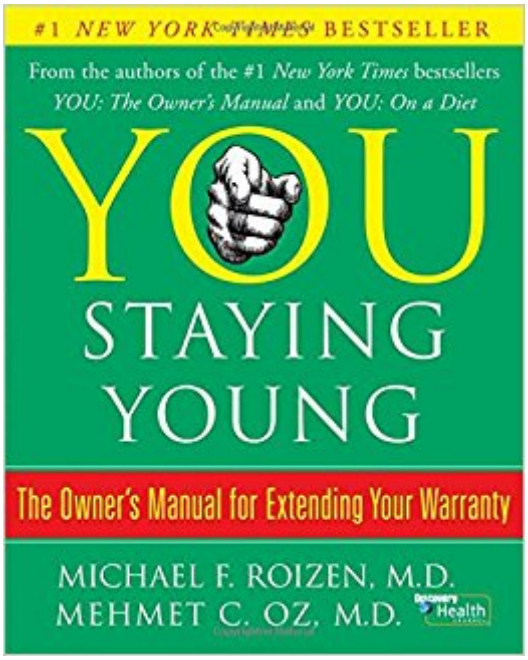
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You: Staying Young: The Owner's Manual For Extending Your Warranty



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Synopsis

International bestselling authors of YOU: The Owner's Manual and YOU: On a Diet give you all the tools and know-how to stay young and defy the ageing process. Drawing lively parallels between your body and aspects of city life, Drs Roizen and Oz show you how to balance your `biological budget' to ensure your life is long and strong.Million-copy-bestselling authors, Michael F. Roizen, M.D. and Mehmet C. Oz, M.D., explain the mysteries of ageing and how you can dramatically slow the process to live a longer, more vibrant life. Written with their irrepressible quirky humour and granite-solid research, YOU: Staying Young is set to become the definitive manual to remaining young, fit and healthy.If your body is a city, the authors explain, it is up to you as mayor, resident and street cleaner to ensure it remains a vibrant city - after all, who wants to live in a run-down, one-horse town? We all have different genes that influence us in same the way as cities are affected by different geographies. However, it is the way in which a city is run and the residents treat it that have the most overwhelming influence.Posing as local inspectors, Roizen and Oz club together to tackle your city's education system (stem cells), power plants (mitochondria), electrical grids (brains), transportation routes (blood vessels), landfills (fat), and parks (skin). They then give you the tools to clean up your act and turn your city back into the cutting-edge, party destination everybody will want to see.Look after your body and it will look after YOU.

Book Information

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Customer Reviews

The body is the most fascinating machine ever created, and nobody talks about it in ways that are

as illuminating and compelling as Dr. Michael Roizen and Dr. Mehmet Oz. Most people think of the aging of our bodies the same way we think of the aging of our cars: the older we get, the more inevitable it is that we're going to break down. Most of us believe that at age 40 or so, we begin the slow and steady decline of our minds, our eyes, our ears, our joints, our arteries, our libido, and every other system that affects the quality of life (and how long we live it). But according to Dr. Roizen and Dr. Oz, that's a mistake. Aging isn't a decline in our systems. It's actually very purposeful. The very systems and biological processes that age us are designed to help us when we're a little bit younger. So what's our role as part of the aging population? To learn how those systems work so we can reprogram them to work the way they did when we were younger. Your goal should be: die young at any age. That means you live a high quality of life (with everything from working joints to working genitals) until the day you die. At the core of this landmark book are the Major Agers--14 biological processes that control your rate of aging. Some you've heard of, some you haven't, and some you never knew contributed to the aging process. Some speed decline, others inhibit your repair mechanisms. These Major Agers are everything from short telomeres and inefficient mitochondria to stem cells and wacky hormones. The doctors explain the principles of longevity and many of the causes of aging and how to fight the effects. The climax of the book is a 14-day plan to help you along your path to staying young. The doctors want you to be able to integrate important processes into your daily life in order to make staying young routine, but first you'll need to measure your real age and health right now. Staying young encompasses your emotions and mental health as well as your exercise habits, eating habits, personal hygiene, and genes, among other things. Wouldn't you like to know how to prevent your body from aging badly? The original YOU book showed how bodies work in general, and YOU: On a Diet explained how bodies lose weight and stay fit. Now in YOU: Staying Young, Drs. Michael Roizen and Mehmet Oz illuminate the mysterious mechanisms with a lively metaphor -- the modern city. What differentiates a vibrant and thriving city that ages gracefully from one that is worn down and rusted out? Despite genetic differences, which are like the geography upon which the city is built, cities age differently because of the way residents treat their education system (stem cells), power plants (mitochondria), electrical grids (brains), transportation routes (blood vessels), and landfills (fat). You -- as mayor, resident, and street cleaner -- have the power to balance your biological budget to ensure a life that's both long and strong. Thankfully, just as cities can invest in renewal and improving their repair processes, so can you. YOU: Staying Young is filled with signature YOU Tools, including YOU Tests, YOU Tips, and visual and verbal metaphors to bring the science to life. A Letter from Michael Roizen and Mehmet Oz Dear Shoppers: Our books, YOU: The Owner’s Manual

