



# **The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight**

*Valter Longo*

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**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.

## **The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight Details**

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Author : Valter Longo

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# **From Reader Review The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight for online ebook**

**trovateOrtensia says**

Prescindibile per chi già ha approfondito le tematiche relative all'alimentazione e al suo rapporto con lo stato di salute. Io consiglierei, piuttosto, la lettura del bellissimo *Il cibo dell'uomo* di F. Berrino, utilissimo sia sul piano teorico che pratico, e tutt'ora insuperato.

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**Nigeyb says**

The relationship between calorie restriction and longevity, and minimising risk for major killers, has long been established.

Dr. Valter Longo, USC Professor in Gerontology and Biological Science and Director of the USC Longevity Institute has been studying the secrets of a long, healthy life, and how to reduce the risks of cardiovascular, neuro-degenerative and autoimmune diseases, diabetes, cancer and dementia.

You may already have read about Dr Longo's research into the relationship between caloric restriction and human health. It has received significant academic and public interest, and lead to quite a bit of mainstream coverage about fasting and long term health.

Michael Moseley's 5:2 diet, which was developed based on Dr. Longo's research, has resulted in a number of best-selling books in the UK.

'The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight' is a thoroughly researched book which explains how Valter Longo has discovered that a diet which mimics fasting allows individuals to enjoy all the benefits of a proper fast. He calls this the Fast Mimicking Diet (FMD).

Rather than subsist on just water for a few days, he has established that the body will still repair cells and rejuvenate with limited calorie intake.

While fasting has many health benefits, prolonged calorie restriction is too challenging, and potentially too dangerous, for many people.

A diet that mimics the physiological benefits of fasting without the burden of food restriction may be a good alternative. FMD is a very low calorie, low protein diet that causes changes in markers associated with stress resistance and longevity (IGF-1 (insulin-growth factor), ketone bodies, and glucose) in a similar manner to prolonged fasting.

Unsurprisingly, to anyone who keeps up with the science, he advocates restricting protein to limit production of IGF-1, the protein hormone is connected with ageing and cancer cells once a person reaches adulthood. He also confirms that most people would experience considerable, observable improvements in health by

switching to a plant-based diet. Anecdotally, I have been 100% plant-based for around two years now and have never felt better.

All of this informs his FMD which can be achieved in just six days.

Day 1 allows 1100 calories (500 from vegetables + 500 from nuts, oil).

Days 2-5 800 calories (400 from vegetables + 400 from nuts, oil).

Day 6 is a transition day back to normal eating patterns (for next 24 hours more vegetables + fruit, rice, bread pasta / no fish, meat, dairy, processed food etc).

He recommends a healthy person need only do this every six months. For people with existing conditions the frequency should be increased, and, I'd say, done with medical supervision. All of this is explained in detail in this thorough and convincing book.

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## Giuseppe D says

Interesting take on dr Longo's own research on diet and longevity. I like how he takes a pragmatic approach on what we should actually do: for instance taking a multivitamin not every day but once every two to three days because being nourished is good but some studies have shown that certain vitamins can be toxic. Also, the amount of protein we actually need is not as high as most resources online would tell you, more could be detrimental so better to stick to relatively low but also high enough for building and maintaining muscle mass (he says to stick to 30 grams after a strength workout). So, to sum it all up:

- Eat mostly a plant based diet, adding fish low in mercury (only three times a week)
- Get 0.31 to 0.36 grams of protein per pound of body weight
- Multivitamin, mineral, and omega-3 and omega-6 supplement every 3 days
- Eat twice per day plus a snack
- do periodic fasting if you can
- walk fast one hour a day, do strength training
- keep your mind sharp (finish that goodreads challenge) However, in the book, you can see how there is no 'one size fits all' solution. So, if you are interested in this sort of things, it might be a good read for you.

