



# 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

By James B. Johnson M.D., Donald R. Laub Sr. M.D.

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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 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 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.

The simple two-step program calls for you to limit calories one day and eat normally the next and the book outlines lifestyle suggestions to support the diet's effectiveness including proper hydration and exercise, which are also key components to maximizing weight-loss.

Throughout, you will be inspired by the anecdotes and testimonials from real people who have used the diet successfully to lose weight, and to find relief from a range of health issues including heart disease, Type II diabetes, autoimmune diseases, and even menopause-related hot flashes.

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## **Editorial Review**

### **About the Author**

After more than twenty years in private practice, **Dr. James Johnson**, a former assistant professor of otolaryngology and instructor in plastic surgery at Louisiana State University School of Medicine, retired to pursue his long-time interest and do further research in calorie restriction in collaboration with scientists at the Gerontology Research Center of the National Institute on Aging. He has conducted studies on the effect of alternate-day calorie restriction on weight loss and general wellness. He has published articles in peer reviewed journals, including *Medical Hypotheses* and *Free Radical Biology and Medicine*. He has been interviewed and/or quoted in the popular press, including the *Independent* (London) and *Woman's World*.

**Dr. Donald Laub** is the former chief of plastic surgery at Stanford University School of Medicine.

## **Users Review**

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#### **Brian Wilson:**

People live in this new day of lifestyle always attempt to and must have the spare time or they will get lots of stress from both everyday life and work. So , when we ask do people have spare time, we will say absolutely yes. People is human not only a robot. Then we ask again, what kind of activity do you have when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, typically the book you have read is actually 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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