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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

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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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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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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

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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

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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...

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