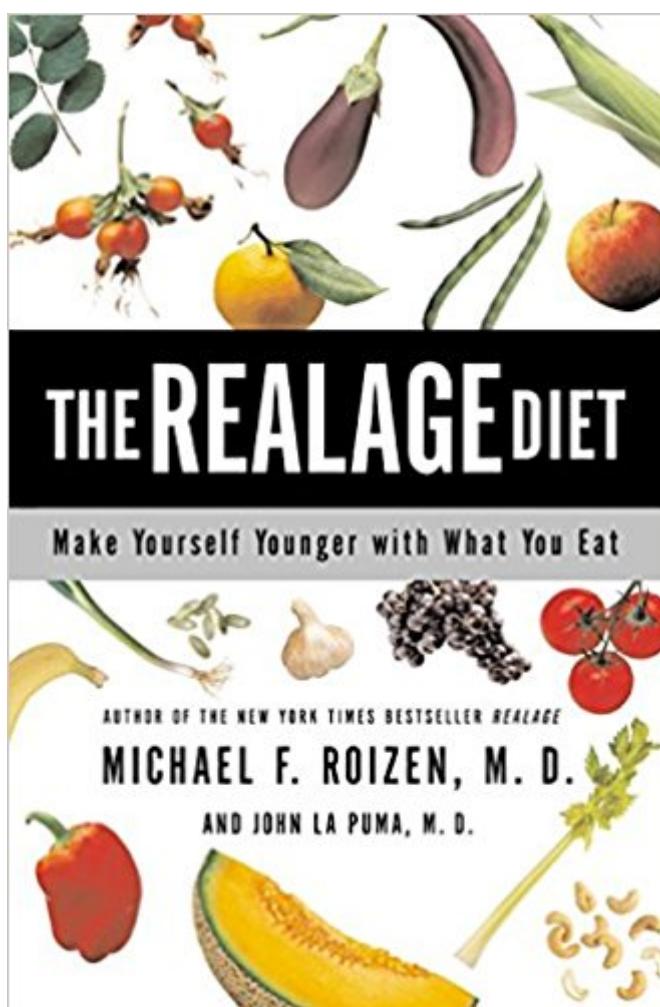


The book was found

# The RealAge Diet: Make Yourself Younger With What You Eat



## **Synopsis**

Food Can Make You Younger! Dr. Michael Roizen presents his program for eating the RealAge way: a diet that is good for your overall health, plus works to delay or even reverse aging. If there's one thing you will learn from this book, it's that no matter who you are, if you eat foods that are high in nutrients and low in calories you will be on the road to renewed health and vitality. The RealAge Diet Shows You How To: Use foods to regain the energy of your youth Eat nutritiously while still enjoying delicious food choices Choose the right vitamins and supplements to keep you young Modify various popular weight-loss diets to maximize their age-reducing benefits Read between the lines of restaurant menus to find the most healthful options Make your RealAge younger with every bite

## **Book Information**

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## **Customer Reviews**

Roizen, a physician and author of the bestselling RealAge: Are You as Young as You Can Be?, teams up with La Puma, also a physician and a professionally trained chef, to offer a new approach to eating based on the premise that, by making even small changes (e.g., starting every dinner with an ounce of nuts), we can become biologically younger than our chronological age (e.g., Roizen is 55 years old but has calculated his "RealAge" to be 38). Roizen and La Puma begin with a variety of quizzes so readers can assess their current diet and determine where they need to make changes. While many of the self-assessment tests are in the book, the authors frequently refer readers to their Web site for more detailed quizzes and additional nutritional information, which limits the book's value. On the other hand, this work does an excellent job of analyzing specific foods and explaining their benefits or risks to readers. Less appealing and comprising a large section of the

book is the analysis of other well-known diet programs (e.g., the Atkins diet, the Carbohydrate Addicts diet, the Zone) and how to modify them using the RealAge principles. Although there is a reassuring validity to Roizen and La Puma's criticisms, readers may also find them somewhat smug. Overall, though, the RealAge diet is a refreshing and accessible approach to an age-old problem. (May)Forecast: Given the huge success of RealAge, readers' continual concern with dieting (particularly in pre-bathing-suit season) and a five-city author tour, this book should reach bestseller status. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Michael F. Roizen, M.D., is the author of the #1 New York Times bestseller *RealAge: Are You as Young as You Can Be?* He is the chief wellness officer of the Cleveland Clinic and chairman of the Wellness Institute. John La Puma, M.D., is medical director of the Santa Barbara Institute for Medical Nutrition and Healthy Weight.

This is awesome, full of good ideas that I thought will be so effective, If followed exactly the instructions and that been taught

Very interesting reading on how you can prolong your life with choices in your lifestyle including how you eat, exercise, stress reduction, vitamins and supplements you take, etc. etc.

This book is ok, not great but ok.

Thanks, will surely come in handy. Lots of good ideas to come up with some good meals. This one will get used a lot I'm sure.

This is a very practical and easy to understand book. It is not another "diet" book, rather, it encourages a life style change. I have recommended to many of my friends who have expressed similar thoughts about it. I like that it addresses supplements and foods in terms of value and amount.

Just look at Dr. Roizen- age 63. Great skin! You know he has to be doing the right stuff. All common sense, but the book gives great details for why and the impact easy, moderately difficult and maybe more challenging changes make on the aging process. Worth the read.

The good doctor is doing great things for patients and people all over this country. We eat but not well for the most part. To define **WHAT** to eat and such is very important and this book gives the details. You eat for some energy and you lose unwanted pounds. What could be better?

Dr Oz has gone on to TV fame, but the other half of his genious is Dr Roizen!!! He is amazing! Read this book, follow its recommendations, and you will live longer and feel better.

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