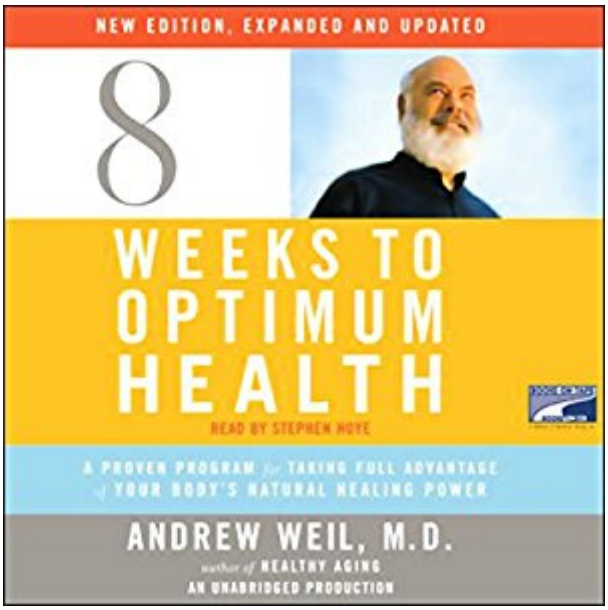
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Eight Weeks To Optimum Health



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Synopsis

Now expanded and updated: The book in which one of America’s most brilliant and respected doctors gives us his famous program for improving and maintaining healthÃ¢â ¬â •already the program of choice for hundreds of thousands. Eight Weeks to Optimum Health focuses all of Andrew Weil’s expertise in both conventional and alternative medicine on a practical week-by-week, step-by-step plan, covering diet, exercise, lifestyle, stress, and environmentÃ¢â ¬â •all of the aspects of daily living that affect health and well-being. And he shows how his program can be tailored to the specific needs of pregnant women, senior citizens, overweight people, and those at risk for cancer, among others.Dr. Weil has added the most up-to-date findings on such vital subjects as cholesterol, antioxidants, trans fats, toxic residues in the food supply, soy products, and vitamins and supplements, together with a greatly enhanced source list for information and supplies.Preventive in the broadest sense, straightforward, and encouraging, Eight Weeks to Optimum Health has proved to be, and in this updated version will continue to be, an essential book. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition
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Best Sellers Rank: #29 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #136 inÃ Â Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #312 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Health

Customer Reviews

I really like that this book tells you what TO do instead of what NOT to do.It doesn’t say "don’t eat carbs" or "don’t eat fat". Instead, it says "eat broccoli", "eat salmon", and "eat soy protein". It doesn’t say "do 50 pushups", it says "spend a few minutes walking" and "spend a few minutes observing your breath". It offers a few suggestions that are unconventional ("ignore the news for a few days"),

but very helpful. It starts very simple and slow, and it adds a few small steps every week. So it’s a very manageable way to build some good habits, particularly if you are starting from the absolute beginning.I don’t know how much science there is behind certain things, especially some of the supplements. Do I really need to eat ginger root every week? I don’t eat it regularly now, but it was easy enough to try it once. Dr. Weil uses a lot of anecdotal "evidence" to make his points, but that’s OK. It’s an easy plan to implement, and if something doesn’t work for you, there’s nothing saying you have to do it forever. Try it once, and then choose what works for you and what doesn’t.I did lose a substantial amount of weight during my eight weeks, even though this book isn’t necessarily intended as a weight loss plan. Whether you are trying to lose weight or not, you will build some very good habits, and you will feel better about yourself right off the bat. If nothing else, it will make you think about how you eat, how you exercise, and how you medicate. I don’t view this as a plan to cure disease or even to lose weight, but rather as a foundation for a better everyday lifestyle.This is a great launching pad to healthier living, especially if you have no idea where to start.

I have several of his books and each and every one is a treasure of wealth on health...I read and re-read to remind myself of what I need to be doing all the time...He’s really steered me in the right direction of well being...

This book is good and supplies information that could transform your life. Each chapter builds on the previous one and by the 8th week, if the information is practiced, new and good health habits will result. I’m still working on it, though, and hope to continue to improve my health.

This is an excellent book and I would recommend it to anyone really desirous of taking charge of their health.

I read this book years ago and decided to reread it. Following the advice is hard but worth it.Definitely a must read for all of us wanting to better our lives.

Very insightful book with a lot of meaningful stories. Wouldn’t mind expanding a little more on details here and there. I liked a lot of the areas around habits.

I am reading it for the 3rd time as part of a refresher program for my nutrition studies. It is just as good as it was the first time I read it. The advice is still relevant and right on point if you want to turn

poor health around. It is clear and precise and written for the common man to understand. Enjoy.

live your life by it. handy reference guide in the rear for stores, and herbal remedies. great tips for making your home healthier, cooking better, and changing the little things.

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