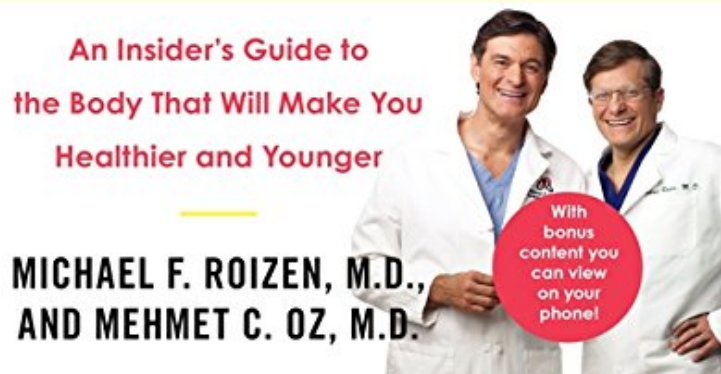
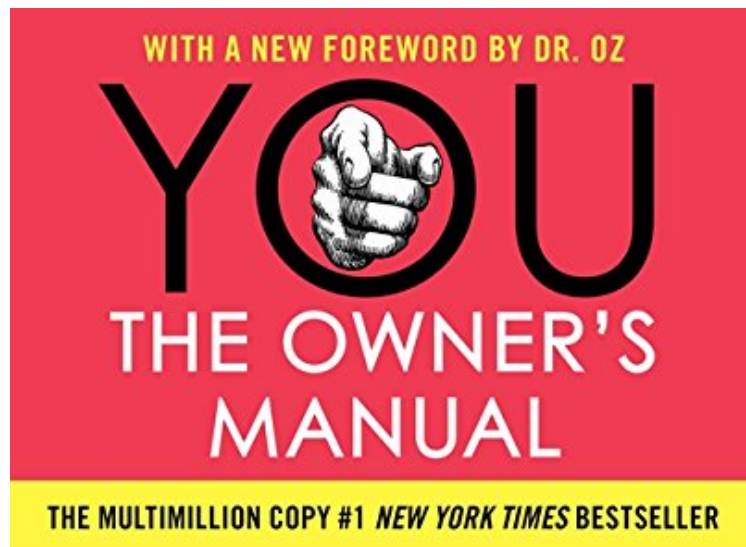


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YOU: The Owner's Manual: An Insiders Guide to the Body That Will Make You Healthier and Younger

Mehmet C. Oz, Michael F. Roizen
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#296364 in Books Mehmet Oz Michael F Roizen 2013-12-17 2013-12-17Original language:EnglishPDF # 1
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Guide to the Body That Will Make You Healthier and Younger | File size: 50.Mb

Mehmet C. Oz, Michael F. Roizen : YOU: The Owner's Manual: An Insiders Guide to the Body That Will Make You Healthier and Younger before purchasing it in order to gage whether or not it would be worth my time, and all praised YOU: The Owner's Manual: An Insiders Guide to the Body That Will Make You Healthier and Younger:

134 of 139 people found the following review helpful. Small Book - With a Lot of InformationBy Bill CashellI have to admit that I am a big fan of Dr. Oz and Dr. Roizen. They have changed the way many Americans look at health and the major causes of diseases. While most of the medical community is focused on fixing existing problems with drugs and surgery, they are so much into prevention.One of the underlying causes of so many problems is related to what we eat (and how much). This is a condensed version of their previous book, "YOU: On a Diet". It is just over 100 pages

