

CALORIE RESTRICTION AND GLUCOSE CONTROL WORKSHOP

Benefit for the CR Society Research Project

Friday afternoon, Saturday, and Sunday AM– August 10 - 12, 2007

Sheraton Tarrytown,* Westchester County, NY

Leader: **Paul McGlothlin**, VP, Research, CR Society

Speakers: **Luigi Fontana**, M.D., Ph.D., and **Stephen R. Spindler**, Ph.D.

Rewards for donors

- \$1000-\$9,999 – Glucose-control kit,** complementary registration fee & CR meals ++
- \$10,000-&-above – Rewards of the first level & complementary accommodations

** Glucose-control kit: glucometer, presentation charts, bibliography, sample NutriBase software (Bring your own laptop to use the software.)

++ Reception on Friday, two meals on Saturday and Sunday

Topics to be presented

- Calorie restriction and glucose control: tools to slow aging – relevant cellular pathways
- How to break a fast
 - Importance of setting a base line
- Meal strategies (including relevant physiology) to activate insulin secretion and/or control glucose
 - Provoking cephalic insulin response
 - Fat-intake suggestions
 - Using protein to control glucose
 - Using a tease meal
 - Meal timing
- When fasting glucose is too high: Strategy for resetting the pancreatic B-cells
- Selective use of exercise to control glucose
- Effect of emotions on glucose levels and what to do about it
- Increasing mental capabilities – ketones
 - Adaptation – positive effects on energy
- Sample measured meals – how to track
 - Dietary suggestions

This will be a hands-on immersion program in which we will encourage participants to experience many aspects of food intake and lifestyle that can result in phenomenal glucose control. These practices produce positive cognitive effects, and when coupled with CR, they very likely slow aging. CR meals will be served as part of the workshop.

* See below for logistical details.

To see this announcement on the Web: http://www.calorierestriction.org/gc_workshop

For more info on the research: <http://www.calorierestriction.org/ResearchOnAging>

For other information call: 866-894-1812

CALORIE RESTRICTION AND GLUCOSE CONTROL WORKSHOP

Friday afternoon, Saturday, and Sunday – August 10 - 12, 2007
Registration: 8/10, 2:30; Last session: 8/12, 9:00 - 11:30, then optional lunch

Sheraton Tarrytown Hotel, Westchester County, NY

600 White Plains Road, Tarrytown, NY, (914) 332-7900

<http://tinyurl.com/yqe2fa> or through www.Sheraton.com, **Reservations: 1-800-325-3535**

\$119 per night is this Workshop's room rate **until July 11**, going rate thereafter

TRAVEL OPTIONS:

FLIGHT: Accessible from all NYC area airports

White Plains Airport (HPN) is the closest. 12 miles, 16 minutes by car

The following airlines currently (April 2007) serve White Plains Airport:

Air Canada	AirTran Airways	American Eagle	Continental
Delta	jetBlue Airways	Northwest	United
U.S. Airways			

RAIL: AMTRAK station is 30 minutes from hotel by car. Taxi service is available.

AUTOMOBILE:

Driving directions are available by clicking Local Area when you visit the hotel's Web site.

To get a map of the area through **MapQuest.com**, the full address is

600 White Plains Road, Tarrytown, NY, 10591-5104

To register for the Calorie Restriction and Glucose Control Workshop

1) Send your contribution for the research to

*Bob Cavanaugh, Managing Director
Calorie Restriction Society
187 Ocean Drive
Newport, North Carolina 28570
USA*

2) Include your contact information: name, mailing address, e-mail address, and phone number.