle and bone loss Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer Longo's healthy, life span-extending plan is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet 4 times a year, and just 5 days at a time. The Longevity Diet is the key to living a longer, healthier, and more fulfilled life.

Food is Culture

The Power of Nutrition. How Food Affects Consciousness

Slow Aging, Fight Disease, Optimize Weight

How to reach 100 with the health and stamina of a 40-year-old

La dieta della longevità, Alla tavola della longevità - edizione omnibus

The Salt Fix

Breast cancer is by far the most common cancer in women, affecting 1 in 8 women in the UK. It is now known that diet and lifestyle are significant risk factors in the development of the disease. Adopting a healthier diet can reduce the risk of getting breast cancer and improve the survival of patients who have been diagnosed. Breast cancer specialist Mo Keshtgar takes you through the risk factors and specific dietary associations with breast cancer, including phytoestrogens, fruit and vegetables, fats and dairy products. Advice on 'foods to avoid', 'foods to eat in moderation' and 'foods to eat more of' follows, with simple suggestions as to how to achieve these changes. The enticing collection of over 100 recipes covers breakfasts, soups, salads, fish and shellfish, poultry and meat, vegetarian dishes, treats and drinks. All the dishes have been specifically created to take in all the dietary considerations linked to breast cancer and the possible side effects of treatments.

First published in 1891, Pellegrino Artusi's La scienza in cucina e l'arte di mangiar bene has come to be recognized as the most significant Italian cookbook of modern times. It was reprinted thirteen times and had sold more than 52,000 copies in the years before Artusi's death in 1910, with the number of recipes growing from 475 to 790. And while this figure has not changed, the book has consistently remained in print. Although Artusi was himself of the upper classes and it was doubtful he had ever touched a kitchen utensil or lit a fire under a pot, he wrote the book not for professional chefs, as was the nineteenth-century custom, but for middle-class family cooks: housewives and their domestic helpers. His tone is that of a friendly advisor – humorous and nonchalant. He indulges in witty anecdotes about many of the recipes, describing his experiences and the historical relevance of particular dishes. Artusi's masterpiece is not merely a popular cookbook; it is a landmark work in Italian culture. This English edition (first published by Marsilio Publishers in 1997) features a delightful introduction by Luigi Ballerini that traces the fascinating history of the book and explains its importance in the context of Italian history and politics. The illustrations are by the noted Italian artist Giuliano Della Casa. This easy-to-follow, comprehensive book outlines a lifestyle plan that integrates the principles of nutrition, diet, exercise, brain health and relationships that can help you not only live a long life but also a healthier more fulfilling life. The Path to Longevity is a summary of more than 20 years of research, clinical practice and Luigi Fontana's accumulated knowledge on healthy longevity, using an evidence-based approach. Rather than trying to treat sick people with medicine, Professor Luigi Fontana set out to discover how we can avoid the chronic illnesses in our society, and live long, healthy and happier lives.

L'intrapresa delle assicurazioni

Tradizione e scienza alla scoperta delle zone e dei piatti della longevità

The Clever Guts Diet

I segreti per vivere bene e a lungo

Alla tavola della longevità

Science in the Kitchen and the Art of Eating Well

La salute è una scelta. Spetta a ognuno di noi la decisione di stare bene, di mantenersi sani e autosufficienti il più a lungo possibile. In questo manuale è racchiuso un programma rivoluzionario in grado di fornire salute, energia e vitalità straordinarie per arrivare alla longevità senza paure né decadimento psicofisico. È ora di abbandonare l'immagine triste del vecchietto trasandato e desolante, si deve pensare agli anziani come un valore aggiunto, una risorsa culturale e di saggezza. L'invecchiamento può anche essere giovinezza, arricchimento, esperienza alternativa: un corpo è ancora giovane se la vita psichica e lo spirito sono giovani. Il benessere e la salute vanno mantenuti innanzitutto con una sana alimentazione, con il movimento fisico e con un rilassamento mentale: la dieta Mima-digiuno-periodica, i semplici esercizi fisici e le indicazioni fornite dal volume sono accessibili a chiunque voglia disintossicarsi e rigenerarsi, e rappresentano una concreta possibilità di miglioramento della vita in età avanzata. Non dobbiamo aver paura d'invecchiare se abbiamo vissuto in modo equilibrato. Anzi, "dobbiamo considerare i nostri ultimi anni i più belli, meglio del tempo della crescita e della maturità perché vissuti con maggior esperienza e responsabilità in una pienezza insperata".

Lo scrittore affronta un argomento molto delicato e dibattuto come l'alimentazione e la prevenzione delle malattie. Si è dedicato a

un'imponente ricerca su argomenti quali salute e longevità. Questo libro è frutto di questo lavoro, ove sono esposte le verità che nessuno vuole raccontarti, affrontando con una chiave rivoluzionaria il problema delle malattie degenerative, della vecchiaia e trovando soluzioni per giungere a un'inaspettata longevità. Un argomento che per essere sufficientemente esaustivo occorrerebbero migliaia di pagine o raccolta di libri. Si tratta di un'essenziale sintesi di quanto la nostra civiltà può fare per prevenire le malattie e vivere al più lungo possibile seguendo semplicissime abitudini alimentari e comportamentali. La medicina ufficiale non ha avuto ancora il coraggio di affrontare e risolvere questo tema cruciale della longevità, negando molti di noi che possano vivere bene oltre 100 anni seguendo una particolare disciplina alimentare e comportamentale. Esiste veramente un orologio biologico incontrovertibile nell'uomo o sono gli stili di vita errati ad accelerare il corso delle lancette?

