

LESS CALORIES MORE LIFE

Can Caloric restriction extend human lifespan?

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Abstract:

Only one intervention has been proven to extend both the average and maximum lifespan of all animal species tested: reducing the consumption of dietary calories, or caloric restriction (CR). [1-2] While widely recommended, exercise and nutritional supplementation have not shown to extend maximum lifespan [3-5]. Because CR extends maximum lifespan, scientists believe it actually slows the process of aging. CR is therefore used as a means to study the process of aging. [6,7]

The results found that more CR resulted in more life extension—a pattern that holds until CR becomes actual starvation, whereupon it shortens lifespan. [9]

Adult-onset CR: Only adult-onset-CR data are relevant for human consideration, and life extension when CR is initiated in midlife, approaching nil when initiated in late life. [10] Note: *Adult-onset Caloric Restriction extends animal life only when phased gradually over a period equivalent to 2.5 years in humans and when augmented with a nutrient-enriched diet.*

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