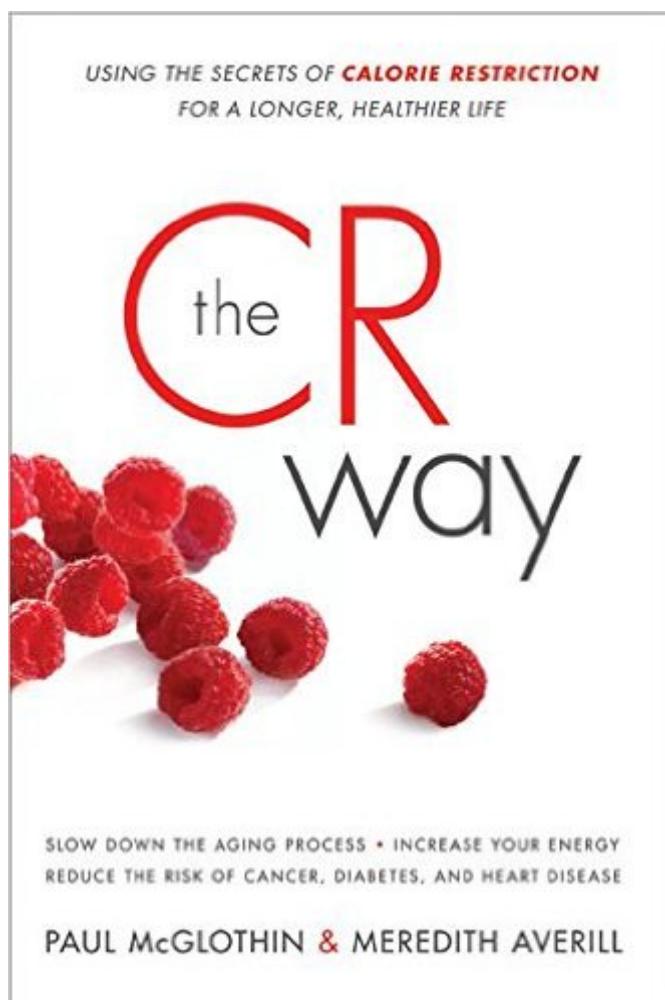


The book was found

The CR Way: Using The Secrets Of Calorie Restriction For A Longer, Healthier Life



Synopsis

When it comes to living longer, scientists are discovering that less is more. By following Calorie Restriction, a revolutionary diet that provides the body with fewer calories than is traditionally required, people are getting dramatic benefits. Now, with *The CR Way*, you too can slow the aging process; protect against cardiovascular disease, cancer, and diabetes; and increase your energy and mental capabilities. And, if needed, you'll lose weight and keep it off. Paul McGlothin and Meredith Averill, leaders of the Calorie Restriction Society, provide quick and easy menus and recipes so delicious that you will wonder why you ever wanted to eat more than you need. And for those who want some of the benefits without sacrificing all the calories, the authors will show you how to plan a diet that works for you. Groundbreaking and controversial, *The CR Way* is your key to a happier, healthier life.

Book Information

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Customer Reviews

Back when I was 200 pounds, 6 months after having my third child--I was shopping around for a diet book when I ran across 'Beyond The 120 Year Diet' the only known thing to extend human life. I read it, and re-read it, followed it to a tee and lost 85 pounds over the next 6 months. I felt so good about my life, so healthy and full of energy, I wanted to share what I'd learned--I gave 10 copies out to my closest friends and family that Christmas. Sadly, I heard from many (those that told me) that it was 'too scientific', or 'too hard'. I had liked it, but understood it could be difficult to read. Some of those I loved, still were overweight like I had been and I didn't think they 'got the message' like I

had--they'd not been inspired... Now, 6 years later, a few more CR books have come and gone, this is the newest on the scene. It has all the same basic information in an easy to read format, but it has the updated science and even addresses some new research such as intermittent fasting--but it is all presented in a simple to 'digest' manner :-). The authors do not present one narrow path of how to do calorie restriction, instead they give many routes to the same longevity benefits. The book is a smorgasbord for people who are at different commitment levels to CR, you can do it as in depth or as lightly as you want. The authors give you the information to do CR on a busy lifestyle. This year I have a new book to share, to inspire my friends and family. This is the first book since 'Beyond The 120 Year Diet' that I can confidently give as a present, and know it will educate in a gentle manner, and at the very least impart a heightened sense of awareness about the food my friends and family eat, so small steps can be taken for better health. I recommend this book to those interested in a diet that works, and becomes second nature for a healthier, longer life.

I've read all of the Walford books, and frankly, despite the heavy emphasis on science, find them much more informative on the topic of CR. I also find that Walford presents ideas on how CR can be made eminently liveable...and, frankly, I don't see the CR Way as practiced by these authors as liveable. They don't eat after 1:00 p.m. They recommend minimal amounts of protein. They recommend minimal amounts of cooking. CR isn't this radical...these authors are. For those interested in CR, it is pretty basic: Focus on making 50% or more of your food intake veggies, about 20 to 30% beans/grains (unprocessed), the rest fruit. I find the McDougall books much more appropriate for a novice CR practitioner. Or, the books by Joel Fuhrman. This book is extreme...well, in the extreme.

I have a dietetics background, so I'm very picky about diet/nutrition books. I felt this book had good, solid information about calorie restriction and how to live that lifestyle in a healthy way. They list plenty of resources to both check out the research as well as resources to assist your own process of living CR. While the authors clearly take CR to a level most people wouldn't be able to sustain, they give options for applying elements of CR to an individual's needs. The only drawback, I felt, was that the menu plans are pretty complicated and they could have included some more simple menus.

This book is INCREDIBLE! It is down-to-earth, easy to read and understand and follow. Paul and Meredith's tone of care and concern for HEALTH, LONGEVITY and WELL-BEING really come

through in this book. I HIGHLY recommend it. I gained a lot of useful information from this book about general nutrition and wellness. A MUST read for everyone that cares enough about themselves and their health - based on research and they practice what they preach!

I just started on a calorie restriction program to improve my health and longevity. This book is the best book I have read on calorie restriction and how it can improve the quality and length of your life. You will find a useful summary of the science behind calorie restriction and how to use calorie restriction in your life. This is not a weight loss diet and because of the commitment to moderate and healthy eating, most Americans will consider this program impractical and not for them. However, if you truly are interested in a way to long longer and healthier, get the book now.

I am new to Calorie Restriction = but this book made it EASY to get started. They have plenty of good, thorough descriptions for someone new to CR - yet there is a lot there for someone who might already be practicing CR, but needs some help. I found all the information invaluable and the recipes are REALLY great. I think the authors are really teaching us something that has changed their life and I don't know how anyone could read this without it changes theirs too. HIGHLY RECOMMEND for anyone wanting to improve their health.

As a physician, I try to keep abreast of the latest regarding nutrition. It is hard to argue with the evidence presented in this book, and the authors make a great arguement for calorie restriction. It is well written and easy to understand. The only problem I encountered was the application. The authors live in a different world than the rest of us when it comes to how they eat, not necessarily what they eat. Thus I found about half the book unapplicable to my lifestyle.

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