

## **Valter Longo on Longevity**

### Video:

<https://www.youtube.com/watch?v=dVArDzYynYc>

<https://youtu.be/xvx38rYU9yE>

### Book:

[https://www.amazon.com/Longevity-Diet-Discover-Activation-Regeneration/dp/0525534075/ref=sr\\_1\\_2?crid=OK3PTT12VE02&keywords=valter+longo+the+longevity+diet&qid=1568468007&s=books&sprefix=Valter+Lon%2Caps%2C233&sr=1-2](https://www.amazon.com/Longevity-Diet-Discover-Activation-Regeneration/dp/0525534075/ref=sr_1_2?crid=OK3PTT12VE02&keywords=valter+longo+the+longevity+diet&qid=1568468007&s=books&sprefix=Valter+Lon%2Caps%2C233&sr=1-2)

### Web Site:

<https://valterlongo.com/>