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ProLon Day 2: FMD Fasting Mimicking Diet: Personal Experience - Valter Longo **What The Longest Living People Eat Every Day | Blue Zone Kitchen Author Dan Buettner** *Longevity Diet \u0026 Lifestyle Caught On Camera w/ Jason Prall Dr. Valter Longo Explains the Longevity Diet that Mimicks Fasting* \"The Longevity Diet\" Discussed by Author Valter Longo, PhD *Dr. Valter Longo On Fasting, Ketogenesis + Low Protein Diets* **FULL INTERVIEW**

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