

LONGEVITY BOOK club

THE TWO BOOKS THAT WILL CHANGE
YOUR HEALTH THIS SEASON

THE HYBRID DIET

By Patrick Holford

Patrick Holford is well known to Longevity readers. A prolific author, speaker and nutrition specialist, he partnered with respected British health reporter Jerome Burne to write about his latest nutrition findings.

VARIATION, NOT MODERATION, IS THE KEY TO HEALTH

We live in an age of many theories about what is right and wrong with our eating habits. We can't help but feel confused by the conflicting information out there. Fat or carbs, plant-based or meat? Who knows anymore?

Take your pick.

In his latest book, Holford suggests that variation is the key to weight loss and improved health. "There's no need to choose – you can have the best of all worlds, enjoying fatty foods (whether you're carnivorous or not) and healthy carbs."

His Hybrid Diet is based on the idea that the two effective ways to regain health and lose weight are a high-fat, "ketogenic" diet, and a low carb, "low-GL" diet. Switching between the two is the best of all.

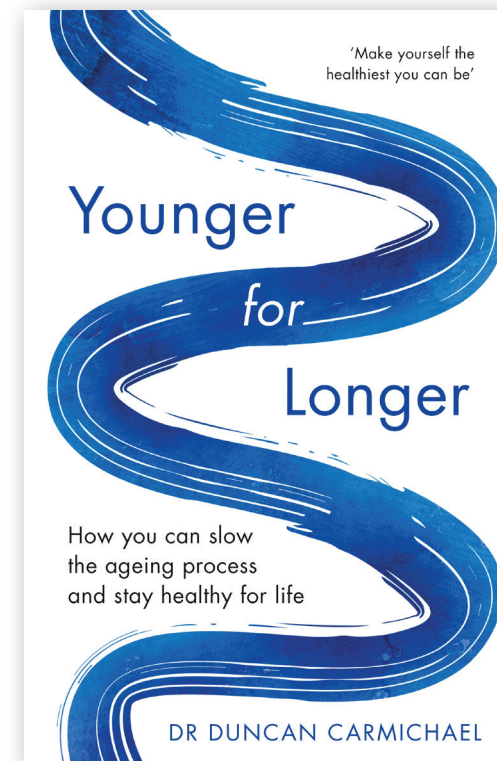
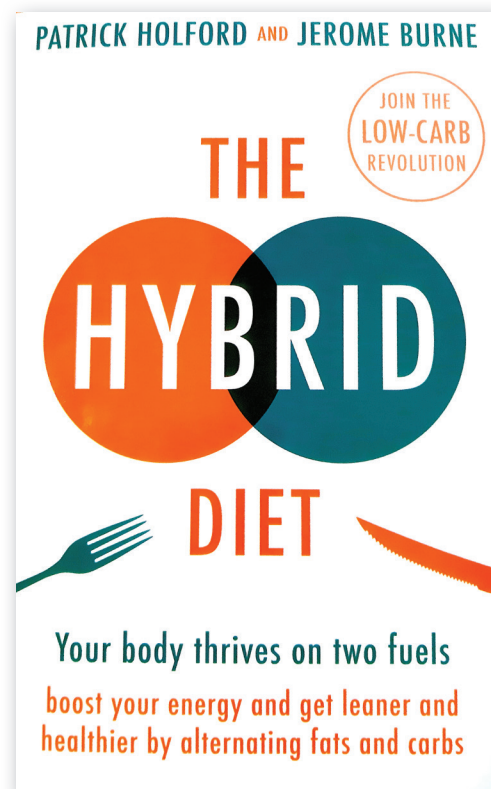
He explains the thinking behind this latest book. "My co-author, Jerome Burne, and I got very enamoured with the high-fat ketogenic diet and its ability to reverse diabetes, weight gain and possibly help certain neurological diseases and cancer. I wasn't originally convinced, and had, and still have, concerns regarding high-meat and dairy diets. In effect, I challenged him to a dual: what can you do with a ketogenic diet that can't be achieved with a low-glycaemic-load (GL) diet, which has none of these safety concerns?"

"As we dug deeper, we discovered that we both have the ability to switch between burning carbs or fat, and there is good evidence and logic that having periods of "feast and fast" triggers a healthy cycle of growth and repair. Feasting only on high carbs is a recipe for overgrowth – in weight, but also cancer. The low-GL or slow-carb approach is a much easier and more enjoyable baseline, with the occasional week or two going ketogenic with a healthy high-fat diet.

"I'm still not convinced a high-fat ketogenic diet is the best long-term diet. It is certainly hard to do, and to achieve, for example, enough fibre. I supplement glucomannan fibre when I am in this phase."

The Hybrid Diet certainly makes for intriguing reading. Patrick Holford has always been ahead of the trend curve when it comes to nutrition. He is known for his brave stance and forthright views, and has an excellent track record of helping people become healthier. I have no doubt this book will provide many with a healthy, sustainable weight-loss solution. And even if you don't want to lose weight, it will still help you be a healthier you.

You can order the book in Kindle or print version on Amazon, or place it on order at your local bookstore. www.hybriddiet.co.uk



I enjoyed every page of this book. I couldn't put it down. As someone who knows what it takes to write on health, I am somewhat in awe of Dr Carmichael's book. Writing a book based on medical facts, quoting studies and translating your many years of experience is challenging enough. However, making all this information read in a way that is captivating, and even witty in parts, is another thing altogether. Practical, insightful, medically based, witty and wise

PS: I am also delighted to report that Dr Carmichael has become a contributor to Longevity. You can read one of his articles in this edition, and several others online at www.LongevityLive.com

YOUNGER FOR LONGER

By Dr Duncan Carmichael

Younger for Longer explains in very practical, easy-to-follow terms how you can slow the aging process and stay healthy for life. As we all know, aging is an inevitable part of life, but who isn't afraid of it? The sales of products and services promising to fix aging problems attests to this fact. And Longevity itself, as a media platform, exists for this very reason.

Dr Carmichael is a healthy-aging doctor practising in Cape Town and the UK. He first published the book in 2018 in the UK, and it's really the first book to cover all aspects of how to optimise one's health – including sleep, toxins, stress, hormones and even skin.

I like the fact that he has written the book to empower people to make changes now that would slow the negative effects of aging over time. He believes everyone deserves to enter old age knowing they had given themselves the best chance to be free from illness.

And Dr Carmichael believes we can. Some of my personal highlights in the book include:

- Why the foods we think are healthy are actually driving the obesity epidemic;
- Busting the fat myth when it comes to nutrition;
- Why our body can't cope with the raft of modern toxins, and what to do about it;
- Women's health: making 50 the new 30; and
- How modern medicine is discovering how to rebuild our skin.

Of course, there are many other themes in the book, as Dr Carmichael has left no stone unturned when it comes to aging.

The joy of the book, however, is that he has written it with not just wisdom gained over years as an integrative medical practitioner, but with much-needed wit when dealing with such a difficult subject. He kick-starts his first chapter with a quote by Mark Twain: "it ain't what you know that gets you into trouble. It's what you know for sure that just ain't so."

This "how to" book offers valuable, honest and solid medical insights into how you can age better. It is, without doubt, one of the best books I have read in my many years as a health activist, and I think every household in South Africa should have a copy.

You can order Dr Carmichael's book on Takealot.com or Amazon. Duncan Carmichael can be found at: <http://ihasa.co.za/>.