

# Review of: "How to enjoy your healthy life after 70— suggestions from the science of longevity"

Ben Dugan

**Potential competing interests:** No potential competing interests to declare.

Self-referencing is repeated throughout the paper, includes references from older papers (1990s), even though there are much more up to date papers available regarding nutrition.

Includes the use of BMI, which is an outdated metric.

References to "data", without citing said data, on the subject of nearly 40% of men in their 40s and 50s are obese.

No reference for the two stage model of cancer.

Over reliance on referencing Weil et al, 1995.

There are very few instances of critical thought, majority of the papers confirm what the authors are writing, instead of finding instances where papers contradict what the authors have stated.