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~~Dr. Michael Roizen  
and Dr. Mehmet Oz --  
YOU: Staying Young  
-- Book You: Staying  
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~~the decline~~

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Steve Jobs' 2005

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Meet Dr. Michael

Roizen \u0026amp; Dr.

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Toxins How Bill Gates

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Skincare Habits That

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Most People Don't  
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a Small Business

u0026 PREVENT  
Business Failure  
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Read You, Staying  
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(Thorndike Health,  
YOU: Staying Young

Book You: Staying  
Young- Your laundry  
List for Good Health  
~~You Staying Young~~

~~The Owners~~

This audio CD titled  
You Staying Young by  
Dr. Mehmet C. Oz



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You Staying

and Dr Michael F.

Roizen is one of the  
best sources, like

their earlier book that

I had read titled : You

the Owner's Manual.

Anybody interested in

protecting his / her

health or that of the

loved ones and

anybody who wants to

learn about the

human body would

greatly benefit from

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listening to this CD  
carefully from time to  
time.

For Extending

~~You: Staying Young:  
The Owner's Manual  
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Young: The Owner's  
Manual for Extending  
Your Warranty 1 by  
Roizen MD, Michael  
F, Oz, Mehmet (ISBN:  
9780743292566) from

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and Dr Michael F.

Roizen is one of the

best sources, like

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their earlier book that I had read titled : You the Owner's Manual. Anybody interested in protecting his / her health or that of the loved ones and anybody who wants to learn about the human body would greatly benefit from listening to this CD carefully from time to time.

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~~The Owner's Manual~~

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C. Oz, Michael F.

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Warranty. Write a

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Julia rated it liked it.

# Read Online You Staying

Shelves: Informative. I actually read all of these YOU books.

This was the best one I thought. Its the most recent one and therefore has the latest research in it.

~~You: Staying Young:  
The Owner's Manual  
for Extending Your ...~~  
Editions for You:  
Staying Young: The

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Owner's Manual for  
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0743292561

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~~Staying Young: The~~

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You: Staying Young:

The Owner's Manual



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For Extending

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into your daily life in

order to make staying

young routine, but first

you'll need to

measure your real

age and health right

now.

~~You Staying Young~~

~~The Owners Manual~~

*Page 17/89*

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~~For Extending Your~~  
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This audio CD titled  
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protecting his / her  
health or that of the

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Young ones and anybody who wants to learn about the human body would greatly benefit from listening to this CD carefully from time to time.

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The Owner's Manual  
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If you want to make staying young your

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new hobby, this is your user's manual. About the Authors Michael F. Roizen, M.D., is chief wellness officer at the Cleveland Clinic and author of the RealAge series of books.

~~You: Staying Young  
Free Summary by  
Michael F. Roizen et  
al.~~

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You: Staying Young:  
The Owner's Manual  
for Extending Your  
Warranty. Hardcover □

Oct. 30 2007. by  
Michael F. Roizen  
(Author), Mehmet Oz  
(Author) 4.2 out of 5  
stars 230 ratings.

Book 4 of 10 in the  
Doctor Oz's You Book  
Series. See all  
formats and editions.

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~~You: Staying Young:~~

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A professor of surgery

at Columbia

University, he directs

the Complementary

Medicine Program at

New

York's Presbyterian

Hospital and performs

more than fifty heart

operations a year. Dr.

Oz has written eight

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New York Times  
bestselling books,  
including Food Can  
Fix It, YOU: The  
Owner's Manual,  
YOU: The Smart  
Patient, YOU: On a  
Diet, YOU: Staying  
Young, and the award-  
winning Healing from  
the ...

~~You: Staying Young |~~

~~Book by Michael F.~~

*Page 23/89*

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You Staying

~~Roizen, Mehmet Oz~~

Owners Manual

The doctors want you to be able to integrate

important processes

into your daily life in

order to make staying

young routine, but first

you'll need to

measure your real

age and health right

now. Staying young

encompasses your

emotions and mental



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Young: The  
health as well as your  
exercise habits,  
eating habits,  
personal hygiene, and  
genes, among other  
things.

