CALORIE
RESTRICTION, AGING,
AND THE FUTURE

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Most diseases have a “magic pill”

There is no magic pill for nutrition. Calorie restriction diets don’t work long-term.
**LIFE EXPECTANCY**

The average life expectancy continues to increase.

1800s: 35 years
1900s: 47 years
2000s: 77 years
THE IMPORTANCE OF PRIMARY FOOD

Primary food is an important component of life expectancy.

• Make sure to always get your daily dose of vitamin P.
• Primary food is the secret ingredient of life expectancy.
WHAT SHORTENS LIFE EXPECTANCY?

The leading issues shortening life span and life expectancy are:

- Heart disease
- Cancer
- Iatrogenic disease

IATROGENIC DISEASE

**Iatro:** Medicine, physician

**Genic:** Caused

**Iatrogenesis**, or an iatrogenic artifact, is an inadvertent adverse effect or complication resulting from medical treatment or advice. Iatrogenesis can also result from complementary and alternative medicine treatments.
INC The potential life expectancy

Anti-aging tips according to Norman Shealy, MD:

- Don’t smoke
- Drink alcohol moderately
- Avoid street drugs
- Exercise
- Foster positive relationships
REFERENCES

- Norman Shealy, MD