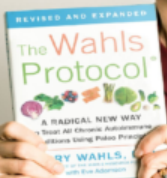


# Eating Less To Stay Forever Young

## An Introduction To Fasting

Dr. Terry Wahls  
Best-selling Author, Physician, and  
Founder of the Wahls Research Fund



Terry Wahls, MD  
The Wahls Protocol