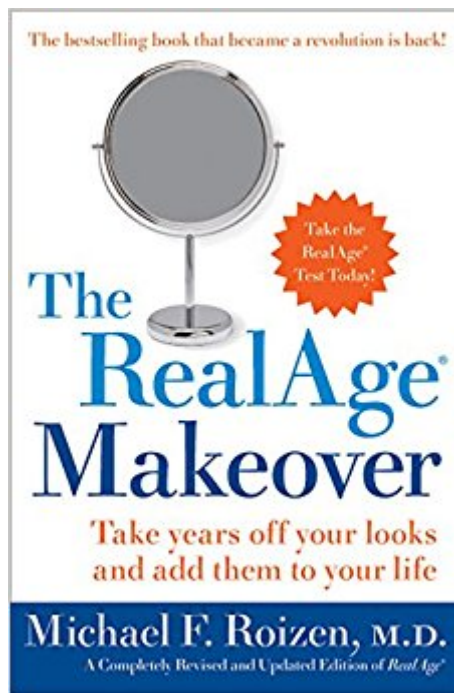




The book was found

The RealAge Makeover: Take Years Off Your Looks And Add Them To Your Life



Synopsis

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*!

Book Information

Hardcover: 528 pages

Publisher: William Morrow; Revised and Updated ed. edition (April 2004)

Language: English

ISBN-10: 0060196823

ISBN-13: 978-0060196820

Product Dimensions: 6 x 1.6 x 9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 58 customer reviews

Best Sellers Rank: #621,776 in Books (See Top 100 in Books) #60 in [Books > Health, Fitness & Dieting > Aging > Beauty, Grooming & Style](#) #441 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style > Style & Clothing](#) #3684 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

Dr. Michael Roizen hopes to discover a cure for the common birthday. The author of the bestselling book *RealAge* and Oprah guru, Roizen translates groundbreaking medical research into a series of calculations and choices that promise to reduce age-linked symptoms and diseases. The *RealAge Makeover* begins with a self-test of 132 health factor questions that compare your calendar age with your "real age"--based on healthy habits plus heredity, he rounds up the usual suspects (sun exposure, sleep patterns, good fats) as well as the unusual (the kind of chocolate you eat, the number of nagging unfinished tasks, your catsup consumption). Although Roizen flags heredity, he focuses on the three key factors of aging: arteries (heart attack, stroke, memory loss), immune systems (prostate and breast cancer), and environmental stresses (lung cancer, STDs). He offers a sliding scale of difficulty in his "younger every day suggestions." Whether talking about stress, diet, or disease, Roizen offers case examples and subtle and engaging strategies such as describing the role of living beyond your means in aging or the difference between "four-legged" and "no-leg fats." Readers looking for a quick fix will benefit less than those who follow the recommendations that require focus and commitment. As Baby Boomers age and books about turning back time increase, Roizen's will remain a standout. --Barbara Mackoff

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.

I am an avid reader in many genres with a current Kindle library of 456 books. Kindle books are magical to me! However, this "book" is like an electronics science project put together by a nine year old the night before it was due - with no parental review. Or, if made by adults, it's as if they threw its contents up into the air, let them land wherever, then slapped a title on top! There's no Table of Contents or listing of chapters (until a list of subjects shows up as links buried in the text down

below). Some pages have just one or two lines on it because the book clearly wasn't formatted. It's simply an readable mess! Shame on HarperCollins e-Books and shame on the good doctor who should have screamed bloody murder at having his fine work so debased. I'm returning it pronto! NOTE: I found no way to indicate this was a Verified Purchase, but it was. I just returned it 5/28/2015 around 10:35am.

This big book is well worth the money and the time it takes to read it. Filled with really good and useful information that will lead to improved health and a long life.

A book to hang on to for a long time. Good information.

This book is very thorough on helping folk understand how we age and what we can do to maintain optimum health. A long book that covers most all topics on how to achieve having your real age be younger than your birth age. Highly recommend this book.

I love the info in this book.

Some good ideas

Forgot that I had done the same test through Dr Oz. for free.

I really like this doctor who wrote the book. He always has very good information. I saw this book recommended in a magazine and it is very true to what was described. I do recommend this to anyone who is getting older and is interested in keeping themselves youthful. Very interesting and helpful information.

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

The RealAge Makeover: Take Years off Your Looks and Add Them to Your Life The Shepherd Trilogy: A Shepherd Looks at the 23rd Psalm / A Shepherd Looks at the Good Shepherd / A Shepherd Looks at the Lamb of God Oxford Take Off In French (Take Off In Series) 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) The RealAge Diet: Make Yourself Younger with What You Eat RealAge: Are You as Young as You Can Be? Healing ADD Revised Edition: The Breakthrough Program that Allows You to See and Heal the 7 Types of ADD Healing ADD: The

Breakthrough Program That Allows You to See and Heal the 6 Types of ADD How to Add a Device to Account: How to add a device to my account - 3 easy steps in few minutes Flavored Butters: How to Make Them, Shape Them, and Use Them as Spreads, Toppings, and Sauces (50 Series) Essential Spices and Herbs: Discover Them, Understand Them, Enjoy Them Think...like a Bed Bug: A Guide To Knowing What Bed Bugs Are, Who's At Risk, How You Get Them, How To Spot Them Early, Health Implications, Prevention ... Tips, And What To Do If You Get Them! 10 Photos You MUST Take At A Wedding - and how to take them Motivate Your Child: How to Release Your Child's Inner Drive and Help Them Succeed in Life: A Parents Guide to Raising Kids, Inspire them, Student Success ... Engaged) (Life Psychology Series Book 1) How Dogs Think: What the World Looks Like to Them and Why They Act the Way They Do Middle School Makeover: Improving the Way You and Your Child Experience the Middle School Years Thin From Within: The Proven Breakthrough to Take It Off and Keep It Off! The Flexitarian Diet: The Mostly Vegetarian Way to Lose Weight, Be Healthier, Prevent Disease, and Add Years to Your Life (Dieting) The Ultimate Guide To The Face Yoga Method: Take Five Years Off Your Face Mindset Makeover: Change Your Self-Sabotaging Thoughts, Tame Your Fears, And Learn From Your Mistakes - Focus On The Real Values Of Life

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)