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National Fitness and Weight Loss Fitness Examiner



Fact: overeating will not only make you fat, it will age you



December 14, 10:41 AM Fitness Examiner Stefan Pinto

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Research has proven that the only way of extending one's life is to eat less. According to a recent study in the Journal of Proteome Research, fat cells literally change as we begin to lose weight.

Participants in the study (mostly overweight) were put on a five-week calorie restricted diet. Researchers discovered that the proteins in the abdominal subcutaneous fat cells (those cells directly under the skin), responsible for delineating fat storage, no longer continued to store fat.

Another study, this one at the Pennington Biomedical Research Center discovered that a calorie restricted diet in non-obese people results in less oxidative cell damage, a factor directly linked to aging.

According to the Pennington study, published in Science Daily, free radicals are produced when food is converted into energy... caloric restriction slows aging by lowering free-radical production.

"Weight loss and good health is absolutely about calorie control - 100%." said Elizabeth DeRobertis.

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a registered dietitian and certified diabetes educator. "Any weight loss plan that works for someone, is **working because they are reducing their calories**. If you are cutting out carbs.. you are cutting out calories," she wrote in an e-mail.

"There is a major effect of **caloric restriction in increasing survival** if you look at deaths due to the diseases of aging," said Richard Weindruch, a professor of medicine at the University of Wisconsin. "Restricting caloric intake while maintaining a nutritious diet will help you to live longer -- and healthier."

Eat more fruits and vegetables

As fruits and vegetables are critical components of nutrient dense calorie restricted foods, you should wisely consider snacking on apples or other fruit. "Fruit is easier to digest than grains; it is basically pre-digested," Frederic Patenaude author of the Raw Health Starter Kit, wrote on his website. "**Digesting ripe fruit hardly requires any digestive enzymes, and is thus less taxing to the body**," one of the fundamental reasons why calorie restricted diets are so beneficial.

In fact, another study, published in the *British Medical Journal*, confirmed that eating more vegetables and fruits (and, get this, "drinking **moderate amounts of alcohol**"), "while **NOT consuming a lot of meat**" has been linked to life longevity.

Perhaps the key here is to limit meat consumption? **Do you think eating too much meat has a direct influence on aging?** Post your comments below or contact [Stefan Pinto on Twitter](#) (@stefanpinto)

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Comments

Lisa. says:

When I first saw this article I was shocked!!! I had no idea that weight gain could age me - externally, my body and especially my face... I take care in how I look and in what I eat, but I didn't realise that by putting on the pounds (lbs) it could cost me pounds (£££) in Botox (only joking - I hate needles) But it sure does make one think... Thank you for sharing this information, it really is an eye opener, I for one will take extra care in what (and how much) I eat, from now on...

December 14, 3:40 PM

Gloria B, NJ says:

I do believe that there is something to be said about calorie restriction diets. I have realized that, for myself, when restricting diets, I feel as though my system is less taxed and works easier (resulting in more energy). But, as I love my food just as much as consuming it, I have to take smaller, less drastic steps towards weight loss (which includes walking and exercising). The 20-25 lbs I've lost since the summer physically makes me feel better - easier to get up out of bed in the AM, a bit more energy, less "achy" all over, and I haven't had to

wrote inquiring on what I thought of Weight Watchers. Susan was considering ...

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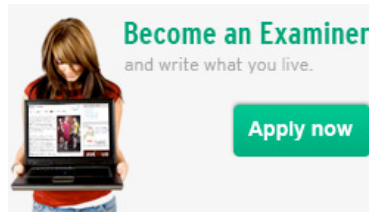
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check my sugar (I was a borderline diabetic). Younger? Youth, to me, is a state of mind.

December 14, 2:17 PM



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