and YOU: On a Diet, have become #1 and New York Times bestsellers, and we thank you. Many people have asked us questions about aging. We want you to know that the science in the last very few years has challenged the very perceptions of aging. Most of us tend to have the same view of the way people age: As we grow older, we start losing things. We lose some hair, lose our minds, lose our balance, lose our eyesight, lose a little of this and a lot of that until we eventually wither away into a hunched-over senior who takes 3-inch steps and eats dinner at 4:00 pm. But to think that a life of frailty is an inevitable outcome of aging is a mistake. And the fact that we don't take control of it is because we have excuses. We live in a society where making excuses is as easy as making a sandwich. Nowhere is that more apparent than when it comes to your own health. The reason why we are frazzled with stress? Blame the boss. The reason why we are sick? Blame the sniffling kids. The reason why our society’s waistbands are stretching and snapping at alarming rates? Blame Auntie's alfredo sauce. The top health excuse, however, revolves around the biggest four-letter word of them all, the GENE. We blame our genes for just about everything--for baldness, for fatness, for illness and for every other health-related problem we can think of. In our minds, that means that our mom, pop, and the rest of the family tree are all on the hook for the ultimate health question of them all--how long and how well we will live? But that is exactly where more of us have it wrong. While we are certainly born with genes that help determine everything from our height to our risk of heart disease, we are making a monumental mistake by assuming that we can’t control our genes--especially when it comes to aging. Perhaps the best way to explain the dynamics of aging is to take a look at another complex system that is subjected to the same forces as your body: a city. Some cities remain beautiful and elegant in their old age, while younger ones may look worn down and beat-up. Now, every city has its own genetic code, just as you do. For a city, genes are geography; whether it's built on a river or whether it's located in a hot or cold climate, or whether it lies directly in a prevalent hurricane path. A city's geography can't change. But the city can adapt to the environment with earthquake-proof construction, with underground tunnels for walking in wintertime, or with strong levies. The adaptation the city makes to survive and to thrive is what is crucial to its vitality. The same goes for you. Just because you have been dealt a genetic hand that predisposes you to heart disease or diabetes or the wearing of pants as large as a parachute doesn't mean you can't mitigate the effects of those genes. One of the major things we will teach you is that while you can't change your genes, you can change whether they are turned on or off or how you express them. Just like a city, you can compensate elegantly if you understand your options. For the first time in history, the medical world has uncovered many of the miraculous biologic processes that control how and why we age. Truth is,