~~You: Staying Young:  
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You: Staying Young:  
The Owner's Manual  
for Extending Your  
Warranty. Link/Page

# Read Online You Staying

Citation In best-seller  
after best-seller, Drs.  
Mehmet Oz and  
Michael Roizen use  
their popular books as  
a vehicle to dispense  
the latest scientific  
research and medical  
findings in a format  
aimed at educating  
both patients and  
doctors with practical  
information on how ...

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"You: Staying Young"

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You Staying

is an fun read. The authors give you easy to understand advice on taking care of your body and why the things they recommend should work. It's a bit long, so it's best read as book to sample a few chapters at a time. The advice appears common sense. ( )

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Warranty by Mehmet

C. Oz, Lisa Oz,

Michael F. Roizen,

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Wynett (2007,

*Page 30/89*

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online prices at eBay!  
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Your Warranty

~~You: Staying Young:  
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An elderly man and  
woman, a young male  
passer-by and a  
waitress were killed in  
Fejzulai's assault,  
however it remains

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Unclear if he was the  
only shooter and a  
manhunt was  
launched after gunfire  
...

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Cohen spotlights

Mariss Martinez-

Thiele and her



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Advanced Skin  
Medspa in Newburgh.

~~We're Open: Spa  
owner helps you feel  
young again~~

There are steps we  
can take to protect  
and lengthen these  
sequences, and YOU:  
Staying Young  
explains what to do.  
Grounded in the latest  
scientific research

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You Staying

and filled with illustrations, Dr. Oz and Roizen's fourteen-day plan for staying young will help readers boost vitality, increase energy, and improve vitality—and age beautifully.

"Updated and with a new

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You Staying

introduction"--Cover.

Owners Manual

The body is the most fascinating machine

ever created, and

nobody talks about it

in ways that are as

illuminating and

compelling as Dr.

Michael Roizen and

Dr. Mehmet Oz. Most

people think of the

aging of our bodies

the same way we

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think of the aging of our cars: the older we get, the more inevitable it is that we're going to break down. Most of us believe that at age 40 or so, we begin the slow and steady decline of our minds, our eyes, our ears, our joints, our arteries, our libido, and every other

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system that affects  
the quality of life (and  
how long we live it).

But according to Dr.  
Roizen and Dr. Oz,  
that's a mistake.

Aging isn't a decline in  
our systems. It's  
actually very  
purposeful. The very  
systems and  
biological processes  
that age us are  
designed to help us

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Younger The  
Owners Manual  
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When we're a little bit younger. So what's our role as part of the aging population? To learn how those systems work so we can reprogram them to work the way they did when we were younger. Your goal should be: die young at any age. That means you live a high quality of life (with

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everything from  
working joints to  
working genitals) until  
the day you die. At  
the core of this  
landmark book are  
the Major Ager -- 14  
biological processes  
that control your rate  
of aging. Some you've  
heard of, some you  
haven't, and some  
you never knew  
contributed to the

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Young The aging process. Some speed decline, others inhibit your repair mechanisms. These

Major Agers are everything from short telomeres and inefficient

mitochondria to stem cells and wacky hormones. The doctors explain the principles of longevity and many of the



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## You Staying

causes of aging and how to fight the effects. The climax of the book is a 14-day plan to help you along your path to staying young. The doctors want you to be able to integrate important processes into your daily life in order to make staying young routine, but first you'll need to measure your

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real age and health right now. Staying young encompasses your emotions and mental health as well as your exercise habits, eating habits, personal hygiene, and genes, among other things. Wouldn't you like to know how to prevent your body from aging badly?

