

REALAGE

Are You as Young as You Can Be?

An Anti-Aging Lifestyle Program That Can Make You
Look and Feel Up to 20 Years Younger!

44 SCIENTIFICALLY PROVEN STEPS THAT DELAY AGING

- Discover How Your Choices Affect Your Health
- Learn the Value of Each Step in Your RealAge
- Increasing Your Vitality in Mind and Body
It's Easier Than You Think!

MICHAEL F. ROIZEN, M.D.

Realage Are You As Young As You Can Be

Michael F. Roizen, Mehmet Oz



RealAge Are You As Young As You Can Be:

RealAge Michael F. Roizen, 2010-11-16 What is aging Aging is not a mysterious metaphysical phenomenon Aging happens in the particulars Your arteries become clogged Your arthritis flares up Age is not just a chronological measurement it is the rate at which the primary internal guardians of health your cardiovascular and immune systems decline While your chronological age is fixed your biological age may be years older or younger depending on a combination of factors RealAge offers a revolutionary systematic program that calculates the aging effect of more than 100 different health behaviors ranging from diet and medication to stress control and chronic smoking and enables you to assess your own biological age Most important it shows you how to design a specific path to improving or reversing your own aging trajectory Developed by Dr Michael F Roizen chair of anesthesia and critical care at the University of Chicago and preventive gerontologist along with four other scientists the RealAge program is based on cutting edge scientific research Dr Roizen and his team have pored over 25 000 medical studies evaluating what they tell us about aging and what they tell us about the prevention of aging In RealAge they present the complete results of their analysis for the first time Each chapter covers a broad health topic for example how the right vitamins and supplements exercise or diet can be used to control how your genes affect you and calculates the RealAge advantage you will gain by adopting a specific behavior Charts fact sheets and tests give you specific choices to make and describe benefits to be gained so you can measure your success Suggested behavior changes are rated in order of difficulty so you can decide whether the result is worth the effort Ultimately this program is about maintaining your health The better condition you are in the better prepared you will be to fight the factors that age you RealAge demonstrates that you can have more control over the aging process It makes science simple and its promise is irresistible You may live as young at seventy as you did at forty four Remember your high school reunion Even though everyone was the same chronological age people no longer looked the same Some wore the years well staying young and exuberant despite the passage of time whereas others looked as if they had aged ten years more than everyone else and probably had Did you know that Financial stress can make your RealAge two to thirty two years older The difference between having the ideal blood pressure 115/76 and high blood pressure higher than 140/90 can make a RealAge difference of more than twenty years A tablet of aspirin a day can make your RealAge 1.9 years younger Flossing daily and seeing a dentist and dental hygienist every six months can make your RealAge 6.4 years younger In RealAge you will discover many other easy to institute Age Reduction Strategies that will enable you to live longer and younger **RealAge** Michael F. Roizen, M.D., 1999-01-01 Roizen translates groundbreaking medical research into a series of calculations and choices that may reduce age linked symptoms and diseases He includes questions that ultimately compare a calendar age to an individual's real lifestyle age **The RealAge (R) Makeover** Michael F. Roizen, 2004-04-06 Why not live at 60 feeling like you did at 35 Thousands of Americans are younger today than they were five years ago How is that possible By following the specific

