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Press Release:

CALORIE RESTRICTION EXPERTS TO REVEAL SECRETS OF SLOWING AGING

**Scientists, Committed Practitioners and People Interested in Life-Extending
Benefits of Calorie Restriction to Meet in Tarrytown, NY, August 10 to 12**

People from all over the world will converge from Friday, August 10 through Sunday, August 12 on the village of Tarrytown, New York, near Sleepy Hollow, where Washington Irving spun his yarn of "The Headless Horseman." But this is a meeting of facts, not fiction. It is a workshop on calorie restriction, the only scientifically proven way to slow aging.

Millions of people of moderate weight are already limiting calories, but they are not activating the longevity biology needed to get the life-transforming benefits of calorie restriction. This workshop will show people how to do that.

The workshop -- sponsored by the Calorie Restriction Society (<http://calorierestriction.org/>), is to be held at the Sheraton Tarrytown.

Foremost practitioners, conducting the workshop, include Meredith Averill, Chairman of the Board of the Calorie Restriction Society, and Paul McGlothlin, its Vice President of Research.

They will share their experience in how to put the newest scientific discoveries about calorie restriction practice. McGlothlin and Averill are authors of a new book, *The CR Way* to be released in March 2008.

"We are here to share the secrets of successful calorie restriction as one of the happiest, most rewarding lifestyles imaginable," says Meredith Averill. "Just think how much fun it is to have the maturity that living a long life gives you, while still enjoying a youthful body. I have more energy for work and play than I ever thought possible."

Recent research has revealed that along with calorie restriction, maintaining low glucose levels is critical to slowing the aging process. Food selection, how foods are prepared, how rapidly meals are eaten, the stress a person is under, and strong emotions like anger or fear can send glucose soaring. In the workshop atmosphere, people will be able to learn how limiting calories and keeping glucose low work together to activate genes associated with longevity. They will enjoy delicious CR meals* and learn about lifestyle practices that are not only satisfying to the palate and mind, but also may help slow their rate of aging.

* Compliments of the CR Society for donors of \$5000 or more

Workshop Benefits Research

The workshop is a benefit for the continuation of a milestone research project on the effects of calorie restriction on humans. Initiated in cooperation with the Calorie Restriction Society by Drs. Luigi Fontana and John Holloszy, of Washington University Medical School in Saint Louis, the first two phases of the research have discovered new knowledge that allows people everywhere to better understand how to prevent disease associated with aging.

A highlight of the workshop will be presentations by Dr. Fontana and by Dr. Stephen Spindler, whose genetic analysis of calorie-restricted animals has garnered worldwide acclaim. Dr. Spindler will lead the exploration of the genetic and cell signaling patterns of human calorie restrictors in Phase Three of the research whose funding is spearheaded by the Calorie Restriction Society.

Contributions of \$1,000 or more for the research project are requested for anyone wishing to register for the workshop. Larger contributions are also welcomed. The largest single donation to date is \$70,000. As a special “thank you” for this support, workshop attendees will receive a glucose control kit that includes a glucometer, testing strips, and stylus. A copy of NutriBase, the leading dietary tracking software, will be available for participants to use while they are at the workshop and to take home to try. Participants will also receive a bibliography and copies of the charts presented at the workshop.

All who are interested in slowing the ravages of aging are invited to take part in the warm, friendly immersion experience of the Calorie Restriction and Glucose Control Workshop, where they can meet kindred spirits, exchange ideas, and make friendships that may last for a very long lifetime. Attendance is limited so that a personal experience can be provided to all attendees. To make a donation of \$1000 or more and secure a space – contributions, along with personal information such as mailing address, e-mail address and phone number should be sent to:

Bob Cavanaugh, Managing Director
Calorie Restriction Society
187 Ocean Drive
Newport, NC 28570
USA

For more details on calorie restriction research, visit
<http://www.calorierestriction.org/ResearchOnAging> or
http://www.calorierestriction.org/gc_workshop.

To speak to the leader of the workshop and research coordinator, call Paul McGlothlin toll-free: **1-866-894-1812**.