

Revised and Expanded Edition

B E Y O N D
The
1200
YEAR
D I E T

How to
Double Your Vital Years

ROY WALFORD, M.D.

Beyond The 120 Year Diet How To Double Your Vital Years

Dr. Steven R. Gundry



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Beyond the 120 Year Diet Roy Walford, M.D., Roy Walford M.D., 2000-08-08 According to Dr Roy Walford there s no need for plastic surgery or obsessive exercising to escape the effects of time He argues that longevity can be significantly increased by a diet that contains all the required nutrients but about a third fewer calories In this completely revised edition of The 120 Year Diet Dr Walford explains and backs up his explanation with laboratory evidence why he believes that the anti aging diet can preserve one s vital productive years and extend the human life span to well beyond its present maximum A perfect companion to the author s The Anti Aging Plan this book also includes 20 days of varied high nutrition menus that contain fewer than 1 500 calories a day *The 120-year Diet* Roy L. Walford, 1986 A revolutionary approach to longevity and nutrition this offers a scientifically credible way to extend life and slow the aging process based on reducing daily caloric intake while increasing vitamins and minerals With menu plans and recipes

The Longevity Diet Brian M. Delaney, Lisa Walford, 2010-05-25 Completely revised and updated these straightforward principles present an effective eating plan to live longer and reduce the risks of aging related disease

50 Simple Ways to Live a Longer Life Glenn Thompson, Suzanne Bohan, 2005-06 In 2011 the first wave of the 76 million Baby Boomers will reach age 65 and one in three American adults will be senior citizens Everyone wants to know how to live the healthiest and longest life 50 Simple Ways to Live a Longer Life is an easy to comprehend resource packed with the most amazing health discoveries from the forefront of science It leaves readers inspired to take active roles in extending their own lives and improving their own health Each chapter contains a different way to extend your life plus a Making It Real section that tells readers what they specifically can do to achieve these benefits 50 Simple Ways to Live a Longer Life offers fresh perspectives and intriguing information even on those frequently covered topics like exercise and diet This book is an affordable easy to assimilate book that will help people add years and vigor to their life

Dr. Gundry's Diet Evolution Dr. Steven R. Gundry, 2009-03-03 A renowned heart surgeon presents an accessible research based program to teach you how you can reset your genes to restore your health lose weight and extend your life Does losing weight and staying healthy feel like a battle Well it s really a war Your enemies are your own genes backed by millions of years of evolution and the only way to win is to outsmart them Dr Steven Gundry s revolutionary book shares the health secrets other doctors won t tell you Why plants are good for you because they re bad for you and meat is bad because it s good for you Why plateauing on this diet is actually a sign that you re on the right track Why artificial sweeteners have the same effects as sugar on your health and your waistline Why taking antacids statins and drugs for high blood pressure and arthritis masks health issues instead of addressing them Along with the meal planner 70 delicious recipes and inspirational stories Dr Gundry s easy to memorize tips will keep you healthy and on course

Supernormal Stimuli Deirdre Barrett, 2010-01-26 A Harvard psychologist explains how our once helpful instincts get hijacked in our garish modern world demonstrating how supernormal stimuli are a major cause of today s most pressing problems including obesity and

war Chasing Methuselah Todd T. W. Daly, 2021-02-04 The quest to live much longer has moved from legend to the laboratory Recent breakthroughs in genetics and pharmacology have put humanity on the precipice of slowing down human aging to extend the healthy life span The promise of longer healthier life is enormously attractive and poses several challenging questions for Christians Who wouldn't want to live 120 years or more before dying quickly How do we make sense of human aging in light of Jesus' invitation to daily take up our crosses with the promise of the resurrection to come Is there anything wrong with manipulating our bodies technologically to live longer If so how long is too long Should aging itself be treated as a disease In *Chasing Methuselah* Todd Daly examines the modern biomedical anti aging project from a Christian perspective drawing on the ancient wisdom of the Desert Fathers who believed that the incarnation opened a way for human life to regain the longevity of Adam and the biblical patriarchs through prayer and fasting Daly balances these insights with the christological anthropology of Karl Barth discussing the implications for human finitude fear of death and the use of anti aging technology weaving a path between outright condemnation and uncritical enthusiasm **The Maker's Diet for Weight Loss** Jordan Rubin, 2013-12-28 The Best Way to Lose Weight The Maker's Way Designed as a follow up to his New York Times best seller *The Maker's Diet* Jordan Rubin takes his nutritional strategies to the next level in this 16 week program calculated to help you not only achieve your weight loss goals but maintain them in the future By addressing your whole person body mind emotions and spirit *The Maker's Diet for Weight Loss* will help you reach a weight that makes you look good and feel great about yourself as you Eat for your body type age gender and region Maximize nutrients while reducing calories Eliminate toxins inside and outside your body Learn the best ways to cheat without getting off track With solid medical advice from Bernard Bulwer MD an advanced fellow at one of the premier teaching hospitals at Harvard Medical School *The Maker's Diet for Weight Loss* presents a holistic approach to weight loss that will change your life forever *The Immune Advantage* Ellen Mazo, Keith Berndtson, 2001-01-01 Introduces hundreds of fitness and wellness strategies and techniques designed to enhance an individual's own natural immune system and offers drug free approaches for preventing and treating thirty common immune related ailments *The Mechanics of the Knee* David C. Morley Jr., M.D., 2017-01-10 In *The Mechanics of the Knee* Dr David Morley offers a refreshingly common sense and succinct approach to the growing problem of knee arthritis and how to avoid knee replacement surgery Many People have come to me over the years having no understanding of their knee arthritic problems writes Dr David Morley a board certified orthopedic surgeon They fall prey to clinicians who often prescribe aggressive costly and sometimes dangerous therapeutic options including knee replacement And no one man or woman young or old overweight or thin is immune from knee pain If your job involves performing the same joint stressing motions over and over he points out or carrying weight or both you are also a candidate In *The Mechanics of the Knee* Dr Morley offers a refreshingly commonsense and succinct approach to the growing problem of knee arthritis He writes from his decades long experience and professional knowledge using a reader friendly often

humorous style that makes his information particularly accessible and understandable for readers In part he contrasts a healthy knee to an arthritic knee including noting the signs and symptoms that many of us tend to dismiss and he offers scientific facts to educate us on treatment His purpose is to help avoid knee arthritis if possible or to treat it conservatively when it is present and for those who think surgery is the only option Dr Morley stresses The great majority of patients will show improvement with a non operative approach The Mechanics of the Knee is for anyone with knee pain those who have risk factors for knee arthritis or those who wish to learn more about the disease It is quite simply the definitive book on knee arthritis Book jacket

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