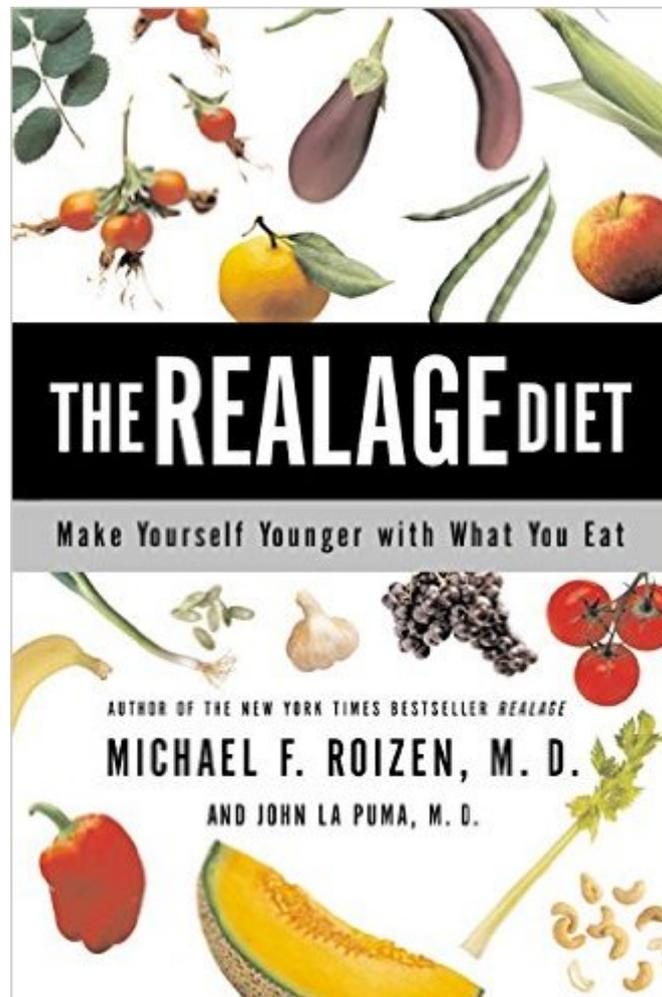


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# The RealAge Diet: Make Yourself Younger With What You Eat



## 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

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## Customer Reviews

The connection between food and health is a strong one. Many diet-obsessed people overly focus on this one element of health though. This book builds from the RealAge research to help you change your eating habits in permanent, healthy ways. The book's weakness is that the recommended solutions require a lot of discipline to get started. The book's conclusion that these changes will make you physiologically younger may well be a stretch. "To be honest, there's still a lot that scientists don't know about nutrition." That sentence is the most important one in the book. A new diet could be produced every year incorporating the latest research results, and each one would be different. I suspect that this continuing change in perceptions will go on for decades. So I suggest that you not take the results of any one diet book too seriously. Some of the key conclusions of each one will probably be contradicted in the future. Nevertheless, this book is an

attempt to point you toward eating habits that reduce diseases older people get more frequently and extend longevity. On the other hand, this book does not focus on appearance or weight level. Many people who read diet books are more interested in those two areas than longevity. If you are interested in another diet currently, this book probably reviews the other diet and gives you a rating for whether or not that diet will help extend longevity. The book is most positive about Eating Well for Optimum Health and Dean Ornish's Eat More, Weigh Less. The book's advice can be encapsulated as "Eat nutrient rich, calorie poor, and delicious." These foods include fruits, vegetables, whole grains, lean meats, fish, and the right fats (eaten in moderation early in the meal).

I liked the first "RealAge" book but I found this one very disappointing in its assessment of the low carb, high protein ways of eating. In terms of other things too, like the dangers of eggs and egg yolks, its research seems behind the times. The latest research suggests (see The Schwarzbein Principle + other sources) that the body does not make extra LDL cholesterol - the dangerous kind - from eggs. This book still insists it does. In fact, the scientific evidence that the body makes ANY cholesterol directly from dietary fats appears to be less than conclusive. Even when dealing with - perhaps - the most extreme low carb way of eating, Atkins, it bases most of its criticisms on a phase of the programme that may last no more than two weeks. It also omits to mention that practically all the other low carb books it assesses DO stress exercise as an important part of health. Incidentally, most low carb programmes cite many more sources to back up their claims than Roizen is willing to admit. He and his advisors apparently do not even know the difference between ketosis and ketoacidosis. Almost everyone who has tried these ways of eating notices weight loss, greater energy and a greater sense of well being. .... And yet they repeatedly read statements in books like Roizen's that tell them they should be feeling lousy and fatigued. Not only that, their blood cholesterol levels actually improve. People who choose these programmes are usually VERY careful to get cholesterol levels checked regularly. I know directly of at least one Type 2 diabetic who is surprising her doctors by going against the standard advice and doing low carb and halving her blood sugar levels. My own experience?

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