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# The Alternate Day Diet Revised The Original Up Day Down Day Eating Plan To Turn On Your Skinny Gene Shed The Pounds And Live A Longer And Healthier Life

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The Alternate-Day Diet describes how limiting caloric intake every other day can activate a gene called SIRT1 which reduces inflammation, lowers free radical stress, improves insulin

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The Alternate-Day Diet Revised: The Original Up-Day, Down-Day Eating Plan to Turn on Your "Skinny Gene," Shed the Pounds, and Live a Longer and Healthier Life Paperback – Dec 31 2013 by James B. Johnson M.D. (Author), Donald R. Laub Sr. M.D. (Author) 4.1 out of 5 stars 95 ratings See all formats and editions

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