The original YOU

*Page 42/89*

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You Staying

Young The book showed how bodies work in general, and YOU: On a Diet explained how bodies lose weight and stay fit. Now in YOU: Staying Young, Drs. Michael Roizen and Mehmet Oz illuminate the mysterious mechanisms with a lively metaphor -- the modern city. What

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differentiates a vibrant and thriving city that ages gracefully from one that is worn down and rusted out?

Despite genetic differences, which are like the geography upon which the city is built, cities age differently because of the way residents treat their education system (stem cells),

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You Staying  
power plants  
(mitochondria),  
electrical grids  
(brains),  
transportation routes  
(blood vessels), and  
landfills (fat). You --  
as mayor, resident,  
and street cleaner --  
have the power to  
balance your  
biological budget to  
ensure a life that's  
both long and strong.

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You Staying

Thankfully, just as cities can invest in renewal and improving their repair processes, so can you. YOU: Staying Young is filled with signature YOU Tools, including YOU Tests, YOU Tips, and visual and verbal metaphors to bring the science to life.

# Read Online You Staying

Most people think that beauty revolves around such things as lipstick, sweet eyes, or skinny jeans -- all those things that we can see (and obsess over) in the mirror. But the fact is that beauty isn't some superficial pursuit, and it's not some random act that you can thank (or curse)

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your ancestors for.

There are, in fact, scientific standards to beauty. Beauty is

purposeful, because it's how humans have historically

communicated who we are to potential mates. Beauty, in fact, is really about your health and happiness.

In this groundbreaking book, Dr. Michael F.



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You Staying

Roizen and Dr.

Mehmet C. Oz bust  
the myths and  
stereotypes about the  
way we view

ourselves -- and how  
we define beauty. In  
these pages, you'll  
find out why beauty  
isn't as much about  
your vanity as it is  
about your humanity.

The doctors take a  
scientific, informative,

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and entertaining look at the three levels of beauty and explain how they all work together to form a complete and authentic YOU. Those three levels of beauty are: Looking Beautiful: Your appearance influences your self-esteem and has major health implications.

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Here, the docs will tell you how you can look the way you want.

Feeling Beautiful: So what if you have

luscious lips or gorgeous locks if your joints creak and you have the energy of a rug? The docs will tell you how to improve your energy levels, beat back your life-altering aches and

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pains, and come to grips with some of life's toughest stresses. Being

Beautiful: By improving your relationships with your loved ones as well as with others, you'll be well on your way to finding true happiness. That's the ultimate goal: Having all three levels of

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Young Working

together so you can  
have a happy and

healthy life. You'll

start off by taking the

ultra-revealing and

validated YOU-Q Test

to help you assess

where you are on

your own beauty

scale and where you

want to be. Take the

test, see how well you

do; then use the book

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You Staying

to help you improve your score. With their usual candor and honesty, Dr. Roizen and Dr. Oz break down the mechanics of beauty and explain how little adjustments in your routine can help you become a happier, healthier person. You will learn about the biology of beauty, take YOU

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Tests to determine where you are on the beauty scale, get tons of YOU Tips to help you improve your life, as well as learn the secrets of the Ultimate Beautiful Day. From hair to toenails, Dr. Roizen and Dr. Oz go through every part of your body to explain how different foods,

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vitamins, creams, gels, and injections can really boost your looks. They scrutinize the beauty myths that bombard us every day and offer an unbiased perspective on which ones cause more harm than good. You will be able to revamp your beauty regimen (or start a new one from scratch). They'll



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also take a close look at chronic pain, mood swings, low energy, and financial stresses.

And they'll dive into the science of building relationships, finding happiness, and using spirituality to help you define your own levels of true beauty. Dr. Roizen and Dr. Oz act as tour guides navigating the tricky

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but exciting terrain of today's beauty industry. YOU: Being Beautiful is your all-inclusive ticket into the world -- the real world -- of beauty.

