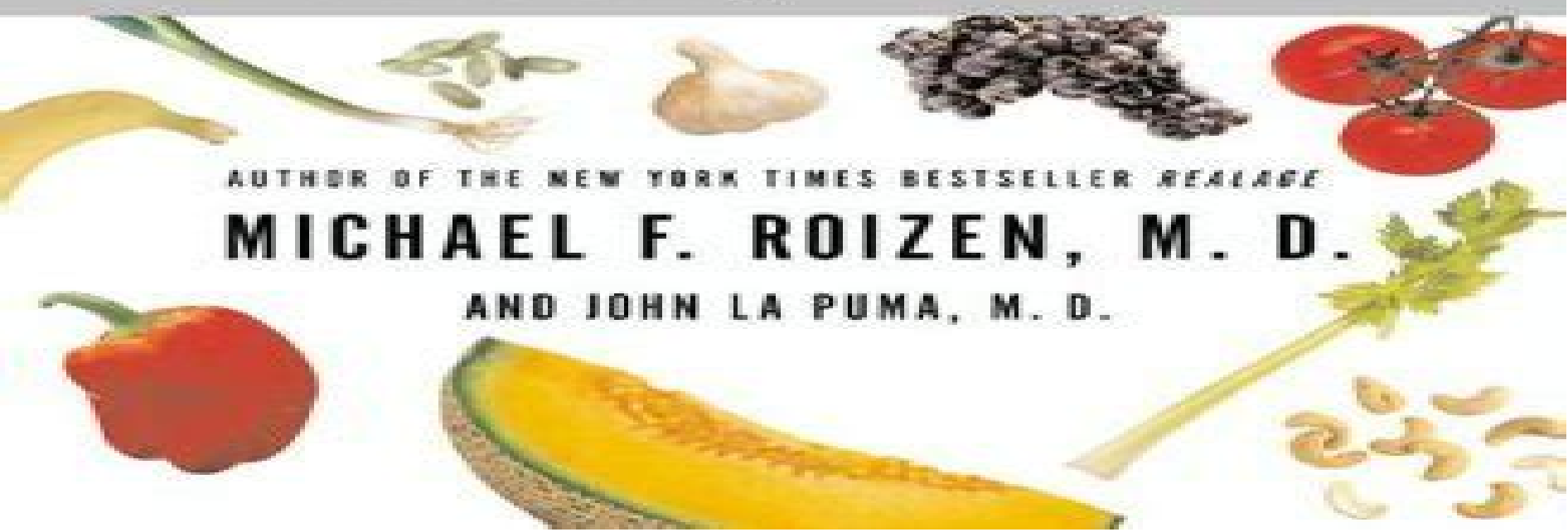




THE REALAGE DIET

Make Yourself Younger with What You Eat



AUTHOR OF THE NEW YORK TIMES BESTSELLER *REALAGE*

MICHAEL F. ROIZEN, M. D.

AND JOHN LA PUMA, M. D.

Realage Diet Make Yourself Younger With What You Eat

Michael F. Roizen, Mehmet C. Oz



RealAge Diet Make Yourself Younger With What You Eat:

