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The Alternate-Day Diet describes how limiting caloric intake every other day can activate a gene called SIRT1 which reduces inflammation, lowers free radical stress, improves insulin resistance, and most important, causes fat loss by releasing fat cells from around the organs. In short, activating SIRT1 promotes weight loss and longevity.

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The original intermittent fasting plan: easy to follow, effective, and science-basedThe 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

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