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## Elalma says

Spinta dalla curiosità, l'ho letto volentieri. Tutto quello che c'era da sapere comunque era già stato detto nei numerosi articoli e servizi dedicati all' autore e alla dieta della longevità e mima digiuno. Vale la pena leggerlo, se non altro perché stimola la consapevolezza di adottare una dieta più sana che ci faccia stare meglio, anche se naturalmente è impossibile il fai da te, altrimenti si rischiano carenze. Trovo però un po' di incongruenze, per esempio quella di assumere integratori per integrare le vitamine e i micronutrienti che i

centenari dei paesini o di Creta non potevano aver assunto durante la vita se non con il cibo.

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### **Brooke says**

The summary is that if you want to decrease likelihood of getting diseases you're genetically predisposed to (cancer, diabetes, heart disease), eat a mostly vegan diet until you turn about 65 year old, exercise, keep your BMI at the lower end of the normal range and do his 5-day fasting mimicking diet anywhere from 1-6 times per year based on your health and genetics. The 5-day fast is where you eat about 800 calories a day which makes your least healthy cells vulnerable to destruction (which is a good thing). The unhealthy cells (most likely to mutate in the future) break down and your body rebuilds new healthy cells by releasing a surge of stem cells in your blood stream. Something like that. It's super fascinating and I think this guy and the research he's doing is legit though it's still young and needs larger tests in humans.

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### **Matthew says**

While it's difficult to find fault with a dietary recommendation that advocates for more vegetables and less saturated fat, I can't help but think this book might be written about 10 years too soon. The author's contentions rely on a number of animal studies and small human trials, of which the results are promising and may ultimately scale up -- but until large human studies, or a large regional study is done I remain cautiously optimistic.

The idea of an intermittent fast, or the fast mimicking diet (FMD) seems like it could be helpful (or at least not do any major harm, to healthy individuals) though it seems rather telling that the diet is recommended to be done under medical supervision or as part of a clinical trial -- and not just stated for legal reasons, but because of an actual danger. That will ultimately slow potential users from considering.

The portions as they relate to the idea of an FMD being used along with chemotherapy for cancer patients seems the most sound and hashed out. But as to the author's argument as it pertains to the idea of the Mediterranean Diet/ Longevity Diet being superior to say a Whole Foods Plant-Based diet, which has been researched extensively and in large studies of humans .... I'll wait for the research to come in before setting aside the works of T. Colin Campbell or Caldwell Esselstyn.

While I have little doubt there are benefits to be had from an occasional, intermittent fast .... and the FMD, may be the best of both worlds, hitting that "bliss point" of getting the benefits of a fast without subsisting on water for a week. The diet will need to have a greater ease and availability to people before it can make a major difference.

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### **Kelly Little Hansen says**

I really liked this book! As someone who is trying to learn more about what eating healthy, nutritious foods looks like realistically (and not from some instagram influencer) this was a great read. Lots of data, science and easy to understand guidance throughout. I agree that writing was a bit disjointed and self congratulatory, but I digress, he is a scientist and not Hemingway.

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## **Sandy says**

I thought this book make a pretty darned convincing case in favor of a vegetarian or pescetarian diet, if living a long time is high on your list of priorities. Unfortunately, that's not how I, and most of the people I know, currently eat. It seems like everyone and their dog is doing keto these days. According to this book, a diet high in animal fats and proteins is the single \*worst\* diet for human longevity. At least both sides agree on one thing: sugar and processed carbs aren't good for you.

The book also discusses how periodic fasting (\*not\* the currently trendy "intermittent" fasting, but actual fasting for a few days) can have amazing health benefits for all sorts of serious conditions, including cancer, diabetes, and auto-immune disorders. It provides a way to mimic fasting by greatly reducing your caloric intake for a few days, without actually full-on fasting. This "fasting mimicking diet" supposedly offers the same health benefits as full fasting. I have not tried it myself.

tl;dr - diet should consist of 60% complex carbs, 30% good fats, 10% protein (all of which should come from vegetable or fish sources). Fast for a few days, a few times a year.

