

## **ANTI-HYPERTENSIVE EFFECTS OF FMD (FASTING MIMICKING DIET) AND CARDIOVASCULAR DISEASE**

**Manlio VINCIGUERRA<sup>1\*</sup>, Valter D. LONGO<sup>2,3</sup>**

<sup>1</sup> *International Clinical Research Center (FNUSA-ICRC), Brno, Czech Republic*

<sup>2</sup> *Longevity Institute, Davis School of Gerontology, University of Southern California, Los Angeles, CA, US*

<sup>3</sup> *Institute of Molecular Oncology, Italian Foundation for Cancer Research, Milan, Italy*

*manlio.vinciguerra@fnusa.cz*

### **Abstract**

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Cardiovascular disease (CVD) is the leading cause of death in many developed countries and remains one of the major diseases strongly affected by the diet. Nutrition can affect CVD directly by contributing to the accumulation of vascular plaques and also indirectly by regulating the rate of aging. In this talk I will summarize research on nutrition and CVD incidence based on a multipillar system that includes basic research focused on aging, epidemiological studies, clinical studies, and studies of centenarians. The relevant research linking nutrition and CVD with focus on macronutrients and aging will be highlighted. I will review some of the most relevant studies on nutrition and CVD treatment, also focusing on interventions known to delay aging. I will discuss both everyday dietary compositions, as well as intermittent and periodic fasting interventions with the potential to prevent and treat CVD. Caveats to almost all of these diets are the required lifestyle changes and need for the continuous implementation into daily routines. One way to address some of these concerns is the development of a periodic dietary intervention that can be integrated into daily routines. The fasting-mimicking diet (FMD) is a periodic, short-term, low-calorie, and low-protein dietary intervention designed to promote benefits while reducing side effects and the burden of chronic dieting. I will finally present the results of our randomized crossover clinical trial that included 100 generally healthy participants, consuming the FMD for 5 days per month during 3 consecutive months, displaying – among other beneficial effects - a significant reduction in blood pressure.

### **Keywords**

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*Cardiovascular diseases, aging, nutrition, fasting mimicking diet, blood pressure, epidemiology, animal studies*