much of aging is actually in our control; with the power to nudge our biologic systems so that our unwanted genes can work in our favor--as long as you know what to do and how you are doing it. In YOU: Staying Young, we translate the latest science (much of which wasn't available even three years ago) to help slow your rate of aging. You will learn 14 Major Agers, and dozens of action steps so that you can take control of those agers and your aging processes. We hope you enjoy the cartoons, analogies, and jokes. But ultimately we hope you soak in the message: Your health is largely in your control. We dedicate the book to all who desire longer life so they can serve more. Thanks very much, Mike and Mehmet A Look Inside You: Staying Young Take a look inside You: Staying Young with these three excerpted charts, full of crucial, easy-to-digest information that you can start using today: Fuel Your Fighters: One of the best ways to pump up your immune system is by eating the foods and getting the nutrients that have been shown to improve your natural defenses. Your Vital Supplements: The doctors' recommendations of pills and supplements that will make your body and mind stronger, healthier, and younger. It's best to get them from your diet, so consider these an insurance policy for an imperfect diet. Move Your Body: Most of your body parts become stronger when you use them. Take a glimpse at what you can and should do to make sure you're doing enough to prime your pumps. Questions for the Doctors Q: What is the single most important thing someone can do to combat aging? A: To understand that you get to control your rate of aging if you want to. It isn't that hard and doesn't take that long. In fact, even if you have had burgers for breakfast or fried your brain cells with stress by noon, you're not necessarily destined to wear husky pants, forget birthdays, and spiral into a state of complete upheaval. That's right: You get a do-over in life if you want it. Repeat after us: not hard, not long. Q: Is there one food, vitamin, mineral, exercise, or lifestyle change that does more to combat aging than any other? A: Our top choices in terms of ease and impact: Walk 30 minutes a day and call someone after you do it. No excuses, walk every day. If you do it, you'll have the courage, health, and attitude to adopt other changes too. Take 2 grams of omega-3 fats every day in form of either walnuts, fish oil, or DHA supplements. Q: What is one of the most surprising contributors to aging that we can easily remove from our lifestyles? A: Inflammation of our teeth. Remove it with daily flossing and brushing and seeing a dental professional regularly. You won't just save your teeth; you'll also go a long way in saving your heart and arteries. Another? Our lack of turmeric--curry and mustard (mustard on stadium hot dogs does not qualify). Both of those ingredients make your memory better. Q: What are some of the immediate benefits you will notice from following the tips in the book? A: You will feel younger. You might get hit upon by strangers or be mistaken for someone 20 years younger. In addition to the waist size you'll lose, your new attitude and vitality for life may give your reading

choice away. Q: How early should most people start to focus on slowing the aging process? A: The aging process starts in your teens or even before, but any time you start is better than later. (Repeat: not hard, not long.) Your cells basically have a memory of three years. So by changing your habits now, within three years, it's as if you have done your healthy habit all your life. Getting to Know YOU YOU: Staying Young [Audio CD] YOU: Staying Young Workout DVD YOU: On a Diet YOU: The Smart Patient YOU: The Owner's Manual

Starred Review. In their newest in the You series, physicians Oz and Roizen and a supporting cast of contributors explain why the body ages and how readers can become anatomical puppeteers, mastering their genes, bad habits, environmental pollution and stress while igniting the body's ability to stay fit, strong and healthy. According to the authors, avoiding such major causes of death as cancer and heart disease increases life expectancy by only just under a decade. With their talent for creating vivid, humorous images (amplified by cartoon drawings), they describe 14 major agers and how readers can use what is known about telomeres (which look like the plastic ends of shoelaces), mitochondria (the body's energy powerhouses) and other components of body functioning to repair and rejuvenate cells. While the hefty amount of detailed information might seem overwhelming, the suggestions in the authors' tool box are straightforward and, frequently, simple: walking a half hour each day; consistently getting enough sleep; relieving stress with yoga, meditation and chi gong; removing toxins from the home; and avoiding accidents, for example. Perhaps most simpleÃ¢â ¬â •and surprisingÃ¢â ¬â •is their claim that one of the best predictors of aging is your perception of your own health. With the facts and tools laid out here, readers will be able to articulate, challenge and change those perceptions through positive action. (Oct.) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