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## **Mehrsa says**

I think if your aim is weightloss, the obesity code or the Taubes books are better, but for health, this one is pretty interesting. Some really great tips that I got from it:

1. Eat the types of foods your ancestors ate. While he humbly admits that he doesn't have the science to back this up yet, it makes complete sense. Many of our allergies may be due to us not being evolved for certain foods.
  2. Beans! Lots of the paleo and low carb diets have been so down on beans, but my people (and myself) are all about the beans and now I will continue to eat them without worry.
  3. Fasting as cancer treatment. So intriguing and interesting. I hope they get lots of money to do more research on this.
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## **Paraphrodite says**

4 stars.

An interesting read with some very sensible suggestions.

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## **Pandora says**

The information in this book is invaluable and on point and is clearly written for the every day person. Very

easy to understand. My only complaint is that a lot of the information seems to be repetitive, but that may be good for some people who have to see the same thing over and over for it to sink in. I borrowed this book from my library, but after having read it, I plan on buying my own copy for reference.

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### **Evelina says**

Interesting book on the diet for longevity and disease prevention. Unfortunately it seems too long and too generic (though author dedicates a lot of time to discuss clinical trials, which is great).

Long story short: eat mostly vegan, eat good fats and complex carbs, not a lot of protein (which is controversial in my opinion) and do fast mimicking diet 1-2 times per year (which is patented by author and too much promoted as for me)

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### **Suzanne says**

This book is an eye-opener with respect to the FMD (fasting mimicking diet), but the actual Longevity Diet falls short for me for a few reasons. Valter says that the two things that will age one quickly and cause problems in the body are too much protein and too much sugar. I agree, but when I read his daily suggestions for his Longevity Diet, I was shocked that he recommends eating dried fruit pretty much every day. Dried fruit is loaded with sugar, and even though he has you eating only 1/8 cup at a sitting (which is barely a taste, by the way!), why not eat the real thing? For instance, for the 1/8 cup of dried blueberries he allows, you could have a whole cup of fresh blueberries for 1/3 less calories, carbs and sugar and double the fiber content. I don't think he really knows all that much about nutrition especially when he admits to eating beef once a week growing up in Italy (the same town where he studied a couple of centenarians), but then admonishes eating any kind of animal protein except low mercury fish.

Another thing that I just can't get over is a couple of paragraphs where he talks about how ridiculous it is to "eat in moderation". After giving eating advice to a lady one time, she concluded that it would be best to eat in moderation. His response was to ask her if she would fly on an airplane that she had designed herself. I'm sorry, but those two topics aren't even remotely associated, and this leads me to believe that Valter doesn't even know the definition of "moderation". Designing an airplane with limited knowledge about how to go about it is not an act of moderation; it's a gamble. He even admits that he doesn't even know what eating in moderation means. How about eating beef on Sundays?

But aside from his lack of nutrition knowledge, I think his development of the FMD is super cutting edge! He has stats to back up his findings, and FMD seems like a definite positive breakthrough.

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### **Marcos Malumbres says**

I have two different opinions about this book. One is scientific and the other is more formal. I will start with the bad one (but please do not forget to read the positive one!)

As a book, I would say that this work is not of high writing quality (I would give it 2 stars). Some paragraphs are entertaining but the text is highly repetitive and disorganized with identical sentences repeated in several sections or chapters. The goal of the book is explaining the longevity and fasting-mimicking diets and their



effect in health. However, even after reading half of the book, it is not very easy to understand what these diets are. The specific information on the composition of the diets is fragmented at the end of several chapters; explaining first how they work and defining them later makes the progression through the book more difficult. If you want to obtain any conclusions on what to eat, that will be a difficult task. For instance, the definition given for the fasting-mimicking diet (e.g. Day 1: total 1100 calories) is to combine 500 calories of complex carbohydrates found in vegetables + 500 calories of good fats (nuts, oil) + 25 g protein of vegetal origin. The definition is completely asymmetric (calories + grams). There is no way to avoid proteins when eating vegetables or nuts.. You can either include the proteins within the calories (total 1000 calories) or add them as new calories but no easy way to reach the 1100 calories of the day. During days 2-5 you need to eat 400 calories from carbohydrates and 400 from fat (nuts, oil etc) and avoid proteins (total 800 calories per day). Unless you eat pure sugar and pure olive oil, that is impossible as most food (including e recommended nuts have proteins). Difficult to understand. These are just examples, but the information in the book is quite disorganized. The tables with the foods that provide vitamins etc are ok but in my view classifying these tables by the nutrients provided by each type of food, rather than classifying by nutrients, would much more practical for readers.

