

[PDF] The RealAge Diet: Make Yourself Younger With What You Eat

Michael F. Roizen, John La Puma - pdf download free book

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Description:

From Publishers Weekly 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.

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About the Author Michael Roizen, M.D., is an internist who chairs the Department of Anesthesia and Critical Care at the University of Chicago. He has been listed in *The Best Doctors in America* for the last twelve years. He is the author of the number one *New York Times* bestseller *RealAge*. Dr. Roizen lives in Chicago, Illinois.

John La Puma, M.D., F.A.C.P. is a board-certified specialist in internal medicine and medical nutrition, and a professionally trained chef. Internationally recognized for his career in medicine, he is a Fellow of the American College of Physicians, founded *Alternative Medicine Alert*, the leading physician-newsletter in its field, and serves on the boards of *Nutrition in Clinical Care* and the *Journal of Clinical Ethics*. Dr. La Puma is a member of the External Advisory Board of the UCLA Center for Dietary Supplement Research on Botanicals and formerly a Clinical Associate Professor of Medicine at the University of Chicago. He is an expert on obesity and disease prevention, and co-authored the *NEW YORK TIMES* bestseller *THE REALAGE DIET: MAKE YOURSELF YOUNGER WITH WHAT YOU EAT*. He has made numerous appearances on national television networks including PBS AND NBC. Dr. La Puma is Medical Director of the Santa Barbara Institute for Medical Nutrition and Healthy Weight and is based in Santa Barbara, California.

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