

# The Life Extension

## WEIGHT LOSS PROGRAM

LOSE FAT WITHOUT DIETING,  
HUNGER, OR EXERCISE!

**Durk Pearson and Sandy Shaw**

THE AUTHORS OF  
LIFE EXTENSION: A PRACTICAL SCIENTIFIC APPROACH  
AND THE LIFE EXTENSION COMPANION

# The Life Extension Weight Loss Program

**Joseph P. Hou**



## **The Life Extension Weight Loss Program:**

*The Life Extension Weight Loss Program* Durk Pearson, Duke Pearson, Sandy Shaw, 1987-05-19 The national bestseller on weight loss from the bestselling authors of *Life Extension* and *The Life Extension Companion* now available in paperback Illustrated [Life Extension Weight Loss Guide](#) Life Extension, William Faloon, Steven Joyal, 2010-05-01

**The Life Extension Weight Loss Program** Durk Pearson, Sandy Shaw, 1986 This program combines natural diet supplements made of amino acids the building blocks of proteins with a minimal exercise regimen to modify metabolism and help the body connect food into muscle instead of fat

[The New Evolution Diet](#) Arthur De Vany, 2011-12-20 Believe it or not our DNA is almost exactly the same as that of our ancestors While scientific advances in agriculture medicine and technology have protected man to some degree from dangers such as starvation illness and exposure the fact remains that our cave dwelling cousins were considerably healthier than we are Our paleolithic ancestors did not suffer from heart disease diabetes high blood pressure or obesity In fact a good deal of what we view as normal aging is a modern condition that is more akin to disease than any natural state of growing older Our predecessors were incomparably better nourished than we are and were incredibly physically fit And certainly none of them ever craved a doughnut let alone tasted one In fact the human preference for sweet tastes and fatty textures was developed in an environment where such treats were rare and signaled dense useful energy This once helpful adaptation is the downfall of many a dieter today It's what makes it hard to resist fats and sweets especially when they are all around us We are not living as we were built to live Our genes were forged in an environment where activity was mandatory you were active or you starved or were eaten This created strong selective pressure for genes encoding a smart physically adept individual capable of very high activity levels Humans are among the most active of species and we carry energetically expensive brains to boot Our energy expenditures rank high among all animals At least they once did *The New Evolution Diet* by Arthur De Vany PhD is a roadmap back to the better health our ancestors once enjoyed By eliminating modern foods including carbohydrates dairy and all processed foods from our diets we can undo much of the damage caused by our modern food environment The plan is based on three simple principles 1 Enjoy the pleasure of food and do not count or restrict calories Eat three satisfying meals a day filled with non starchy vegetables fruits and high quality lean proteins 2 Do not starve yourself but do go hungry episodically for brief periods to promote a low fasting blood insulin level and increase metabolic fat burning 3 Exercise less not more but with more playfulness and intensity The goal is to create a strong body with a high resting metabolism and a large physiologic capacity to move through life easily not to burn calories

**Healthy Longevity Techniques** Joseph P. Hou, 2010-04-27 This book *Healthy Longevity Techniques* East West Anti aging Strategies provides extensive practical advices on preserving health and longevity It is a book for people of all ages It is Joseph P Hous most important and far reaching book yet The goal of this book is to help readers live to 100 or to your Tian Nian

**Natural Born Fatburners** George Redmon, George L. Redmond, 2002 *Natural Born Fatburners* offers

conclusive evidence that traditional diets don't work New vital information reveals the safest and most natural way to rid the body of unwanted pounds and dangerous fat levels and provides life saving information for those facing health complications due to weight gain Choose from Dr Redmon's top 100 fatburning foods Prevent fat loss from returning Lose weight naturally without resorting to dangerous drugs Learn ways to stop binge eating Induce fatburning by eating specific foods Increase your body's metabolism Select from 60 supplements for optimum weight control **Weekly World News**, 1999-05-18 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world's only reliable news source since 1979 The online hub [www.weeklyworldnews.com](http://www.weeklyworldnews.com) is a leading entertainment news site

