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The Longevity Diet - Dr Valter Longo (Book summary)

The Longevity Diet by Dr Valter Longo Longevity diets: fasting, signalling pathways, senolytics, microbiomes future (Prof Valter Longo) *Dr. Longo discusses his book, The Longevity Diet | Valter Longo* **Dr. Valter Longo Explains the Longevity Diet that Mimicks Fasting** The Longevity Diet with Dr. Valter Longo | MGC Ep. 13 *You are what you eat: Fasting as an approach for a healthy long life | Dr Valter Longo* Fasting for longevity: Stanford lecture with Dr. Valter Longo The Longevity Diet (8 week trial) - Part 1 of 2 *Dr. Gundry interviews Dr. Valter Longo about "The Longevity Diet"* *Dr. Valter Longo Explains the Longevity Diet that Mimicks Fasting* How I Reversed 20 years of Arterial Plaque Dr Jason Fung on Weight Loss and Kidney Disease David Sinclair Interview - World Leading Longevity and Harvard Genetics Expert Lisnie 107-Year-Old Shares The Secret To A Long Life David Sinclair talks about the BEST LONGEVITY

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Valter Longo

as well as Nutrition For Longevity®, the first meal delivery company to provide clean food based on the Centenarian diet. Founded 13 years ago by Dr. Valter Longo, who is Director of the ...

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