The introduction of this book tells us why and how we age.At the beginning of each chapter is a test you can take to assess where you stand on the aging scale.At the end of each chapter are YOU tips that list actions and strategies to keep your body working.On page 334 and throughout the book, are YOU tools, which are created programs you can implement into your life.Sprinkled throughout the book are Factoids.The author says that aging is reversible. A major ager is bad genes and short Telomeres.Chapter 1 tells how to develop a memorable memory. Another major ager is oxidation and inefficient mitochondria.Chapter 2 is about your heart. Major ager is stem cell slow down.Chapter 3 is about stress. Major ager is declining defenses (bacteria and viruses).Chapter 4 is about the immune system. It includes 8 great ÃƒÂ¢Ã â ¬Ã Å“You TipsÃƒÂ¢Ã â ¬Ã Â• along with

a great chart, which includes foods, nutrients, spices and supplements to boost your immune system. The chart also includes what you should avoid. YouÃƒÂ¢Ã â ¬Ã â„¢ll also learn about the major ager Ã ƒÂ¢Ã â ¬Ã Å“toxinsÃƒÂ¢Ã â ¬Ã Â• and youÃƒÂ¢Ã â ¬Ã â„¢ll learn how to keep sludge from seeping into your body.Chapter 5 Ã ƒÂ¢Ã â ¬Ã Å“Cancel Out CancerÃƒÂ¢Ã â ¬Ã Â•. Learn about the p53 gene, that exist to combat cancer. This chapter contains 7 tips you can do now to reduce your chances of getting cancer.Chapter 6 Ã ƒÂ¢Ã â ¬Ã Å“Breath EasyÃƒÂ¢Ã â ¬Ã Â•. YouÃƒÂ¢Ã â ¬Ã â„¢ll learn how to keep your lungs healthy. Do the test and see if your fingernails are clubbing. Clubbing could be caused by a lung, heart or intestine disease. This chapter includes 13 tools to help you quit smoking. Learn 4 tips to protect your lungs. Learn how excess glucose can age you.Chapter 7 covers diabetes. Learn 4 tips for lowing your risk of diabetes. A major ager is calorie consumption and slowing sirtuin.Chapter 8 is all about your gut. Learn how we loose our sense of smell and taste as we age. This chapter includes 4 tips to keep your innards running smoothly. Learn a major ager is neurotransmitter imbalance.Chapter 9 covers sleep. Take the test and see if you are Ã ƒÂ¢Ã â ¬Ã Å“a real snoozerÃƒÂ¢Ã â ¬Ã Â•. This chapter includes a great guide to help you and your doctor make the decision on what sleep drug might be best for you. This chapter also includes a great Chi-Gong exercise to help you sleep. There are also 8 tips to help you get a good nightÃƒÂ¢Ã â ¬Ã â„¢s sleep. Learn how a major ager is wacky hormones.Chapter 10 is about menopause. Learn about the 3-headed hormone; why estrogen is so powerful; and, the risk and rewards of estrogen therapy. There are 4 tips to increase your estrogen naturally.Chapter 11 is about the prostrate. Learn 6 tips for a healthy prostrate. A major ager is no nitric oxide.Chapter 12 is about sex. Learn the truth about testosterone and whether vitality hormones are worth the investment. There are 6 tips to keep things running smoothly. A major ager is UV radiation.Chapter 13 is about your eyes. This chapter includes an eye chart. This chapter goes in depth on each of the parts of the eye: cornea, lens, iris, aqueous humor, retina and macula. ThereÃƒÂ¢Ã â ¬Ã â„¢s a chart to test for signs of macular degeneration. YouÃƒÂ¢Ã â ¬Ã â„¢ll find 4 tips to protect your eyes. A major ager is disuse atrophy.Chapter 14 is about bones. I loved the factoid about kefir. This chapter includes 13 tips to keep your bones in shape. A major ager is wear and tear.Chapter 15 is about your ears. This chapter begins with the whisper what test. YouÃƒÂ¢Ã â ¬Ã â„¢ll find 4 tips for protecting your ears. A major ager is unforced errors. YouÃƒÂ¢Ã â ¬Ã â„¢ll find tips on how to accident proof your life.Part II Ã ƒÂ¢Ã â ¬Ã â œ Thinking About Living to 100.Chapter 16 is The Fourteen Day YOU Extended Warranty Plan (do list), broken down into weeks and days.Chapter 17 is The YOU Tool Box, which covers medical screening (vaccines, general and cancer screening which covers medical screening (vaccines, general and cancer screenings. Page 339 states that the