recommendations that reverse aging in Dr Michael Roizen's bestselling book *RealAge: Are You As Young As You Can Be* people who were previously much older than their chronological age have now taken up to twenty-nine years off their biological ages. Since that first publication more than 10 million people have taken the RealAge test in one form or another and thousands of people have thanked Dr Roizen for helping them make simple changes in their lives changes that have made them healthier younger and more vibrant. In the last several years Dr Roizen and his team have learned much more about the aging process. *The RealAge Makeover* makes sense of recent critical medical findings important new research on inflammation in your arteries stress reduction chronic disease management hormone replacement therapy and other choices you can make to keep aging at a distance. You'll also find the latest on vitamins and other supplements which are age reducing which are aging and which ones to avoid if you are taking certain medications. Roizen then offers more than seventy ways to reduce or even prevent 80 percent of the diseases that make you feel older. For example coffee or the right kind of chocolate in moderate amounts can help reduce inflammation preserving your arteries joints and memory. But the wrong choice can lead to needless aging and loss of energy such as taking too much Vitamin A. And *The RealAge Makeover* tells you how much in years each choice is worth so you can make the choices that are meaningful to you. More potent than any statistic or finding are the personal stories interwoven throughout success stories from readers who followed the RealAge program became biologically younger and are living happier healthier lives. With this book readers have more opportunity than ever to turn back their biological clock to look feel and actually be many years younger. Join the RealAge Revolution and give yourself a RealAge Makeover.

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 health destiny with his seven simple secrets to earning a Do Over.

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.

AgeProof Jean

Chatzky, Michael F. Roizen, Ted Spiker, 2024-09-24 Two of the world's leading experts explain the link between health and wealth that could add years to your life and dollars to your retirement savings All the money in the world doesn't mean a thing if we can't get out of bed And the healthiest body in the world won't stay that way if we're frazzled about five figures worth of debt Today Show financial expert Jean Chatzky and the Cleveland Clinic's chief wellness officer Dr Michael Roizen explain the vital connection between health and wealth giving readers all the tactics strategies and know how to live longer healthier more lucrative lives The same principles that allow us to achieve a better body will allow us to do the same for our investment portfolio For instance physical and financial stability comes down to the same equation Inflow versus outflow Do we burn more calories than we ingest Likewise are we making more money than we spend The authors detail scientific ways to improve our behavior so that the answers tilt in the readers favor They also offer ways to beat the system by automating how we do things and limiting our decisions in the face of too much food or too much debt Chatzky and Roizen provide a plan for both financial independence and biological strength with action steps to get you there A positive practical book for anyone middle aged or older Library Journal

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 *YOU: The Owner's Manual for Teens* Michael F. Roizen, Mehmet Oz, 2011-06-07 A few years ago we wrote *YOU The Owner's Manual* which taught people about the inner workings of their bodies and how to keep them running strong But you know what There's a big difference between an adult's body and your body between adults' health mysteries and your health mysteries between their questions and your questions So teens this book is for YOU We'll talk to you about the biological changes that are happening in your brain and your body We'll show you how to get more energy improve your grades protect your skin salvage more sleep get fit eat well maximize your relationships make decisions about sex and so much more In fact in these pages we answer hundreds of your most pressing health related questions And you know what else We are going to treat you like adults in one very important way We're not going to preach We're going to give you straight up information that you can use to make smart choices about how to live the good life and enjoy every second of it Starting right now **YOU: Raising Your Child (Enhanced eBook)** Michael F. Roizen, Mehmet Oz, 2010-10-05 Now available as an enhanced eBook *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 bedtime 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: The Smart Patient Michael F. Roizen, Mehmet Oz, 2007-03-28 America s doctors Mehmet Oz and Mike Roizen show you how to become your own medical detective and get the best health care possible Everyone needs to become a smart patient In fact in the worst cases your life may even depend on it Number one bestselling authors and doctors Michael Roizen and Mehmet Oz have written this indispensable handbook to help everyone to get the best health care possible by making everyone into their own medical detective Witty playful at times offbeat but always authoritative You The Smart Patient shows you how to become your own medical sleuth tracing your medical family tree and wending your way through the pitfalls of any health care situation Written in conjunction with the health care community s leading oversight group The Joint Commission the book shows readers in clear easy steps how to take control of their own health care and deal with all matters that may come up when facing a medical case from choosing the right doctor hospital and insurance company to navigating prescription drugs specialists treatment options alternative medicine pain management or any problem that might arise Accessible humorous and filled with information that you need You The Smart Patient is a book for every patient and all those dealing with a loved one s medical issues

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