The RealAge Diet Michael F. Roizen, John La Puma, 2010-09-07 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 The RealAge Diet Michael F. Roizen, M.D., John La Puma, M.D., 2001-04-24 Do some foods accelerate aging and others reverse it Science says yes Dr Michael Roizen whose number one bestseller RealAge showed Americans how to reverse aging by changing their lifestyle choices and Dr John La Puma have developed an authoritative antiaging diet plan that will help you live life to your youngest The RealAge Diet examines the food related factors that multiple studies have indicated can cause you to age faster than you should Just as in RealAge there is a groundbreaking test to discover how your eating habits affect your RealAge Once you know your biological age you can make yourself younger by trying some of the fifty one food choices and strategies that are age busters Whether you are eating in or eating out you will find simple guidelines that make age reduction easy Cooking tips two weeks of meals you can prepare in ten minutes or less and twenty fabulous recipes make your RealAge younger with every bite And with the easy to follow Hourglass diet you ll have a handy visual reminder of what you can do to make aging stand still and to keep young longer Drs Roizen and La Puma start with the simple premise If it doesn t taste good don t eat it The RealAge Diet examines the principles of sensible weight loss and weight management The authors evaluate the bestseller diets and show you which help you lose weight and which cause needless aging Even better they tell you how to modify the bestseller diets to make them more age reducing This is not another diet book if there is one thing you will learn from this book it is that if you eat foods that are high in nutrients and low in calories your body is going to be healthier and younger than you ever dreamed possible *Cooking the RealAge Way* Michael F. Roizen, M.D. La Puma, John, 2003-06-03 Looking for meals that are delicious healthy and easy to make How does Shiitake Mushroom and Asparagus Frittata with Smoked Salmon sound Or a Roasted Red Pepper and Kalamata Olive Sicilian Salad Or Pistachio Pilaf with Butternut Squash and Gingered Cranberry Sauce They sound very tasty but would you believe they can also actually help you control your genes making your RealAge younger You don t have to be at the mercy of heredity It s true These recipes and many more have been developed and tested by Dr Michael F Roizen author of the bestselling RealAge Are You as Young as You Can Be and Dr John La Puma who is also a professionally trained chef With his RealAge program Dr Roizen has already helped tens of thousands of people turn back the clock Now he and Dr La Puma are cooking things up in the kitchen in

Cooking the RealAge Way Cooking the RealAge Way offers more than eighty easy healthful and scrumptious recipes all of which prove that nutritious meals don't have to be time consuming filled with hard to find ingredients or taste like they're good for you. These recipes explode in flavor and are low in aging fats and sugar and high in Omega 3 oils, flavonoids and antioxidants. Each recipe provides a detailed description of that meal's age reducing benefits and every meal of the day is covered from breakfast's melt in your mouth Golden Banana Pancakes with Fresh Raspberries to the after dinner piece de resistance Chocolate Strawberry Sundae. The meals are so appetizing you'll forget that they are good for you and make them again and again. Cooking the RealAge Way also features The Kitchen IQ test use it to find out if your kitchen is aging you and how to stock your kitchen to make yourself younger with what you eat. The benefits of using fresh produce in season. The advantages of using the best herbs and spices and how to grow them in your garden. Tips on improving your family's eating habits. Easy culinary techniques from blanching to grilling. Finally a cookbook that both your nutritionist and inner gourmand will love. *You: Staying Young* Michael F. Roizen, Mehmet Oz, 2015-08-18 Updated and with a new introduction Cover

You: On A Diet Michael F. Roizen, Mehmet C. Oz, 2006-10-31 For the first time in history scientists are uncovering astounding medical evidence about dieting and why so many people struggle with weight issues. This work translates cutting edge information into the best weapon against fat knowledge. **The RealAge(R) Workout** Michael F. Roizen, M.D., Tracy Hafen, 2009-07-21 Dr. Michael F. Roizen has empowered thousands of Americans to take control of their own destinies. How? His best selling books RealAge, The RealAge Makeover and YOU: The Owner's Manual have helped people reverse their chronological aging by ten, fifteen and up to twenty nine years by revealing simple lifestyle changes that have profound effects that control their genes and thus control their health and the aging process. Chances are you picked up this book because you too want to be healthier and younger. The RealAge Workout explains the importance of gradually phasing exercise into your everyday routine because even the smallest changes in behavior can make you feel, look and be younger. No matter how busy your schedule Dr. Michael Roizen will show you how to gain the maximum age reduction benefits from a minimum amount of time and effort. Before you take your first step The RealAge Workout offers a series of calculations that factor in age, genetics and lifestyle so you can determine your overall status of health and create a program to help you plan and execute your goals. The RealAge Workout then begins with a simple yet life changing premise just by walking 30 minutes a day every day you can roll back the years significantly improve the status of your overall health and have more energy to work and do the things you love. After you've adjusted to this change in your lifestyle The RealAge Workout will guide you through a series of training phases during which you will steadily develop your foundation muscles and eventually add a stamina building program to help you maintain improved health. You will learn how to lift weights safely and effectively through step by step instructions with photographs and easy to understand explanations. Additionally there are charts that help you determine the RealAge effect the number of biological years younger you become with each change you make. Along

