

Calorie restriction is a wonderful lifestyle. You feel up, joyous – like you can do anything. And the documented biological changes are profound: The likelihood of contracting heart disease, cancer, diabetes, or Alzheimer's disease plummets while cells become more resilient – functioning in a more energy-efficient way.



No wonder thousands of people who would like longer, healthier lives want to try the diet. The tough part for many, though, especially in our food-oriented society, is sticking with a diet – any diet. Out of the difficulty of sticking to a diet came a new way of starting CR without limiting one calorie!

The first step: Take care of your emotional health. Learn how to increase happiness through diet and lifestyle. As your happiness increases, low-calorie living becomes easy: You won't feel the emotional need to return to unhealthy comfort foods. As you may know, Meredith Averill, co-authored the best-selling book, *The CR Way*, and chairs the Board of the CR Society Intl. She gives guidance to those who want to try calorie restriction, "Human CR is very different from CR in animals. People have complex emotional lives, so any longevity regimen must satisfy their emotional needs as well as their nutritional requirements. The happy truth: This is easier than most people have imagined. Happiness, optimism, and satisfaction as well as satiety are greatly influenced by brain biochemistry, which can be influenced by food choices and lifestyle."

Consider all the ways you can naturally affect brain biochemistry to predispose a positive optimistic attitude:

- Meals to increase tryptophan, the precursor of serotonin – the relaxation neurotransmitter, **which controls satiety**
- Meditation that activates your brain's left pre-frontal cortex, which is associated with **positive emotion and self control**
- Glucose-lowering meals that increase secretion of BDNF (Brain-Derived Neurotrophic Factor), which leads to elation
- Endorphins to increase **pleasure and satisfaction**
- Deeper, **more satisfying sleep...**

Combining happiness biochemistry with CR is available 24/7 to Longevity Level members with:

The CR Way to Happy Dieting, an online resource, which is now freely available to Longevity Level Members of Livingthecrway.com. Use this innovative resource to transform your life to a level of happiness and functionality most people never thought possible. *The CR Way to Happy Dieting* contains films and guided meditation that can help make CR an enjoyable, rewarding experience from the get-go that positively affects every aspect of life.



Livingthecrway.com is continuously updated with new recipes, and cutting-edge information about how to apply the latest science to make your life better now – with the best chance of living longer and happier.



"It is well documented that centenarians are happy individuals with a positive outlook on life," says Paul McGlothlin, who is both co-author of *The CR Way to Happy Dieting* and Vice President of Research for the CR Society Intl., "This online resource can help you maintain a positive attitude. And if you need to lose weight, you can do so happily and confidently with plans that fit your needs and lifestyle."