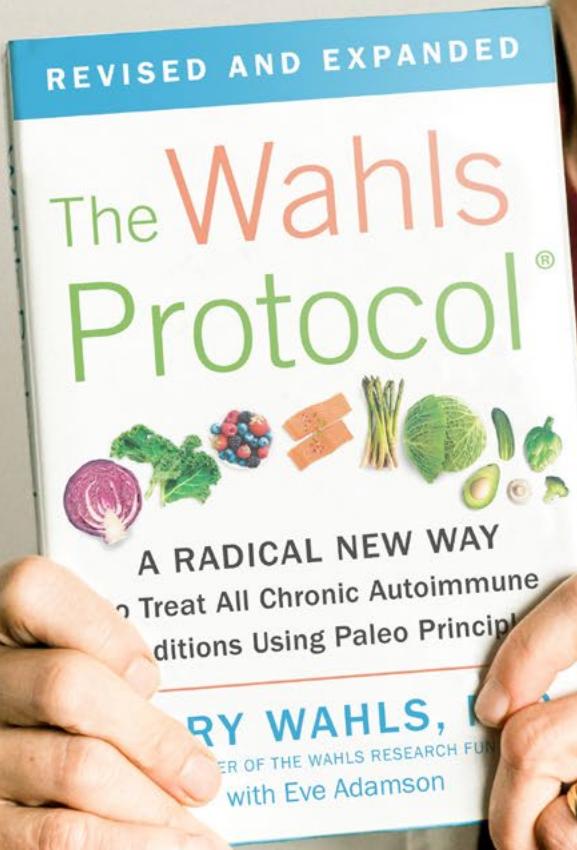


Eating Less To Stay Forever Young

An Introduction To Fasting

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The Wahls Protocol

Eating less to stay forever young.

Although it may seem counterintuitive, fasting is a powerful tool that can help create health. Studies have shown that limiting our caloric intake and even the window of hours we eat per day can increase our life span, keeping our bodies young and vibrant into our 80s, 90s, 100s, and beyond.

Stem cells are how we repair damage related to injury or the wear and tear of aging. We have stem cells in our fat, in our bone marrow, and throughout our body, helping us heal. Without those stem cells, we are unable to repair wear and tear of aging. As we age, the density of stem cells in bone marrow and fat declines. This is why healing from injury declines steadily as we age. Another thing that hurts our stem cells is eating a lot of sugar and simple carbohydrates, which increases insulin, increasing inflammation and damaging our stem cells.

In animal models of aging, severe caloric restriction has been shown to increase lifespan in yeast, worms, and flies. For yeast, the life span can double, and for worms and flies, it can increase 50 to 75 percent. In studies of primates using severe calorie restriction – down to 60% of the required needs for calories per



day – the results were impressive. The primates who restricted calories severely were younger in appearance and physiologically and lived 30 to 40 percent longer than the primates who got to eat as much as they wanted.

Calorie restriction is a profoundly effective anti-aging tool, although limiting your calories to 60% of what's required would be very difficult—you'd be hungry all the time and very lean. Few of us would be willing to sustain being that hungry for the rest of our lives. But there are other, more approachable strategies to simulate changes to our stem cells that can improve your longevity.



Time-restricted feeding.

In time-restricted feeding, you ingest all your calories in a more narrow window of time, with a longer period of not eating than eating. Initially you might eat all your food in 8 hours, then perhaps 6 hours, then perhaps 4 hours.



Fast every other day.

Take it to the next level and eat every other day, without increasing overall calorie intake.



Calorie restriction.

This type of fasting involves limiting your calories to 60% of your metabolic requirement.



Periodic water-only fast.

For 1 to 5 days, drink only water.



Fasting mimicking diet.

This diet, developed by Dr. Valter Longo, is a very low calorie diet for either a 5-day or 7-day span, followed by low glycemic index diet. That means you still avoid sugar and high glycemic index foods, such as sugar, bread, pasta, and potatoes, which rapidly increase blood sugar. Dr. Longo's lab has used animal models to study this type of eating plan. They have demonstrated favorable effects on hormonal balance, insulin levels, and stem cell growth. It is an excellent anti-aging tool.



I practice time-restricted feeding, eating typically one meal a day. For one week per month, I do the fasting mimicking diet. I have also done periodic water fasting, up to 7 days a month. All of those have been doable for me, and all help support my health. In my clinical practice, I tell people that lowering insulin and maintaining a low glycemic index eating pattern is key to anti-aging. There is a lot of research showing the benefits of these different approaches to fasting. I invite my patients to consider any of these fasting options to increase their health and live longer.

If you are interested in trying fasting, consult your personal physician, as any of these strategies need to be carefully monitored by your medical team, who will track your blood pressure and blood sugar. Fasting will

change your hormone balance and your overall health. If you are on prescription medications, it is very important to work closely with your personal medical team to avoid developing side effects that may arise from changing your eating habits.

Fasting is definitely part of my anti-aging program. You may wish to consider it for yours as well. I intend to still be playing chess, Scrabble, and soccer with my family when I'm in my 80s, 90s, 100s, and hopefully when I'm 120.

Fasting will help get me there.

Are you looking to learn more?

Join me at the Wahls Protocol® Seminar where patients, practitioners, families and friends come together to learn the latest science and practice the skills that will lead to a lifetime of greater health.

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