

Behind the CR Way™ is a pair of health enthusiasts: Paul McGlothlin, president of The CR Way Longevity Center, started studying chemistry at age 9, having a pint-sized lab beside his father's who was an outstanding clinical researcher in pharmacology. Paul's avid work with his dad through high-school and college chemistry books was augmented by visits to the chemistry labs at the University of Tennessee.

Meredith Averill, executive VP, waited until high school to fall in love with the biosciences: She and a friend designed their own field trips and became lab assistants the very next year. She went on to study in such related fields as chemistry, microbiology, anatomy, physiology, and nutrition. When she and Paul met, they noticed right away how strongly they shared the goal of achieving and maintaining great health.

Their enthusiasm for science, diet, and lifestyle leapt forward when Paul's doctor introduced him to calorie restriction as a way of raising his level of health and possibly achieving a significantly extended life. Soon Paul and Meredith assembled a team of doctors to help them sort out fact from fiction, testing clinical outcomes of their calorie-restricted diet.

They have initiated and collaborated in research on the effects of lifestyle on health, working with doctors and scientists at the

- Washington University in Saint Louis School of Medicine
- University of California at San Francisco and at Riverside.
- University of Pittsburgh
- Massachusetts Institute of Technology

Throughout their 22 years of CR practice, Paul & Meredith have enjoyed extraordinary physical and mental health, as demonstrated by their energy and how great they feel, how well they heal, and by their lab results. They wrote the Amazon best-seller, [\*The CR Way: Using the Secrets of Calorie Restriction for a Longer, Healthier Life\*](#), published in 2008 by HarperCollins and launched on Barbara Walters' ABCNews longevity special, "Living to Be 150: Can You Do It?"

In 2009, they co-created *THE CR WAY TO HAPPY DIETING* – an online resource that integrates film, podcasts, and flash technology, as well as internal and external linking to serve as a quick-start guide for anyone who wants to practice CR and to members of LivingtheCRWay.com. Having observed the critical relation between great health and keeping blood glucose low, they wrote a more traditional e-book: *THE CR WAY TO GREAT GLUCOSE CONTROL*, complete with recipes and meal plans that double as lifestyle plans. Sharing the CR Way is their passion.

Paul & Meredith have been featured on the BBC, Oprah, *Good Morning America*, *Today*, FoxNews, NBC Nightly News, ABC News, 20/20, *CBS News The Early Show*, 60 Minutes, NHK (Japanese Broadcasting Corp.), German public television, Australian 60 Minutes, as well as in *New York* magazine, *Fortune*, and other publications. Radio appearances are too numerous to list.