Reap Benefits of Calorie Restriction without Chronic Hunger

By William Faloon

PRACTICAL OPTIONS TO EMULATE CALORIE RESTRICTION

The scientific data solidly document that surplus calorie intake shortens your life span. Everyone responds differently when reducing food intake, but most people can at least modestly decrease the number of calories they consume each day.

Most individuals, however, will still eat more than they should. Fortunately, there are multiple ways to inhibit the activity of digestive enzymes, and thus spare most of the body from the lethal effects of excess calorie absorption. An aggressive three-month plan to reduce the number of absorbed calories involves taking the following nutrients and drugs before most meals:

- **Orlistat** 120 mg (Inhibits *lipase* enzyme^28,31,35,40,41^)
- **Acarbose** 50-100 mg (Inhibits alpha-*glucosidase* enzyme^42,43,57,59^)
- **Optimized Irvingia** 2 caps (Inhibits *amylose, alpha-glucosidase, and sucrase* enzymes, functions by additional mechanisms to facilitate calorie reduction^29,44,48,52^)
- **Black tea theaflavins** 300-350 mg (Also inhibit *lipase*, but not as potently as orlistat^30^)

For some individuals, drugs like orlistat that inhibit *lipase* will cause gastrointestinal discomfort after eating too much. One objective of suggesting a 90-day trial using this drug is to forcibly educate you about healthier lifelong dietary patterns. For example, if you continue to consume excess fat calories and take orlistat, the result will be lots of lipid-laden feces in the toilet after a bowel movement. Understanding that this fat appearing in your toilet was destined to be absorbed into your bloodstream (which could shorten your life span) may motivate you to eat less. Likewise, digestive discomfort associated with excess carbohydrate intake in the presence of alpha-glucosidase, amylase, and sucrase inhibitors may entice you to reduce intake of dangerous simple carbohydrates. In case you have not figured this out yet, a side benefit to doing all this is a loss of surplus body fat.

LETHAL BUSINESS AND FAMILY RITUALS

Many of you were alive when the Surgeon General proclaimed the lethal effects of cigarette smoking in 1964. I recall smokers back then saying that they “enjoyed” their cigarettes too much to ever quit. Most of these individuals did eventually quit, after perishing from agonizing smoking-induced illnesses.

Americans today ingest oversized breakfasts, lunches, dinners, and snacks as substitutes for tobacco and other addictive substances, sometimes as business or family rituals. To cure drug addiction, one important step is to remove other drug addicts from one’s environment. With food addiction, this is often impossible as business associates and family members provide constant temptations to help destroy your health and longevity by overeating.

I tell those who want to discuss a business matter with me over a meal that I don’t hold discussions over a meal or in the presence of food, unless it happens to be at a regularly scheduled mealtime for me.

I do not hesitate to accuse well wishing individuals that they are seeking to shorten my life span by inviting me to consume food I would not normally eat.

I realize that many of you may find it difficult to practice moderate calorie restriction. That is why we provide you the option of blocking the absorption of surplus calories by inhibiting digestive enzymes AND reducing the lethal gene expression changes caused by overeating, using nutrients that have been shown to *mimic* some of the gene expression effects of calorie restriction.
To mimic some of the favorable gene expression changes that occur in response to calorie restriction, a new nutrient formula called Calorie Restriction Mimetic Formula has been developed that consists of the following nutrients in the daily dose:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Daily Dose</th>
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<tbody>
<tr>
<td>Black tea extract (Camellia sinensis)</td>
<td>300 mg</td>
</tr>
<tr>
<td>Quercetin</td>
<td>150 mg</td>
</tr>
<tr>
<td>Trans-Pterostilbene</td>
<td>3 mg</td>
</tr>
<tr>
<td>Trans-Resveratrol</td>
<td>250 mg</td>
</tr>
<tr>
<td>Oligomeric proanthocyanidins from grape seeds</td>
<td>50 mg</td>
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These and a number of other nutrients that health-conscious people already take, such as high dose vitamin D3 and fish oil, have been shown to favorably alter gene expression.89-101

WE LIVE IN AN EXCITING ERA!

Scientists continue to validate the health benefits of nutrients that Life Extension members supplement with every day. Only recently, however, have these favorable effects been linked to the ability of these nutrients to mimic gene expression changes that occur in response to calorie restriction.72, 101-105

An explosive volume of newly published research indicates that aging humans can exert tremendous degrees of control as to whether they maintain youthful or senescent gene expression patterns in their cellular DNA.106-108

Some youthful gene expression can be maintained by reducing intake of calories to a level 20-40% lower than is typical, while still obtaining all the necessary nutrients and vitamins.13,109-113 The most recent study indicates even a modest calorie restricted diet produces huge reductions in degenerative disease in monkeys.13

Those who are unable to sufficiently cut their food intake can still inhibit the absorption of ingested calories by taking compounds (such as orlistat, acarbose, and/or the new Optimized Irvingia formula) that block digestive enzyme activity.

Finally, and most exciting of all, there are nutrients (such as pterostilbene and resveratrol) that have been shown to mimic many of the favorable effects induced by calorie restriction.102-104,114-116 These low-cost nutrients provide humans with an unprecedented power to determine whether their cellular DNA expresses youth-promoting or senescent-inducing genes. Humans have never enjoyed so much control over the rate that they age!

ADVANCED NUTRITIONALFORMULAS AT THE YEAR’S LOWEST PRICES

For more than two decades, Life Extension members have taken advantage of the annual Super Sale to acquire their favorite nutrient formulations.

Life Extension upgrades its formulas almost every year to provide more effective health-sustaining nutrients. In the last few months, we introduced a new form of ubiquinol CoQ10 that is significantly better absorbed into the cell’s mitochondria, standardized apigenin to maintain healthy cell division, and a novel plant compound that protects against persistent inflammatory joint conditions.

In this month’s issue, you’ll learn about nutrients that help arouse youthful gene expression changes, along with a new carbohydrate blocker (sucrase) that diminishes the amount of unwanted glucose absorbed into your bloodstream.

Every time you purchase a Life Extension® product, you contribute to research aimed at radically extending the healthy human lifespan. Last year, the Life Extension Foundation funded a record number of scientific projects.

During the traditional winter Super Sale, all Life Extension formulas are discounted so that members can obtain up-to-date versions at the lowest prices of the year.
Until February 1, 2010, members take advantage of Super Sale discounts to stock up on the world’s most avant-garde life-extending formulations.

For longer life,

William Faloon

References


55. Oben JE, Ngondi JL, Blum K. Inhibition of Irvingia gabonensis seed extract (OB131) on adipogenesis as mediated via down regulation of the PPARgamma and leptin genes and up-regulation of the adiponectin gene. Lipids Health Dis. 2008 Nov 13;7:44.


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taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.