



# The Forever Young Diet and Lifestyle

*James H. O'Keefe M.D.*

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## **The Forever Young Diet and Lifestyle** James H. O'Keefe M.D.

The Forever Young program is the scientifically based plan that will bring your life back into synch with your genetic identity, restoring your youthful vigor and glow, while at the same time optimizing your health, quality of life, and longevity." --James O'Keefe, MD and Joan O'Keefe, RD

In a field plagued by "miracle" diets and sketchy information, *The Forever Young Diet and Lifestyle* presents a commonsense plan that improves satiety; promotes wholesome, fresh, and easily obtained foods; and reinforces a rational, holistic, mind-body approach to diet and lifestyle. The program is a complete package that can help provide a lifetime of energy and good health.

Most of our health problems today result from a mismatch between the world we are designed for and the very different one in which we live. The modern American leading a sedentary lifestyle of automobiles, couches, televisions, computers, and junk food is like a fish out of water. Our genes have changed minimally over the past few thousand years, yet our diets and lifestyles have become progressively more divergent from those of our ancient ancestors.

*The Forever Young Diet and Lifestyle* outlines the path back to our natural needs and rhythms. Firmly grounded in the medically proven Hunter-Gatherer diet, the plan easily promotes weight loss, vastly improves energy levels, enhances sleep and concentration, and restores the natural youthful glow we should have at any age. Cardiologist James O'Keefe and his wife, Joan, a registered dietitian, provide a down-to-earth, sensible program that's both satisfying and easy to follow.

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