



The CR Society originated several years ago from early efforts of a few individuals interested in life extension, including Roy Walford and Brian Delaney. The membership is composed of individuals who are practicing or considering calorie restriction (CR) as a lifestyle. The membership is international with the greatest representation in North America, Europe, and Japan.

The essentials of calorie restriction involve reducing calories while maintaining optimal nutrition, a practice based on research that has shown that CR increases maximum lifespan in several animal species and improves health parameters in ongoing studies of nonhuman and human primates.

A relatively small number of humans are practicing calorie restriction as a lifestyle and many of these individuals are members of the CR Society. The Society supports CR as a lifestyle for health, longevity, or other benefits and promotes scientific endeavors designed to investigate the benefits of CR and mechanisms of action.

The Society provides information about practicing CR, acts as a contact point for anyone interested in CR, and operates several email lists which provide forums for topical discussions. In addition, since October 2001, we have held conferences bringing together scientists to discuss current CR research in a forum with the largest gathering of human CR practitioners in the world.

For more information, see [www.crsociety.org](http://www.crsociety.org).

The CR symposium within the GSA Annual Scientific Meeting in Atlanta is the sixth CR Society conference. This year our speakers will include the following scientists.

**Holly Brown-Borg, PhD**

Department of Pharmacology, Physiology and Therapeutics  
University of North Dakota School of Medicine and Health Sciences  
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Dr. Brown-Borg studies the effect of growth hormone (GH) on aging and has shown that GH is a factor that influences the rate of aging in mammals as well as other animals.

Dr. Brown-Borg is the Chair of the Biological Sciences Section of The Gerontological Society of America.

**Richard Feinman, PhD**

Department of Biochemistry and Family Practice  
State University of New York  
Downstate Medical Center  
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Dr. Feinman's research examines diet composition and energy balance as they influence biochemistry and health. He is the chief organizer of the Downstate-Kingsbrook Conference on Nutritional and Metabolic Aspects of Low Carbohydrate Diets and director of the Nutrition & Metabolism Society. He also is co-Editor-In-Chief of the online journal, *Nutrition & Metabolism*.

**Luigi Fontana, MD, PhD**

Department of Internal Medicine

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Dr. Fontana has interests in nutrition, aging and longevity. His clinical research focuses on the role of diet and exercise in retarding the aging process. He is investigating the effects of calorie restriction, plant-based diets, and endurance exercise on outcomes such as cardiovascular risk factors and function, inflammation, immune function, glucose tolerance, bone metabolism and quality of life in humans.

**Donald Ingram, PhD**

Nutritional Neuroscience and Aging Laboratory

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Louisiana State University

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Dr. Ingram's research has focused on nutritional and pharmacological interventions designed to slow aging and reduce the risk of age-related disease. As a major new research area, his lab is investigating the development of compounds that mimic effects of calorie restriction by targeting metabolic and stress response pathways affected but without restricting calorie intake. Dr. Ingram was formerly the chief of the Experimental Gerontology Laboratory at the National Institute on Aging and is President-Elect of The Gerontological Society of America.

**James Nelson, PhD**

Barshop Institute for Longevity and Aging Studies

University of Texas Health Sciences Center San Antonio

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Dr. Nelson is Professor of Physiology. His research interests include the role of glucocorticoids and of insulin in aging. His basic science studies involve the calorie restriction model in animals and the use of genetically altered rodents to identify biochemical processes that lead to increased lifespan and reduced disease.

**Richard Miller, MD, PhD**

Professor of Pathology

Institute of Gerontology

Associate Director for Research, Geriatrics Center

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Dr. Miller's laboratory studies the genetics, cell biology, and immunology of aging, using mouse model systems. Current interests include analyses of genes that modify lifespan and age-related function, studies of mouse mutants that show delayed aging, and the relationship of cellular stress resilience to lifespan and disease resistance.