

The Longevity Diet Valter Longo

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Longo, director of the Longevity Institute at the University of Southern California, believes that the secret to staving off the ills of old age is a diet designed to trick your body into thinking ...

[Valter Longo](#)

as well as Nutrition For Longevity®, the first meal delivery company to provide clean food based on the Centenarian diet. Founded 13 years ago by Dr. Valter Longo, who is Director of the ...

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