"Using strategies that anyone of any age can use, Dr. Roizen shows you how to change your health destiny with his seven

# Read Online You Staying Young The simple secrets to earning a Do-Over"-- Owners Manual

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

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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,

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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

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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

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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 #1 bestseller that gives YOU complete control over your body

Read Online  
You Staying  
and your health. In  
this updated and  
expanded edition,  
America's favorite  
doctors, Michael  
Roizen and Mehmet  
Oz, discuss how YOU  
actually have control  
over your genes.  
Discover how  
diseases start and  
how they affect your  
body—as well as  
advice on how to



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You Staying

prevent and beat conditions that threaten your quality of life. YOU: The Owner's Manual For Extending Your Warranty challenges preconceived notions about how the human body works and ages, and takes you on a fascinating grand tour of all your blood-pumping, food-digesting, and

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Young-The

remembering systems  
and organs—including  
the heart, brain,

lungs, immune  
system, bones, and  
sensory organs.

There are also 100  
questions asked by  
you, and answered by  
the experts. For  
instance, do you know  
which of the following  
statements are true?

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As you increase the amount you exercise, the rewards you gain from it increase as well. If you're not a smoker, you have nothing to worry about when it comes to your lungs. Your immune system always knows the difference between your own cells and enemy invaders. The biggest

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Young The arteries  
is cholesterol.

Memory loss is a  
natural, inevitable part  
of aging. Stress is the  
greatest ager, and  
controlling it changes  
which of your genes is  
on. Did you answer  
"true" for any of the  
above? Then take a  
look inside. Complete  
with exercise tips,  
nutritional guidelines,

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Young The

simple lifestyle

changes, and

alternative

approaches, YOU:

The Owner's Manual

debunks myths and

gives you an easy,

comprehensive, and

life-changing How-To

plan—as well as great-

tasting and calorie-

saving recipes—that

can help you live a

healthier, younger,

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and better life. Be the best expert on your body!

For Extending

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

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Young Into the  
best weapon against  
fat: knowledge.

For Extending

Your Warranty

From the YOU  
doctors Mehmet Oz  
and Michael Roizen,  
using information from  
their multimillion copy  
bestselling YOU: On a  
Diet, comes this small  
guide to losing weight  
and turning your life  
around in sixty days.

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There are no shortcuts when it comes to weight, and waist, loss—no twenty-pounds-in-three-days formulas, no way to get from size XXXL to size S by the end of the weekend. But you can diet smart, not hard. In *YOU: Losing Weight*, the doctors behind the bestselling *YOU: On a Diet* offer



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their best ninety-nine tips and strategies for getting your body into the shape and with the waist size that you've always wanted. Dieting can't be hard if you are to succeed for a lifetime, and it should never feel like a sacrifice. With the right strategy, you can make the lifestyle

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changes that you need to lose weight and get healthy for good. In this handy waist-loss guide, Dr. Michael Roizen and Dr. Mehmet Oz use their signature wit and wisdom to boil down the science and strategies for you. They keep their usual no-nonsense approach to

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explaining the human body to outline why crash dieting can't work for the long term. More important, America's Doctors share their favorite weight-loss super-foods recipes and provide exercise suggestions for how to get the most from any kind of workout. With food plans,

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shopping lists, and comprehensive advice on the science of waist loss, this pocket-size paperback is packed with everything dieters need to know about how to develop better habits that will keep pounds off for good.

Explains how stress

*Page 76/89*

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impacts every aspect of a life while sharing stress-management techniques on how to minimize related health risks and improve overall well-being.

What is aging? Aging is not a mysterious metaphysical phenomenon. Aging happens in the

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Younger. Your  
arteries become  
clogged. Your arthritis  
flares up. Age is not  
just a chronological  
measurement; it's the  
rate at which the  
primary internal  
guardians of  
health--your  
cardiovascular and  
immune  
systems--decline.

While your

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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

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Young The  
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,

*Page 80/89*



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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

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Younger Than

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

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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.

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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.

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Young The

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

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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

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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

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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.



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