and features 99 of their best ideas of keeping the weight off. One of the great things about this book is that it covers almost every part of eating and weight issues, including lifestyle, exercise and the important role of your mind and eating. If you have read their previous books, you may be tempted to skip this. Instead, you may find it to be a great reminder. I have gotten into the habit of reading one of the short tips every day and focus on making it a habit. I've found that reading a book once usually means I retain about 10% of the information. Sections 47 - 63 actually consist of a 20 minute workout. There are recipes spread throughout the book as well, with a 14 day diet plan at the end. If you skipped their other books because they were a bit big, this may be perfect for you. It is an easy to read book with straight-to-the-point information without the excess verbiage. Admittedly, some of the information is obvious, but we all need to be reminded. It would make a great companion to more feeling-oriented books. Bottom Line: This is a concise book of usable information without all of the fluff. It is written by medical doctors, not writers. This style will probably not appeal to everyone. If you like basic information, you probably will like this. If you enjoy more feeling oriented books, you might want to check out Geneen Roth's books, or Marianne Williamson's "A Course in Weight Loss". Bill Cashell - Author of "The Emotional Diet" 4 of 4 people found the following review helpful. I LOVE THIS WORKOUT! By Stephanie J. Trillo I have YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy and DVD. I consider myself in pretty good shape. I worked out a lot prior to my pregnancy. Running, yoga, pilates, resistance training. I started this workout in my first trimester. Enjoyed it. Moved onto my 2nd trimester... this is the same workout that they have in the book - I *love* it. If I don't do it at home in the AM I do it at work w/ pages I copied from the book at the gym. It really is a great workout. My husband swears its sculpting my arms. I do it usually every other morning 3-4 days a week. I alternate w/ 10 Minute Solution: Prenatal Pilates. This workout is great for me in the mornings prior to work. I feel like a few of them get my heart rate up and my body moving. Very important for me as I sit at a desk for the majority of the day before I go running after work. (Yes I still run.) This workout and the book are my two favorite items I have bought to help me stay healthy and prepare me and my body for birth and parenthood. The sections include: 1st Trimester 2nd Trimester 3rd Trimester Post Delivery Notes (eye opener!) PP Workout It really is a full service DVD that is great. Thank you! 0 of 0 people found the following review helpful. Great Book to Discuss Together By F. Maddox Bought this book for my 11 year old to read together. At his age we focus on the nutrition and choices we make on food and portion sizes. We need to talk out some of the big words, but this book is written to talk to the kids, for them to understand. So when he has a question and does not want to talk to me, he can pick up this book. Its great. Now for 11 year old, some parts we skipped, but we went over the titles, so if he had questions, we talked about them. This book validated me, as the parent, because we know kids dont listen to their parents all the time.

The #1 bestseller that gives YOU complete control over your body and your health. With new health studies and advice bombarding us every day, few people know much about what chugs, churns, and thumps throughout the miraculous system that is the human anatomy. YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs including the heart, brain, lungs, immune system, bones, and sensory organs. In this updated and expanded edition, America's favorite doctors, Michael Roizen and Mehmet Oz, discuss how YOU actually have control over your genes. Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life. There are also 100 questions asked by you, and answered by the experts. For instance, do you know which of the following statements are true? As you increase the amount you exercise, the rewards you gain from it increase as well. If you're not a smoker, you have nothing to worry about when it comes to your lungs. Your immune system always knows the difference between your own cells and enemy invaders. The biggest threat to your arteries is cholesterol. Memory loss is a natural, inevitable part of aging. Stress is the greatest ager, and controlling it changes which of your genes is on. Did you answer "true" for any of the above? Then take a look inside. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, YOU: The Owner's Manual debunks myths and gives you an easy, comprehensive, and life-changing How-To plan as well as great-tasting and calorie-saving recipes that can help you live a healthier, younger, and better life. Be the best expert on your body!

