

Episode 238 - Cicero's OTNOTG 13 - Velleius Erupts Against Stoic Fate and Supernatural God-Making

Post by “Kalosyni” of July 27, 2024 at 4:43 PM

I found this:

Quote

Ask pretty much anyone if they want to live a longer life, and the answer is probably a resounding yes. But how exactly does one go about living longer? [Valter Longo, PhD](#), a professor of gerontology and biological sciences at the University of Southern California in Los Angeles, the director of the USC Longevity Institute, and the author of [*The Longevity Diet: Discover the New Science Behind Stem Cell Activation and Regeneration to Slow Aging, Fight Disease, and Optimize Weight*](#), combed through the [research](#) on how diet can influence lifespan in order to develop the longevity diet.

[Source](#)

And then there is also this, which emphasizes exercise:

<https://foreverfitscience.com/exercise-scienc...0of%20longevity>.