the way The RealAge Workout discusses common myths addresses frequently asked questions pertaining to age and lifestyle choices and offers tips to actually enjoy yes even love exercise So get ready to achieve optimal health and be as young as you can be *Midlife Mamas on the Moon* Sunny Hersh,2003 A fun inspirational guide to positive choices for women over 40 Packed with useful checklists honest personal stories and no nonsense resources this book has the latest information on health sex and hormones and shows how to transform relationships finances and careers **YOU: Raising Your Child (Enhanced eBook)** Michael F. Roizen,Mehmet Oz,2010-10-05 Now available as an enhanced e book YOU Raising Your Child will include 12 videos that feature Dr Oz and pediatrician Dr Jennifer Trachtenberg answering real parents questions about child rearing They talk about everything from diet to bathtime and give candid answers to questions posed by real parents YOU Raising Your Child could be the most valuable download for any parent s e reader providing the answers you need about the biology psychology and common sense wisdom of raising a healthy child YOU Raising Your Child is the ultimate guide to raising children from birth to age five The authors address everything from troubleshooting infant health issues to supporting the emotional and intellectual development of your child Included are discussions of healthy nutrition milestones for physical activity building good habits taking care of YOU and how to cope with the biggest ailments and fears parents face today The book is filled with wisdom and age specific advice that will help parents manage all kinds of child rearing questions and issues A sampling of topics include The Mind of a Child This chapter is the foundation for what is discussed throughout the book It explores personality quirks and how they are formed and will talk about things that parents can do from day one to day one thousand and beyond to help their children develop Tips will be about how to recognize their differences but still instill good habits After all good parenting is really about being a good psychologist knowing your child s brain and helping them develop who they are Nutrition Of course a big part of parenting is making sure that kids learn how to keep themselves healthy and fit for a lifetime This chapter emphasizes good nutrition and eating habits for all ages it will address biologic differences like number of taste buds and requirement for dozen exposures to taste to achieve change Physical Activity With the help of Joel Harper fitness expert who appears on all of the YOU DVDs this chapter will be filled with information and advice on how to make sure you kids are growing in all the right places Taking Care of YOU This chapter takes a step back to show how being a good parent also means taking care of yourself and your dreams in order to show your kids how to love Tips on how parenting isn t always being selfless With these topics and many more America s most trusted doctors once again come to the rescue and teach parents the best ways to raise healthy happy children *YOU: Having a Baby* Michael F. Roizen,Mehmet Oz,2010-12-28 America s favorite doctors Michael Roizen and Mehmet Oz cover pregnancy from conception to birth with the ins and outs of nutrition exercise hormones fetal development and many more pregnancy related issues Few life experiences feature emotional swings as extreme as those of pregnancy it s a monumental mix of both intense excitement and skip a beat anxiety How do you respond to such a situation If you re like most you scour websites read books browse

blogs and pick the brains of every friend family member and store clerk who s ever had a baby You talk about the ups and downs the cravings and the nausea the maternity clothes and the stretch marks During this 280 day journey this sometimes scattered mindset is perfectly natural and healthy Often though you need help cutting through the clutter In *YOU Having a Baby* Dr Mehmet Oz and Dr Michael Roizen America s Doctors will help ease your tension by teaching you not only about what you can do but also why you should do it Using their signature wit and wisdom they ll test your knowledge bust many myths and reassure you that your maternal instincts are usually pretty darn good After all the doctors want the exact same thing as you do during this journey a healthy baby and a healthy mom Be assured that *YOU Having a Baby* will be one of your favorite passengers on this wonderful ride *This Is Your Do-Over* Michael F. Roizen,2016-01-05 Using strategies that anyone of any age can use Dr Roizen shows you how to change your heath destiny with his seven simple secrets to earning a Do Over

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