In general, there are several defects that make reading of the text less attractive. It is a pity as it would not be a difficult task to make an interested story from the info given in the text.

In some instances, the text is unnecessarily egocentric. No problem with citing and explaining data generated by the author but I don't see the need of repeating in each sentence that he, and his group, was the one that discovered.. , or that X company, which he founded..., etc etc. Following a common practice, only the first author is cited when the list of authors of a paper is too long... unless he is in the author list.. then the first author + Longo, V. is cited, just in case readers forgot that these were HIS data, even after being mentioned in the main text. These sentences, together with the constant re-repetitions, are more typical of (bad) politicians or marketers than serious scientists and may give readers the false impression that the information in the book is just marketing.

The Spanish translation of some words is really funny (oncogenos!!).

Fortunately, the scientific content is of top quality (five stars here)! Based on current information and very serious research in the last years, everyone, healthy and sick people, should follow the recommendations in the book. Data have been published in the most respectful top journals indicating solid a evaluation process and this is the kind of science that has an immediate application for health. Some of the ideas presented as unpublished in the book have been recently published in top scientific journals in 2017. I cannot but believe that he is completely right. And actually it makes perfect sense. I missed more references (there are sections completely unreferenced) and a better system to mention them (I would prefer the use of numbered complete referenced, rather than "ibidem" etc).

I conclude that if this book had been properly written it could become a major reference in recent science. The information generated by the author and included in this book, properly explained, should reach every person in this planet, including healthy people but also patients with cancer, Alzheimer's, diabetes, immune diseases... ; i.e., everyone. And everyone should start to follow the recommendations.. I already did...

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**MindOverMatter says**

Very interesting book and it shows that not much is known about nutrition, especially also not by scientific

experts. While I thoroughly enjoyed the scientific ideas of Longo, his opinion on the matter and how he describes what he has seen and experienced from the start of his scientific career with studies on starving yeast, the Laron discoveries, his discussions with centenarians, etc, I found it disturbing that he throws together all saturated fat and all transfat as if it was the same. Yes, of course, if someone mixed them and a study performed on its effect, it will deteriorate the result because of the transfats, but with extreme high probability the culprit is not the saturated fat. At least I found the evidence Longo provides on saturated fats being "bad" fats not convincing. I also have not read anything about fat soluble vitamins and K2 and I also have missed a discussion on EPA and DHA with omega 3 or the ratio between omega 3 and omega 6. However, besides of the fat issue, I really thoroughly enjoyed the book.

Another critique is that he advertises ProLon and Chemolieve which are proprietary products for the kind of ketogenic diet, Thomas Seyfried is investigating in his stream of research where one has to compute a therapeutic distribution of ketones & glucose in the blood. Unfortunately, Longo does not cite any work by Seyfried and also does not say that it is a ketogenic diet. It sounds very much like it being that kind of diet though (low proteins, low carbohydrates). I think it is not helpful to put people on a proprietary diet they don't know anything about, i.e. the ingredients, how it works, and let them be oblivious on how to manage their health but by worshiping and trusting a company (Longo is not owning - so he does not even take responsibility for the products they produce, but nevertheless he advertises it and probably is remunerated well while not being open about it, sadly) to take care of them.

Again: I enjoyed reading the book and also like the many references, but it leaves out plenty of related work and is not open enough for my taste to help people help themselves. It rather advertises a proprietary product. Hence just 3 stars from me.

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