

Calorie Restriction Diet Plan

Some days back I happen to watch this fascinating show on Oprah that featured Dr Oz and his fantastic Calorie Restriction Diet Plan.

Everybody wants to look young, fresh, beautiful and this want increases with age. The desire to stay young or preserve oneself is not something new and has been around for ages, since the days of pyramids and mummy.

Today in the market you will find plenty of panaceas for all kinds of issues and non issues like creams, pills, lotions, animal and plant extracts etc but then here comes along Dr Oz on Oprah's show to actually do a demo of what people are doing to stay young and young effectively.

Dr Oz presents himself and then immediately launches into his favorite subject of extreme life extension. Stuff that will specifically allow a person to go into their second century of life with the spiritness and vitality of a young person.

Dr Oz rounds it up by saying that it might even be possible for some folks to live upto 120 years old using these effective methods. To put the icing on the top, Dr Oz even mentions that there is a person in the audience who might end up living upto 150 years old.

Joining him in this showbiz business is Joe Cordell who says that the secret to longevity has been found and, guess what, resides in but what? Calorie Restriction.

There, you have it right away. Now the semantics are explored by looking into how Calorie restriction, Menu planning and Diet exercises can help an individual achieve that dream of staying forever young.

At 5'9", Joe weighs 130 pounds. He may not look like a person who needs to count calories, but as part of his life extension program, he monitors every morsel of food that passes through his system.

Every day for the past seven years, Joe has limited himself to about 1,950 calories.

Joe doesn't deprive himself of food. Instead, this 51-year-old father fills up on natural fruits, vegetables and lean proteins that are packed with essential vitamins and nutrients. "Whenever you're thinking about calorie restriction, you should continually think about getting the most nutritional bang per calorie," Joe says.

Do you believe in all this pseudo science? I don't, but that's just me. Exercise regularly and eat healthy. You already have somebody like that living in the White House. That's a prime example of healthy and long life right there in front of your eyes and all you have to do is follow them instead of falling hook line and sinker for fads like Dr Oz, Dr Atkins or Dr Dre.

About the Author

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