

FOR IMMEDIATE RELEASE:

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Calorie Restriction and Anti-aging

For decades we have known that restricting calories in mice extends their lifespan by 20-30% compared to those who were able to eat as much as they want. Now there is evidence that the same is true with humans. People who curb their caloric intake (without reducing vitamins and minerals needed) could not only live longer but also benefit from having health characteristics normally seen in someone decades younger.

Researchers said a group of 18 people, aged from 35 to 82, who restricted their calorie intake and studiously avoided processed foods for between three and 15 years, were found to have health characteristics normally seen in people decades younger.

Whether for anti-aging or weight loss everyone, including Oprah Winfrey is recommending eating 5-6 low calorie meals throughout the day and cutting out rice, bread, and pasta. Easy for these Hollywood types with flexible schedules, personal trainers, and private chefs. Where does that leave the rest of the aging baby boomer population?

"The majority of people don't exercise as often and don't have time to prepare 6 healthy meals per day between hectic work and family schedules" says Dr Scott Corliss of Greeley Medical.

For years I have been looking for a medically supervised weight and diabetes management program that my patients can actually follow. Last fall I finally found it. This program has been clinically proven safe and effective. With studies from Johns Hopkins University, NIH, and other highly recognized teaching schools, we now have evidence

Take Shape For Life now offers free educational seminars to introduce the answer to life long weight maintenance. The program includes medical supervision, structure, support, and behavioral modification meetings, which set it, apart from all others.

Dr Rusty Imboden is a 17-year veteran with Medifast and Barriatric expert; is in town educating at seminars June 26, 28, and 29th to teach the public and health professionals on this life style program. Education includes the benefits of long-term weight management and tools needed to follow a "diet" for life that works for lifestyles of the busy professional.

Dr Rusty Imboden and Greg Rex, CEO of The Wellness Institute are available for live or phone interviews.

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