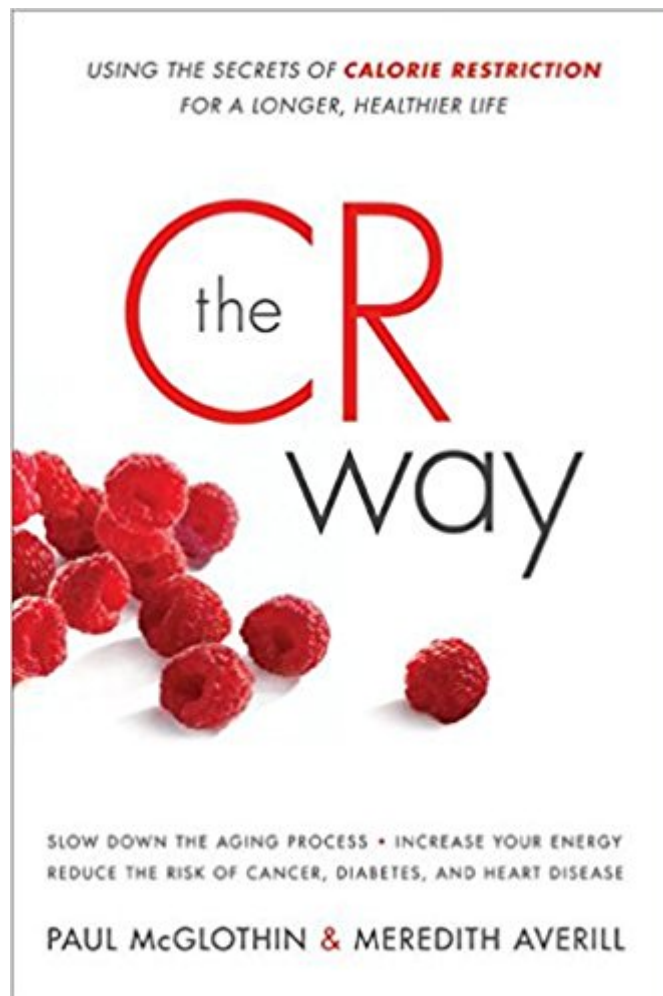




The book was found

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 McGlothlin 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.

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Customer Reviews

Paul McGlothlin and Meredith Averill have practiced Calorie Restriction for fourteen years: their health status is "extraordinary." They've been featured on Good Morning America, The Today Show, 20/20, The CW, and CBS News, as well as in New York magazine, Fortune, and other publications. They live in the New York City area. Paul McGlothlin and Meredith Averill have practiced Calorie Restriction for fourteen years: their health status is "extraordinary." They've been featured on Good Morning America, The Today Show, 20/20, The CW, and CBS News, as well as in New York magazine, Fortune, and other publications. They live in the New York City area.

As any other human I am scared of death (but sometimes I forget like many other people that this is the end for all of us). The only proven way of postponing the end is CR. So about 10 years ago I started reading about CR. It was interesting stuff but could never get to try it. And when you're 20 death is still a concept from movies ... not something you see happening to you. 10 years later and some more life experience (medical problems of my self and relatives) changed that view. To me it is extremely difficult though the way the authors present doing CR makes sense. What I learned from this book: The data we have suggests CR is effective if not at prolonging life (We still have to wait until serious CR practitioners reach serious old age before saying for sure.) at least at keeping us safe from cancer, heart disease, diabetes and other diseases. Meditative eating as presented in the book is something that I did years ago (without reading anywhere about it) and it helps a lot if you want to eat less and still feel full. The part about BDNF and improving our brain function is particularly interesting and counter-intuitive. Are we making ourselves dumb by eating too much? Would never have considered that effect but it is consistent with other material on BDNF I read about. Embracing and controlling hunger as an ally is again counterintuitive but the Zen of living on the edge of hunger is quite fascinating. Preventing cancer is also consistent with other books (and articles) I read. CR has indeed a lot of science to back it up. The intellectual message is good but the typical life for me made it impossible to follow it (if I were retired I would really try to stick religiously to it). Now the drawbacks (practical side): Food is a refuge for so many of us and in many cases it feels like our only friend. It is quite what happens to me when things get stressful. I ate a lot of unhealthy food before AND after reading the book knowing fully well the bad effects this will do to my body due to stress :) and weird enough knowing what I read in the book added to the stress (Normally I am able to stay at 1500 calories/day on a calm/non working day but stress usually leads me to get to 3000 calories /day). Now I no longer look at some food (sweets in particular) like a necessity but like a avid smoker looks at cigars: addiction that kills. For now I am just bordering on obesity but I know for sure it is a psychological battle more than anything else. So the best thing to do before starting reading this book and practising the advice is to be very balanced from a emotional standpoint. Paul has a youtube video (a talk on CR) where they advise people how to proceed with CR: Basically you have to be happy to start CR (endorphins, meditation, serotonin and some other small steps are demoed). Socially it will be awkward to not eat after 13.00 (but you may not follow exactly this idea) or refuse engaging in binge eating with others (at work/home). Also giving up on coffee and green tea is very hard for some people (especially for me 4 cups /day programmer). Although BDNF really helps to keep you awake and makes up for the perceived loss

