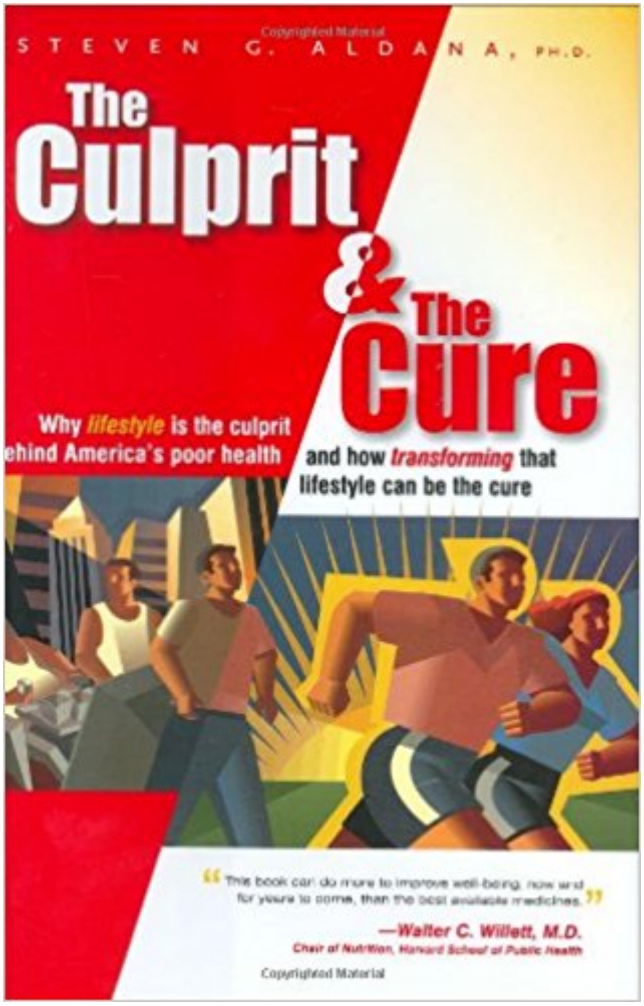
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# The Culprit And The Cure: Why Lifestyle Is The Culprit Behind America's Poor Health




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## Synopsis

This book presents a wealth of evidence that reveals how a healthy diet, exercise, and other healthy lifestyles can impact life-span and the risk of cancer, heart disease, diabetes and other chronic diseases. It provides easy-to-follow guidelines that will help individuals begin and maintain a healthy lifestyle for life. No infomercials here, just the facts from an authority who knows.

## Book Information

Hardcover: 272 pages

Publisher: Maple Mountain Press; 1 edition (December 17, 2004)

Language: English

ISBN-10: 0975882805

ISBN-13: 978-0975882801

Product Dimensions: 6.4 x 1 x 9.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.4 out of 5 stars 21 customer reviews

Best Sellers Rank: #323,840 in Books (See Top 100 in Books) #185 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

This book can do more to improve well being, now and for years to come, than the best available medicines. (Dr. Walter Willett, Chair Department of Nutrition, Harvard School of Medicine)If youÃ¢â ¬â„¢re looking for the path that leads to a long and healthy life, the definitive map is between the covers of this book! Brilliant! (Dr. David Hunnicutt, President, Wellness Councils of America)Finally a book that gets to the heart of good health in a light-hearted but scientifically supported way! This book is a clear beacon of simple and understandable truth in a sea of commercially motivated hype. Every person with children, employees or patients should read and distribute this book. (Troy B. Adams, Ph.D. FAWHP, Arizona State University)Finally Dr. Steve Aldana gives us accurate physical activity and nutrition in a Ã¢â ¬Å“healthÃ¢â ¬Â• book thatÃ¢â ¬â„¢s actually fun to read! If people will only follow what Dr. Aldana has written, we would have a public health revolution (Garry M. Lindsay, Director of Business Partnerships, Partnership for Prevention)I personally enjoyed reading Dr. Steven Aldana's timely, well-documented and important book, "The Cure and the Culprit." It strikes a commendable balance in the synthesis of what can often seem to be confusing or conflicting scientific findings into solid practical guidelines for adopting healthier lifestyles. I encourage everyone to read and apply the information pleasantly presented in

this book. It can change your life for the better in ways you truly cannot imagine could be so simple and doable. (John H. Kelly, Jr., MD, MPH, President, American College of Lifestyle Medicine Loma Linda University School of Public Health)As the wellness coordinator at the Washoe County School District in Reno, NV, my job is to help our employees have good health. This book is so valuable I have ordered a copy for every one of our 7,000 employees and retirees. If they will apply this information in their own lives, we will have the healthiest workforce in America. (Aaron M. Hardy, MS, Integrated Health & Wellness, Washoe County School District Wellness Coordinator)This book shows us the way to resolve much of America's health crisis. It explains the science of healthy living in a language people can understand and follow. Yet, it is backed with the scientific evidence that can be trusted. Every adult, every patient, and every doctor in American should read this book. (Dr. Roger L Greenlaw, FACP, Rockford Gastroenterology)