**Summary Chart of Weight Reduction Diets** Jennifer E. L. Anderson, 1988 **The Perricone Weight-Loss Diet** Nicholas Perricone, MD, 2009-08-05 From 1 New York Times bestselling author Nicholas Perricone respected physician award winning research scientist and trusted expert on health and beauty comes the biggest breakthrough in weight loss since Atkins Millions of women and men have restored youthful radiance smoothness and suppleness to their skin through Dr Nicholas Perricone's advice care and transformative eating plan and all with the welcome yet unexpected benefit of losing excess weight along with the wrinkles Building on this discovery Dr Perricone breaks new ground with his trademark anti-inflammatory program based on the foods supplements and lifestyle changes with the proven ability to accelerate fat loss by increasing metabolism and building and maintaining muscle mass Consider this staggering fact As we age we can expect to gain ten pounds of fat and lose five pounds of muscle each decade In three easy steps Dr Perricone shows how to fight this weight gain and rebuild muscle mass and avoid the haggard aging and drawn appearance that results from other weight loss programs Inside **The Perricone Weight Loss Diet** discover the rejuvenating and slimming secrets of the anti-inflammatory diet which foods supplements and lifestyle changes enable us to lose fat while maintaining muscle how to control hormones such as insulin and cortisol to lose weight how to maintain youthful firm and radiantly toned skin on the face and body during weight loss As an added bonus as you follow Dr Perricone's program you'll sleep better have more energy and less stress and experience greater mental clarity without the food cravings Lose the weight the wrinkles and the years *The Publishers Weekly*, 2005 **A Consumer's Guide to "alternative Medicine"** Kurt Butler, 1992 An assault on bogus healing claims certainly a justifiable campaign Detracting from the credibility of the author's itemization of unproven cures is his failure to explore the holes and fallacies of conventional medicine Many people who've experienced the discrepancy between what conventional medicine knows and what it really knows will continue to seek help elsewhere At least this compendium can alert seekers to some snake oil sales techniques Annotation copyright by Book News Inc Portland OR **Forecast**, 1925 **American Druggist**, 1986 **The Modern Woodman**, 1926 **The Dieter's Directory** Dean D. Kimmel, 1993 **The Natural Superwoman** Uzzi Reiss, M. D., OB/GYN, Yfat Reiss Gendell, 2008-11-13 The new health bible for women Women all over the world flock to Dr Uzzi Reiss for his cutting edge approach to women's health In **The Natural Superwoman**

Dr Reiss brings his innovative philosophy to women everywhere demonstrating how they can stop feeling overwhelmed and tired and start feeling their best energized focused and ready to take on the world each day As Dr Reiss explains hormone balance is the key to living with vitality His anti aging program combines natural hormone therapy essential nutritional advice simple exercise and mind body techniques to help you no matter what your age become the healthiest most vibrant natural superwoman you can be The Natural Superwoman illustrates Which specific hormones can enhance energy sexuality and memory heal dry skin relieve sleep disorders alleviate depression and more Why you should take magnesium instead of calcium to guard against osteoporosis How to make simple changes to your diet to help you lose weight Why you may actually be exercising too much This book offers accessible yet authoritative information from a physician with more than thirty years of experience in understanding and working with women The Natural Superwoman shows you how to take control of your well being and feel better than ever naturally

**Dr. Kaplan's Lifestyle of the Fit and Famous** Eric Scott Kaplan,1998 A comprehensive guide to the formulas and principles of Fat Loss Exercise Vitamins Success and Happiness

**Life Extension Weight Loss Guide** William Faloon,Steven V. Joyal,2010-08-27 As we age our bodies are programmed to accumulate excess body fat There is no single cause Instead multiple obesity factors predispose you to age induced weight gain Up until now no one has developed a comprehensive program to correct each and every one of these scientifically validated obesity inducers The Life Extension Weight Loss Guide is the first book to document the multiple culprits behind age associated weight gain You ll learn how to identify the biological reasons why you amass fat pounds with aging and then discover specific nutrients drugs hormones and lifestyle changes that will enable you to reverse unwanted weight gain Unlike anything that has ever been published on this topic the authors make no claim of simplicity in implementing the comprehensive program this book advocates To the contrary the fat loss protocols described in this publication are the most complex you will ever read If there were a simple approach to shedding excess body weight the authors argue America would not be suffering the worst obesity epidemic in history The Life Extension Weight Loss Guide is published by an organization with an unparalleled 30 year track record of protecting against degenerative disease Established in 1980 the Life Extension Foundation is the largest anti aging association in the world A look at their scientific accomplishments [www.lef.org/track](http://www.lef.org/track) reveals how far ahead the Foundation has been in uncovering pioneering approaches for combating age related disorders The Life Extension Weight Loss Guide will open your eyes to scientific weight loss strategies that no one else has tied together If you are serious about extending your life by shedding deadly surplus fat pounds this book will make a significant impact on your health and longevity along with a reduction in your waistline This second edition also include a sampel 7 day meal plan

**Dictionary of Alternative Medicine** J. C. Segen,1998 This timely dictionary contains the medical terms slang and acronyms associated with alternative or complimentary medicine

**Anti-fat Nutrients** Dallas Cloutre,1993

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