How do some people avoid the slowing down, deteriorating, and weakening that plagues many of their peers decades earlier? Are they just lucky? Or do they know something the rest of us don't? Is it possible to grow older without getting sicker? What if you could look and feel fifty through your eighties and nineties? Founder of the Institute for Aging Research at the Albert Einstein College of Medicine and one of the leading pioneers of longevity research, Dr. Nir Barzilai's life's work is tackling the challenges of aging to delay and prevent the onset of all age-related diseases including "the big four": diabetes, cancer, heart disease, and Alzheimer's. One of Dr. Barzilai's most fascinating studies features volunteers that include 750 SuperAgers—individuals who maintain active lives well into their nineties and even beyond—and, more importantly, who reached that ripe old age never having experienced cardiovascular disease, cancer, diabetes, or cognitive decline. In *Age Later*, Dr. Barzilai reveals the secrets his team has unlocked about SuperAgers and the scientific discoveries that show we can mimic some of their natural resistance to the aging process. This eye-opening and inspirational book will help you think of aging not as a certainty, but as a phenomenon—like many other diseases and misfortunes—that can be targeted, improved, and even cured.

giornale di viaggi e geografia commerciale

Giornale popolare di viaggi

Delle statistiche ufficiali del Piemonte

A Companion to Federico Fellini

Sir Gawain and the Green Knight (A New Verse Translation)

Dalla medicina alla tavola

The internationally renowned, clinically tested, revolutionary diet program to lose weight, fight disease, and live a longer, healthier life. Can what you eat determine how long, and how well, you live? The clinically proven answer is yes, and The Longevity Diet is easier to follow than you'd think. The culmination of 25 years of research on aging, nutrition, and disease across the globe, this unique program lays out a simple solution to living to a healthy old age through nutrition. The key is combining the healthy everyday eating plan the book outlines, with the scientifically engineered fasting-mimicking diet, or FMD; the FMD, done just 3-4 times a year, does away with the misery and starvation most of us experience while fasting, allowing you to reap all the beneficial health effects of a restrictive diet, while avoiding negative stressors, like low energy and sleeplessness. Valter Longo, director of the Longevity Institute at USC and the Program on Longevity and Cancer at IFOM in Milan, designed the FMD after making a series of remarkable discoveries in mice, then in humans, indicating that specific diets can activate stem cells and promote regeneration and rejuvenation in multiple organs to significantly reduce risk for diabetes, cancer, Alzheimer's, and heart disease. Longo's simple pescatarian daily eating plan and the periodic fasting-mimicking techniques can both yield impressive results. Low in proteins and sugars and rich in healthy fats and plant-based foods, The Longevity Diet is proven to help you:

- Lose weight and reduce abdominal fat
- Extend your healthy lifespan with simple everyday changes
- Prevent age-related muscle and bone loss
- Build your resistance to diabetes, cardiovascular disease, Alzheimer's and cancer

Longo's healthy, life span-extending program is based on an easy-to-adopt pescatarian plan along with the fasting-mimicking diet no more than 4 times a year, just 5 days at a time. 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, more fulfilled life.

What if everything you know about salt is wrong? A leading cardiovascular research scientist explains how this vital crystal got a negative reputation, and shows how to lower blood pressure and experience weight loss using salt. The Salt Fix is essential reading for everyone on the keto diet! We've all heard the recommendation: eat no more than a teaspoon of salt a day for a healthy heart. Health-conscious Americans have hewn to the conventional wisdom that your salt shaker can put you on the fast track to a heart attack, and have suffered through bland but "heart-healthy" dinners as a result. What if the low-salt dogma is wrong? Dr. James DiNicolantonio has reviewed more than five hundred publications to unravel the impact of salt on blood pressure and heart disease. He's reached a startling conclusion: The vast majority of us

don't need to watch our salt intake. In fact, for most of us, more salt would be advantageous to our nutrition--especially for those of us on the keto diet, as keto depletes this important mineral from our bodies. The Salt Fix tells the remarkable story of how salt became unfairly demonized--a never-before-told drama of competing egos and interests--and took the fall for another white crystal: sugar. According to The Salt Fix, too little salt can: * Make you crave sugar and refined carbs * Send the body into semistarvation mode * Lead to weight gain, insulin resistance, type 2 diabetes, cardiovascular disease, chronic kidney disease, and increased blood pressure and heart rate But eating the salt you desire can improve everything, from your sleep, energy, and mental focus to your fitness, fertility, and sexual performance. It can even stave off common chronic illnesses, including heart disease. The Salt Fix shows the best ways to add salt back into your diet, offering his transformative five-step program for recalibrating your salt thermostat to achieve your unique, ideal salt intake. Science has moved on from the low-salt dogma, and so should you--your life may depend on it.

Longevity Diet

The Fox Wish

Per sempre giovani. Il circolo virtuoso della longevità

Un revolucionario programa de nutrición para toda la familia

The Fast Metabolism Diet Cookbook

Health Span, Life Span, and the New Science of Longevity