**THE CHENOT DIET: TRANSLATING ANTIAGING SCIENCE INTO FOODS (AND BEHAVIORS)**

The science of antiaging has moved from the traditional care of diseases to the concept of wellness and the model of successful aging. Therefore, the goal of antiaging medicine is to optimizing the body’s functions in a holistic way to achieve balance between body, mind and spirit.

The Chenot method uses high-end technology and evidence-based science to help people to stay young as long as possible, revitalize their energy channels and body functions maintaining a healthy body and mind. One of the fundamental components of the Chenot therapeutic programs is diet.

**A client-tailored diet is needed for a metabolic and hormonal reset of the body aiming to maximize the effect of the Chenot treatments**. More specifically, the Chenot diet aims to “detoxify” cells from toxins, offer the necessary nutrients for optimal metabolism and regenerate the whole body.

The application of the Chenot diet plan has 3 basic steps:

1) Wellness assessment

2) Intensive Treatment

3) Enhancement Lifestyle

The first step consists of a holistic and individualized assessment which reflects on personal lifestyle habits like diet, physical activity, sleep patterns, conviviality, and socialization.

The Intensive Treatment is the core component of the Chenot diet and is based on the up-to-date research on healthy living and aging.

The philosophy behind the Chenot diet is to enhance the bioavailability of nutrients, create a non-toxic cellular environment and provide the ideal proportion of energy and nutrients in order to restore and help the body to maintain a stable internal environment (homeostasis).

**Incorporating research evidence into food selection, processing and cooking, the scientific team of Chenot designed two different plans: the DETOX and the BIOLIGHT die**t. Both diets are **based on fresh and carefully selected ingredients** with anti-inflammatory properties and negative PRAL (Potential Renal Acid Load) to protect cells and structural proteins from the damage from oxidative stress and an acid environment.

Additionally, **meals are prepared using cooking methods like low temperature, moist cooking and acidic marinates that reduce the AGEs** (Advanced Glycation End products) content of the diet. AGEs are related to aging and the development of many degenerative diseases like [diabetes](https://en.wikipedia.org/wiki/Diabetes), [atherosclerosis](https://en.wikipedia.org/wiki/Atherosclerosis) and [Alzheimer's disease](https://en.wikipedia.org/wiki/Alzheimer%27s_disease).

The **DETOX diet is a 7-day plan based on the caloric restriction as a method to alter different biomarkers** **(e.g. reduced glucose, and insulin levels) and reduce the oxidative damage by decreasing the energy flux and metabolism**, or the “rate of living”. Besides the period of the intense treatment, the DETOX diet is an excellent option for intermittent fasting. One or two days per week of the diet can maintain the benefits of the Chenot method as they help the body to rejuvenate and repair, therefore promoting overall wellness.

On the other hand, the **BIOLIGHT diet is an everyday plan based on the appropriate macronutrients ratio for maximizing body’s functions and restoring hormonal balance**. This diet is ideal for those wishing to restore their energy levels and optimize their metabolism to achieve and maintain a healthy weight.

The final step of the Chenot diet philosophy aims to **educate guests on behavior and lifestyle changes in order to maintain a high-level wellness**. The Enhancement Lifestyle is a personalized consultation that combines the results from the Wellness assessment with the evidence-based components of the Chenot diet and the mindful way of living.

Overall, the secret of achieving wellness and/or successful aging is not only diet. **The real “fountain of youth” is found on the way that we live every day and the way that we treat our body.** The Chenot method restores the body, mind and spirit and sets the basis for a healthy lifestyle and overall wellness.