.com If there ever was a pair of docs who can make the small intestine seem truly intriguing, here they are. Dr. Mehmet Oz is an alternative-medicine maverick and a cardiologist known to implement acupuncture during open-heart surgery. Dr. Michael Roizen developed the RealAge concept of calculating one's biological, as opposed to chronological, age. Here they've whipped up a witty guide to the workings of the entire body, appropriate not just for those who can't tell their pancreas from their pituitary. Even Cheers Cliff Claven types who think they know it all will likely be humbled by the 50-question "body-quotient" quiz that starts off the book. With much sassy humor (they describe the adrenals as similar in shape to Mr. Potato Head's hat), they give a guided tour of the body's anatomy and major systems (hormonal, nervous, digestive, sensory, etc.) including plenty of fascinating trivia along the way. How often should you get your thyroid level checked? How much gas does the average person produce in a day? And, most

important, how many times a year do most people have sex?? Drs. Oz and Roizen know. They also reveal plenty of bizarre (and potentially life-saving) facts such as this: If your earlobe has a prominent vertical wrinkle, it's likely that your arteries are aging faster than they ought to be. If only 8th-grade health class had been this fun. The docs' main goal in presenting all this info is twofold: first, it's your body, so shouldn't you finally learn how it works? And, second, they want to help teach ways of preserving the body's health and youthfulness. To that end, they've included an "Owner's Manual Diet," a 10-day menu plan designed not for weight loss, but to make you feel "years younger." Its simple recipes are each meant to benefit a certain body system, such as Tomato Bruschetta, packed with the antioxidant lycopene, which has been proven to boost immunity. --Erica Jorgensen From Publishers Weekly

Anti-aging guru Roizen and celebrated heart surgeon Oz combine their popular approaches to patient-centered care in this assessment of how much, or more to the point, how little, readers know about their bodies. After taking the quizzes in the book, readers may feel shocked by their ignorance of basic anatomy and the processes required to maintain physical and mental functioning. Each chapter focuses on a body part or system (heart, brain, digestive, reproductive, etc.) and discusses diseases associated with it; genetic and lifestyle influences on its aging process; and foods, supplements and habits that can prevent or reverse related illnesses. The book has an entertaining feel: friendly elves guide readers through illustrations of the body and cartoons feature alien creatures that enter the body and cause illness. The humor is irreverent (e.g., muscle cells surrounding dead heart tissue "start fighting with each other, like Jerry Springer's guests, instead of supporting each other, like Oprah's" [incidentally, the authors will appear on Oprah in May to promote the book]). Despite a 10-day, 30-recipe food plan and a less-is-more exercise regime, however, readers may have trouble using the information to create a lifestyle that will fulfill the authors' promise of weight loss, disease prevention and longevity. Even the recipes target one specific area of the body and weaken the overall conceptual framework. This lighthearted book will be most useful to those who like their health lessons served with a side of humor. (May 1) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From the Back Cover

The #1 bestseller that gives YOU complete control over your body and your health. With new health studies and advice bombarding us every day, few people know much about what chugs, churns, and thumps throughout the miraculous system that is the human anatomy. YOU: The Owner's Manual challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and numbers-remembering systems and organs including the heart, brain, lungs, immune system, bones, and sensory organs. In this updated and expanded edition, America's favorite doctors, Michael Roizen and Mehmet Oz, discuss how YOU actually have control over your genes. Discover how diseases start and how they affect your body as well as advice on how to prevent and beat conditions that threaten your quality of life. There are also 100 questions asked by you, and answered by the experts. For instance, do you know which of the following statements are true? As you increase the amount you exercise, the rewards you gain from it increase as well. If you're not a smoker, you have nothing to worry about when it comes to your lungs. Your immune system always knows the difference between your own cells and enemy invaders. The biggest threat to your arteries is cholesterol. Memory loss is a natural, inevitable part of aging. Stress is the greatest ager, and controlling it changes which of your genes is on. Did you answer "true" for any of the above? Then take a look inside. Complete with exercise tips, nutritional guidelines, simple lifestyle changes, and alternative approaches, YOU: The Owner's Manual debunks myths and gives you an easy, comprehensive, and life-changing How-To plan as well as great-tasting and calorie-saving recipes that can help you live a healthier, younger, and better life. Be the best expert on your body!