authors have asked Biophysical Corporation ÃƒÂ¢Ã â ¬Ã â œ a company that does innovative biomarker testing ÃƒÂ¢Ã â ¬Ã â œ to put all, of the key test for aging into a blood drew, called the Biophysical You. The book states that Biophysical is offering the Biophysical You for $1,495 and it list their website and email. I went to the website and did not see the price listed. I sent an email and a sales woman called me. I didnÃƒÂ¢Ã â ¬Ã â„¢t go any further. The book list the complete panel of what will be measured through the test, along with the definitions of all the test you can have run for the Endocrine System and Metabolism; Cardiovascular System; Liver, Kidney and Muscle Function; Nutrients, Vitamins and Minerals; Inflammation; Complete Blood Count; and Telomere Length.In the YOU TOOL chapter youÃƒÂ¢Ã â ¬Ã â„¢ll find information on deep breathing and meditation; stress management; your vital supplements; how to detoxify your life (in every room of your home), as well as earth-friendly products to buy.In Chapter 18 ÃƒÂ¢Ã â ¬Ã â œ YOU Getting Stronger covers 18 exercises with 3 pages of cheat sheets. YouÃƒÂ¢Ã â ¬Ã â„¢ll also learn a Chi-gong workout with 7 pages of cheat sheets.This book is like a Bible for your health!

These guys are far too cutsey in their writing.it’s a big turn off.i am too busy to wade through a lot of silly verbiage. I don’t like the book’s format and the dopey cartoons. Just give me the facts.

We can’t stop aging, but we can reduce the rate at which we age!.. simple things such as good oral hygiene, can help take stress off our heart, which slows the rate at which its cells age, which means we live longer!We can change our genetic make up, but we can change the behaviors (and foods) that turn off, and turn on good and bad genes. Genes that signal for diseases such as Alzheimer’s.A simple, step-by-step explanation of the different systems in the body, and at the end of the book, a day-by-day plan to stay young!This book should be handed to every human at birth, and read to us, until we are old enough to read it ourselves!!!A great gift for anyone, at any age!I gave it a 4 out of 5 because many of the images didn’t load in the Kindle version, granted this is an publisher issue, and not an authors’ issue. Also, a few of the chapters were a little incomplete, and left me hanging as to how to I improve in this area.

Didn’t help - had to fight cancer

This was a gift to a friend, and his wife, who was wanting to do all he could to add to his success in living a long life. They both have numerous medical conditions. He is still reading it and commented that he intended to re read it. He is very proactive in searching for ways to take better care of

himself.His wife, however, in the past has given up and doesn't try anymore, much to his dismay. Since receiving this book as a Christmas gift, his wife now says she is waiting for him to finish it, so she can begin reading it. He is hopeful that it will cause her to rethink her present outlook on her health. She has given up on trying to get any better, when she could turn things around. It was a gift in hopes of prompting her to take better care of herself.He says he is learning a great deal from the book and is putting into practice the suggestions put forward in the book.I think I need to order a copy for myself.

Ok

great

First, I like both of these TV personality doctors. This book gave sound advice on many health topics and so many details that I have to listen several more times for sure. My caveat is that the organization of the book made it difficult for me to maintain a sense of focus at times.

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Information, Troubleshooting Tips, and Advice for the First Year of Marriage (Owner's and Instruction Manual) The Pregnancy Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for Parents-to-Be (Owner's and Instruction Manual) Your Aura & Your Chakras: The Owner's Manual Your Aura and Your Chakras: The Owner's Manual You Are Here: An Owner's Manual for Dangerous Minds

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