of alertness. So a more moderate approach might be good for starters. Only 2 times in 3 months was I able to achieve fasting for 18-24 hours and that was always on weekend. The authors suggest basically combining CR with intermittent fasting on a daily basis. This approach is very hardcore (I am still struggling to become a vegan and give up on cheese) for most 9-5 (+ overtime) working people. Of course your mileage might vary some people have perfect control of their cravings. On the other hand the payoffs might be huge and NOT in the long run so trying the book and practices is a good idea. Imagine that somehow in the next 50 years a cure for aging is found and it takes another 10 to make it available to everyone. By practising CR you might (just barely) get the treatment if you are 20s now. 7-10 years CR might extend your lifespan might be all you need. Even if CR is not that effective and the science will not save us from death the other benefits are real and worth it. I like to think about this book like investing for retirement. Starting early is good but nothing beats starting now ! Wish me luck !

Why is Calorie Restriction (CR) valid? It is valid because it is based on a good deal of science and study. This discipline is gaining in numbers of believers because of that. Physiologically it makes sense. Historically it makes sense. Evolutionarily it makes sense. Religiously it makes sense. The great understanding of the future starts now because in the subject of longevity most everyone today will be dead with or without CR by the time CR could really gain scientific validity by study. A hundred years really is a long time in the span of a human. Although just the other day the oldest man just died at the age of 116. He was Japanese and he was a fisherman. So pay attention if you want to be healthy and live long. The book at times becomes cultish with rituals and meditation. I feel pretty certain that most centenarians didn't/don't have time for sitting around meditating and eating teasing meals prior to eating a main meal. They were too busy to waste time. The oldest people who I've personally known and although not over 100 years were fairly close, were driven to do work. They were comfortable in their life and usually in motion. They were focused and thought of themselves as being needed. One of the centenarians from a study conducted in the 1970's trotted up, jumped down off his horse and when asked why he was still working said "my family needs me". Old age is a mental game as well.

I am a new convert to the CRON lifestyle and have the full intention of incorporating it into my life. This book is somewhat informative on the subject of CR, but I was disappointed in it as an introduction to the plan. I agree with other reviewers who find their approach impractical for most who desire to take up this approach to diet and lifestyle. For example, most will find it difficult to

incorporate the morning routine they suggest. With regard to the subject matter of the book: there is a kind of desperate stridency that presents itself in the gushing self-promoting style of writing. Statements such as "Once you taste the flavors...you will likely be on the CR Way for the rest of your life" have more effect when said with less frequency than as many times as stated in this book. The recipe section is not very well thought out in my opinion although a few of the ideas are good. The barley recipe seems imminently practical, for example. Many of the food combinations they suggest make a lot of sense as well. However, with regard to specific recipes, it was a real let-down for me and was an indicator to me that these authors are out of their depth on the subject of cookery. So many recipes call for so much water with instructions to strain and save the "broth" for future use, yet there is never any clear use stated for it in other recipes. I also question the wisdom of cooking things in gallons of water; many nutrients will be leached out of the food and lost. The idea of soaking beans with whole spices before cooking is odd. As a cook with some experience, unless the spices are boiled in the water and cooled prior to adding the beans, they are not going to impart much flavor and you will have wasted that much spice. I understand that often frozen foods are convenient, but these recipes feature them as a first resort. The fresh item is always more preferable for flavor and nutritional reasons, isn't it? That said, I understand that CR is more about whole foods and simple preparation. So why treat food with such carelessness? This book offer a fine summary of the science behind the plan and a basic framework for the lifestyle. Just find your recipes elsewhere.

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