

## 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

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### The Alternate Day Diet Revised

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 Kindle Edition. by: James B. Johnson M.D. (Author)

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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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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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