



# Real Age Makeover

**Matt O'Brien**



## **Real Age Makeover:**

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 twentynine 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 mportant 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

**Realage Makeover** Michael F Roizen, M.D., 2001-01-01 The bestselling author of RealAge Are You As Young As You Can Be is back to give readers a new lease on life with more than 50 success stories from those whose lives have been transformed 129 factors that effect the rate of aging 74 steps to reduce aging and much more *The RealAge (R) Makeover* Michael F. Roizen, 2009-03-17 Why not live at 60 feeling like you did at 35 In The RealAge Makeover Dr Roizen makes sense of recent critical medical findings including 129 factors that affect the rate of aging and offers 74 steps that will reduce or even prevent 80% of the diseases that make you feel older With all this information Roizen believes you can control your genes to a very large degree 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 however are the personal stories interwoven throughout the book more than 50 success stories from readers who followed the RealAge program and made themselves over significantly They became younger biologically and are living happier healthier lives Now readers have more opportunity than ever to turn back their biological clocks and feel look and be younger Join the RealAge Revolution and give yourself a RealAge Makeover     RealAge Michael F. Roizen, 2005-06-28 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 mportant 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     **The RealAge Makeover** Michael F. Roizen, M. D., 2004 Take years off your looks and add them to your life     *The RealAge(R) Workout* Michael F. Roizen, 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 dis cusses 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      **Getting Back in Shape** Bob

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**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 **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: 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 *The 10-20-30 Life Wellness Plan* Douglas C. Pearson,2011-01-26 The 10 20 30 Life Wellness Plan provides a simple common sense approach to life wellness developed from 12 years of experience and extensive research It is a holistic approach yet targeted at three basic elements to improve your health The program is easy to follow but demands a personal commitment in looking at behavior patterns in nutrition and exercise so your life changes The book focuses on existing health issues related to improper nutrition and lack of exercise how nutrition and exercise can positively impact your wellness motivation to energize your abilities recommended exercise workouts assessments of your current fitness setting goals for a personal wellness plan and information on each area of The 10 20 30 Wellness Plan **Thinking About Tomorrow** Susan Crandall,2009-05-30 From the founding editor of MORE magazine comes an inspiring and useful look at how yesterday s Baby Boomers are becoming today s adventurous midlife pioneers **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 *The Magic Pill* Matt O'Brien,2011 What if there was a pill to help you live longer feel better look younger and improve almost every aspect of your life with zero bad side effects wouldn t you want to take it The Magic Pill will prove to you that with a little time energy and effort you can have all of these benefits and much much more Unveiling the most current scientific information on aging exercise nutrition and supplementation this first guidebook of its kind provides a comprehensive self help approach to living longer improving your health and finding the happiness that resides within us all Matt O'Brien takes you on an exciting journey filled with motivation education and inspiration Read this book You will take control of your health and your life will never be the same again Praise from Matt O'Brien s Clients I know for certain that I would not have arrived at this fantastic place in my life without Matt O'Brien as my coach motivator and friend Thank you Matt for giving me my health



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