

Bibliography Updated 6-19-2013 George Yu

Calorie Restriction – General

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CR in this second, older volunteer population was not without some negative consequences: Compared to the exercise-only group, CR demonstrated decreases in muscle mass, strength, and aerobic capacity.^{50,51} The CR group also demonstrated significantly more loss of bone mineral density (BMD) at the spine, hip, and femur (interochanter) than either the exercise-only or control groups, which was observable by month 3 of the study.⁵² It should be noted that in the younger CALERIE study group, there was no significant differences in BMD in any of the groups at month 6.⁵³ The potential of losses in aerobic capacity and BMD stress the importance of exercise in CR protocols.

Source: http://www.lef.org/protocols/lifestyle_longevity/caloric_restriction_01.htm

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