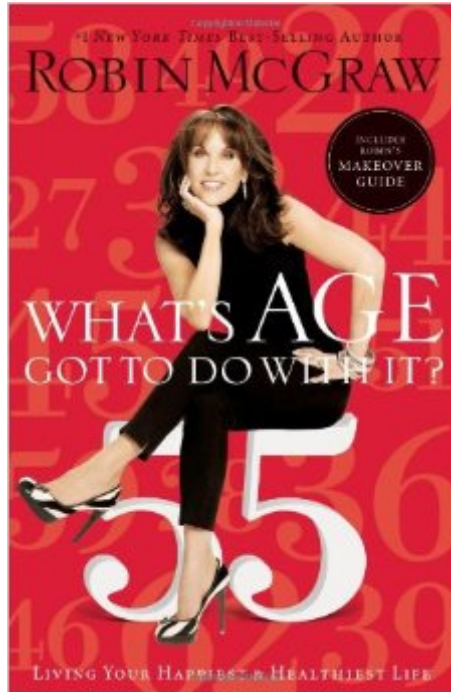


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# What's Age Got To Do With It?: Living Your Happiest And Healthiest Life



## Synopsis

What <sup>TM</sup>s Age Got to Do with It? ABSOLUTELY NOTHING! Though it <sup>TM</sup>s her husband, Dr. Phil, who has his own nationally-syndicated talk show, Robin McGraw <sup>TM</sup>s appearances on the show draw thousands of questions from viewers of all ages who want to know how she looks and feels so fabulous at the age of fifty-five. In What <sup>TM</sup>s Age Got to Do with It? Robin shares her journey, including the ups and downs, and the secrets for staying healthy and in shape. She also provides insider information from a panel of top experts in the areas of fitness, nutrition, skin care, menopause, hair, makeup, and fashion. Included in this two-in-one book, is the highly practical and actionable companion book Robin McGraw <sup>TM</sup>s Complete Makeover Guide, which helps women apply Robin <sup>TM</sup>s powerful insights in their everyday lives. Robin says, "To me, aging gracefully isn't accepting what aging does to you. It means taking care of your health, wanting to look your best, and knowing that it is not conceited, egotistical, or selfish to do so."

• ROBIN MCGRAW, wife of best-selling author and television talk show host Dr. Phil McGraw, has made "family first" a priority in her life. Married for more than thirty years to Dr. Phil, Robin has made her marriage and raising their two sons, Jay and Jordan, her priority in life. A constant presence on the Dr. Phil show since the first episode, viewers worldwide have embraced Robin "whether she <sup>TM</sup>s discussing her experiences as a mother and wife or dealing with issues that women face in the many phases of their lives."

## Book Information

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## Customer Reviews

I heard of this book when Ms. McGraw appeared several months ago on the Oprah Winfrey show to talk about her experiences with bioidentical hormone replacement therapy. I borrowed the book from the local library, and after reading it, was glad I had not spent money to purchase it. The chapter on bioidentical hormones was a rehash of what she had said on Oprah, that she wasn't willing to just "accept" the diagnosis of menopause and after much research, she decided to start on a protocol of bioidentical hormones instead of synthetic hormones and the antidepressants that so many women take for menopausal symptoms. She also spoke of how she called her family together for a meeting to tell them she was in menopause (I guess the point was to counsel women that it shouldn't be a taboo subject, but it came across as a Robin feeling like the world should revolve around her because she is feeling menopausal). Her husband's show, the Dr. Phil Show, did an entire program recently on bioidentical hormone replacement therapy----while I had high hopes the show would be truly educational on this very important topic, it came across as being a one hour infomercial for the book, and most of the guests were specifically presented as being "saved" by Robin as she took them to her personal BHRT physician. What made me angry is that the Oprah shows totally ignored the issues of financial costs and insurance coverage (or lack thereof) and many women assume that bioidentical hormone replacement therapy is something only wealthy women can afford----and the Dr. Phil Show did nothing to clarify those issues, and Robin only made passing mention of the issue in the book.

Fortunately, I got this book from the library which I often do before investing in a book. I took some notes from reading it and was prepared to buy the book UNTIL I used Robin's "recipe" for a morning drink to jump start your metabolism and energize your day. Since I have returned the book I can't tell you what page the "recipe" is on but it is in a highlighted gray box. She says to mix 1 CUP of Apple Cider Vinegar, 1 CUP of warm water and 1-2 Tablespoons of concentrated lemon juice. I managed to drink it down but OH MY GOD! It burned in my throat, it burned in my esophagus and it burned in my stomach for hours. I lost count of how many Tums and antacids I used that day. Several days later, determined to better my health and appearance, I thought "OK - I'll start out in smaller proportions and build up to her recommendation." This time I mixed 1/2 cup Apple Cider Vinegar and 1-1/2 cups warm water and just 2-3 drops (not Tablespoons) of lemon juice. This time I gagged it down. OH MY GOD again - It burned just as badly and within minutes I vomited it up so it could burn my stomach, esophagus and throat a second time on the way back up. From that moment on I thought - NO WAY! I don't believe for a second that Robin drinks this. I went to the Dr. Phil website and e-mailed the situation to Robin under the link "Ask Robin a Question." No response

from anyone. Not Robin, not a staff member, no one. One would think they could be courteous enough to say, "Yup, there was a typo that the publisher missed and we are so sorry that this happened to you." One would also think that there should be a published notice on the web from Robin and/or the publisher acknowledging this typo/misprint.Nothing.

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