

**From:** Peter Attia <[REDACTED]>

**To:** <[REDACTED]>

**Subject:** Just getting started with the monkey business...

**Date:** Mon, 16 Apr 2018 13:03:45 +0000

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Greetings -

[Part IIA of the Nerd Safari series on Calorie Restriction](#) is now up on the site, where we discuss a couple of decades-long studies in nonhuman primates.

(If you missed Part I: [here is the link.](#))

Hope you enjoy it.

- Peter

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