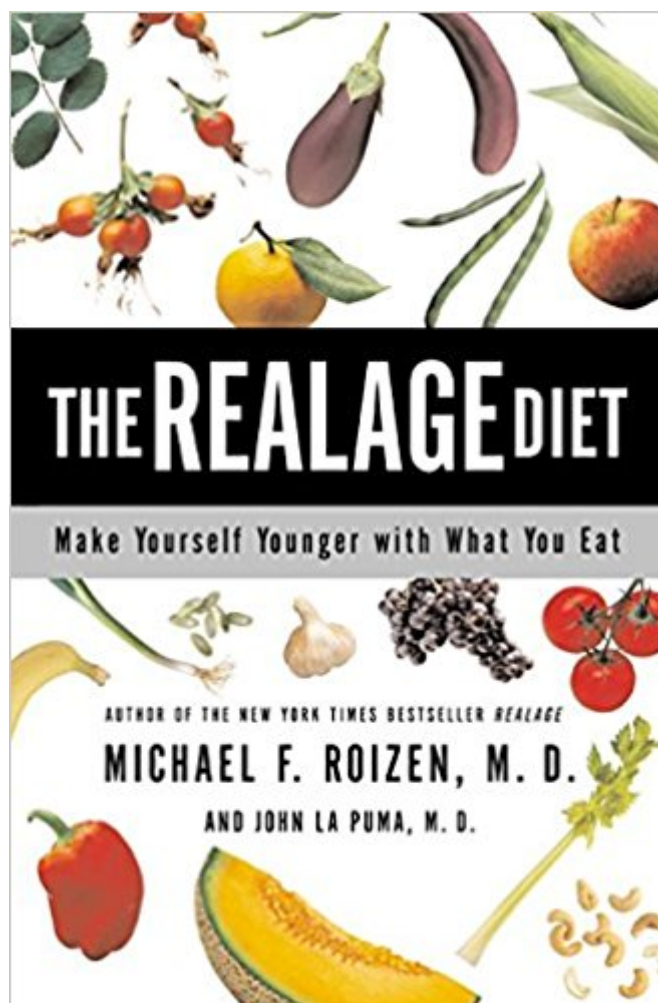


The book was found

# 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

Paperback: 400 pages

Publisher: William Morrow Paperbacks; Reprint edition (June 4, 2002)

Language: English

ISBN-10: 0060086122

ISBN-13: 978-0060086121

Product Dimensions: 6.1 x 1 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 39 customer reviews

Best Sellers Rank: #801,655 in Books (See Top 100 in Books) #93 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #5617 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets #28650 in Books > Parenting & Relationships

## 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 to many of my friends who have expressed similar thoughts about it. I like that it addresses supplements and foods it terms of value and amount.

Just look at Dr. Roizon- 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 genius is Dr Roizen!!! He is amazing! Read this book, follow its recommendations, and you will live longer and feel better.

[Download to continue reading...](#)

The RealAge Diet: Make Yourself Younger with What You Eat Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **\*\*BONUS\*\*** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Ketogenic Diet: Ketogenic Diet: Eat Fat Get Thin: Keto: 100+ Easy Ketogenic Diet Recipes For Extreme Weight Loss. The Ketogenic Diet Beginners Guide To ... Keto, Ketosis, Weight Loss, Ketogenic Diet) Flat Belly Diet: The 14 Day Challenge - Flat Belly Diet Cookbook: Flat Belly Diet for Women, Flat Belly Diet for Men, Flat Belly Recipes, Eat ... Belly, Flat Belly, Flat Belly Diet (Volume 1) ATKINS: Atkins

Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)