As Americans struggle to eat healthy foods, be physically active, avoid chronic diseases, and control body weight, this book acts as a lifeline…a beacon of scientific truth and a practical plan for change. Steven G. Aldana, Ph.D. has cut through the marketing hype, sorted through reams of research, and consolidated mountains of evidence to put together a real-world guide to healthy living. His book The Culprit and the Cure is a practical guide that allows real people - like you and me - to improve the quality and length of their lives. It’s really quite simple: Lifestyle is the culprit behind our nation’s declining health and increasing problems with obesity and chronic diseases. The cure is transforming unhealthy lifestyles into healthy ones, resulting in chronic disease prevention (and even reversal), a longer life and maintaining a healthy weight. There are no quick fixes: if you want lifetime benefits, you need to make permanent lifestyle changes. In The Culprit and the Cure, you get the "whys and the hows." First, you see the science: why does lifestyle impact the risk of chronic disease, and what are all those research study results really saying? Science has already solved much of the good health puzzle, and here it’s presented in clear, concise terms. Dr. Aldana goes on to explain how to have a healthy diet, what makes up good nutrition, how much physical activity is optimum for good health and how to make effective, permanent lifestyle changes. The Culprit and the Cure empowers you with hands-on tips and achievable guidance for embracing healthy choices. Once you see how this information transforms your life, you will want to share it with those you really care about. Steven G. Aldana is a professor of lifestyle medicine in the College of Health and Human Performance at Brigham Young University. As a prolific researcher and writer, The Culprit and the Cure is the latest of several books he has written in addition to more than 60 scientific articles. A nationally recognized scientist and teacher,

Dr. Aldana has become a leading authority on the importance of living a healthy lifestyle. Now, with The Culprit and the Cure, that importance is supported with a practical, do-able plan to make lifestyle change a reality.

Great book! It really helped me realize the importance of exercise and diet!

I'm glad I only paid a few pennies for this book because it's hardly anything new in the way of dietary advice. It's pretty much the old food pyramid in rehashed form. And if you look at our country after years of trying to make the food pyramid work, you can pretty much see what a failure the idea has been. I'm a diabetic. So, my viewpoint is skewed to dealing with that. When I stumble across a book that tells me that Shredded Wheat is a great choice for breakfast, I have to scratch my head in confusion over a recommendation of a food with more carbohydrates than it's sugar coated cousins and almost no nutritional benefits to show for it. And that's just the tip of a very muddled iceberg of information that seems as dated as the science behind it's conclusions.

In high school I began the study of nutrition by reading the book Yoga, Youth, and Reincarnation and Prevention Magazine. I faced ridicule back in the 1960's due to my belief that food and health could overcome "bad genes." For 35 years I ate no flesh. In January of 2010, exhausted at the end of a 5.5 year battle to complete a PhD, a Chinese Medicine Doctor stated flatly that I had to eat fish because "You cannot take in enough Omega 3 supplements, your body needs fish." I followed her advice until the fall of 2011, I watched my health deteriorate on her diet suggestions, so I again turned to eating no flesh as a vegan. This book assures me that for most of my adult life, I have been on the right track to overcoming a poor family history. READ it and heal yourself and your family.

I listen to this in my car, I am almost finished and I really find the information easy to understand and follow along. Its a great introduction for those who are not "health aware". It also has some great statistics and detailed information for those who are not a novice in following a healthy life style. I plan on giving this CD to a few family members for X-mas.

This book is extreemly jam packed with information. I enjoyed the authors' sense of humor. Be warned this is deffinately not meant for a quick read. Slow and steady will win the race here. I found the book very motivating because the evidence was taken from actual studies performed.

I am only halfway through this book, but I already know I will recommend this book to my family and friends. I was not excited to read it as an assignment - I thought it would be another boring book on eating right. It is much more than that and very interesting to read. The author has done us a favor by reading through hundreds of studies completed on different aspects of health. He presents the results of these studies in an honest, unbias, meaningful way. I thought I knew all about what to do and not do, eat and not eat, but reading this I am understanding how a body reacts to foods and the environment. It is full of information that the marketing departments of food producers will not tell you and would rather you not know. A main theme of the book is that all of these health-related items are directly related to the amount of serious diseases such as cancer, heart disease, diabetes that cause most of the deaths in our country. As a society, we focus on the symptoms, rather than the causes of health problems. While we are pouring billions of dollars into finding a cure for these diseases, they are in many cases symptoms of our unhealthy lifestyles. By eating and living healthy, we can prevent the risks of most of these diseases. And you have to start now. As he points out, most people wait until they start seeing symptoms which in many cases, it may be too late. This is a must read for everyone interested in living a long, healthy life.

Unlike the last person who posted a review about The Culprit and The Cure, I have actually read this book. The review by "slim woman" was the first book review I've ever read where the writer actually admitted that she never actually read the book. Strange. She gives the book 1 star based on a photo of the author that appeared in a magazine.This book is excellent. It is one of the best health books I've ever read. Dr. Aldana presents all of the data, both for and against a healthy diet and regular exercise. He tells it like it really is, no biases or ulterior motives. I've had the privilege of taking a class from professor Aldana. He really does practice what he preaches and it was the best class I took in college.Reviewer "slim woman" is correct. He is not "slim" and will never have the perfect Hollywood figure. But I do know that based on DEXA measurements (the most accurate method of measuring body fat), Dr. Aldana has 14% body fat. The average for men is 24%. Obese for men is 27%. He also has a mesomorph body type, very thick and muscular. He generally runs 4-5 miles several times a week, and walks with his wife 3 miles every morning. He eats extremely healthy food. No, he is not "slim", nor will he ever be. I've shared this book with my family and friends and I would recommend it to anyone who is wondering what they should do to have a long, healthy life. It has improved my health and the health of my family. It is just a great book.

I really enjoyed this book! My friend sells corporate health benefit packages for a major insurance company and gives this book to his clients, so he gave me a copy.What's so refreshing about this book is that it is NOT a diet book and is NOT about weight loss. Weight loss is just a happy side effect of a healthy lifestyle. The focus of the book is improving your health by making what really are pretty simple lifestyle changes. When you learn about what healthy and unhealthy foods do to your body, it really motivates you to improve the way you are eating. The same is true for the discussion of exercise and what it does for the cardiovascular and other systems.Yes, we all know fruits and veggies are good for us, but I look at them in a whole new way now and you will too if you read this book!

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