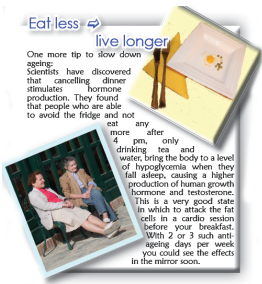


# Eat less - live longer

Written by  
DATE\_FORMAT\_LC2 - Last Updated DATE\_FORMAT\_LC2

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One more tip to slow down ageing:  
Scientists have discovered that cancelling dinner stimulates hormone production. They found that people who are able to avoid the fridge and not eat any more after 4 pm, only drinking tea and water, bring the body to a level of hypoglycemia when they fall asleep, causing a higher production of human growth hormone and testosterone. This is a very good state in which to attack the fat cells in a cardio session before your breakfast. With 2 or 3 such anti-ageing days per week you could see the effects in the mirror soon.