



# The Alternate-Day Diet

*James B. Johnson M.D.*

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# The Alternate-Day Diet

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**The Alternate-Day Diet** James B. Johnson M.D.

**The original intermittent fasting plan: easy to follow, effective, and science-based***The Alternate-Day Diet* is based on scientific and clinical studies that show how restricting calories only every other day activates a gene called SIRT1 the "skinny" gene which results in reduced inflammation, improved insulin resistance, better cellular energy production, and releasing fat cells from around the organs to promote weight loss.

This easy-to-follow two step plan will enable readers to enjoy these remarkable and measurable benefits:

- ? Lose fat easily and quickly without deprivation, discomfort, or stress
- ? Improve fat metabolism and avoid regaining lost fat
- ? Slow the aging process
- ? Find relief from symptoms of asthma, heart disease, Type 2 diabetes, autoimmune and inflammatory diseases, and menopause-related hot flashes

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