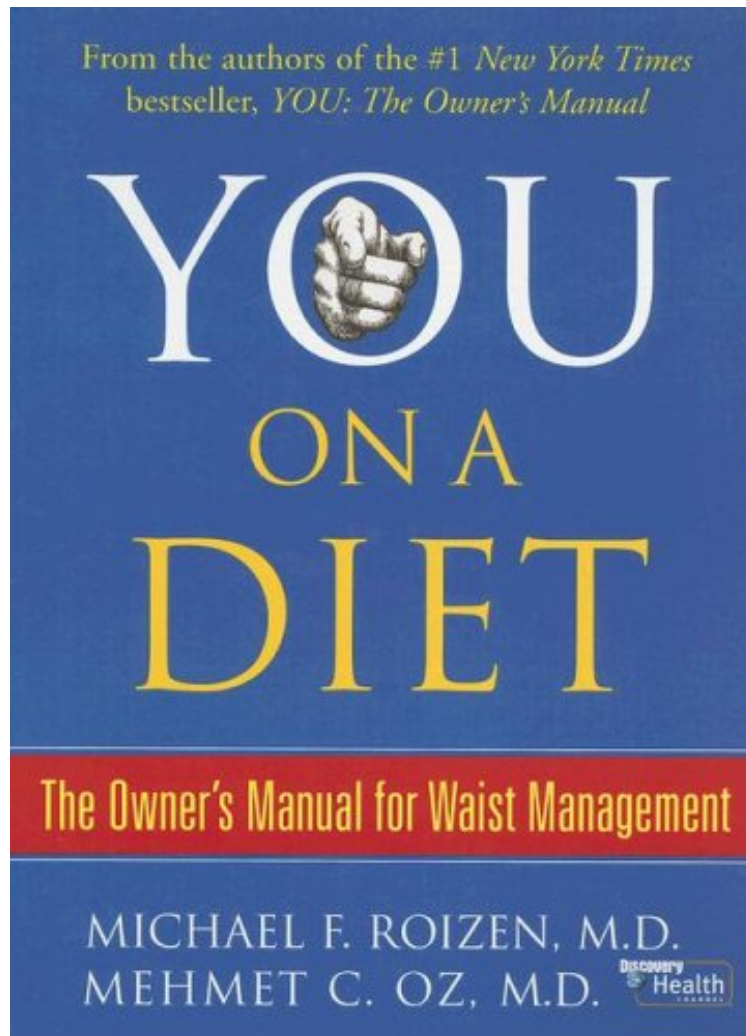


[Free read ebook] You: on a Diet: The Owner's Manual for Waist Management

## You: on a Diet: The Owner's Manual for Waist Management

Michael F. Roizen, Mehmet C. Oz  
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**Michael F. Roizen, Mehmet C. Oz : You: on a Diet: The Owner's Manual for Waist Management** before purchasing it in order to gage whether or not it would be worth my time, and all praised You: on a Diet: The Owner's Manual for Waist Management:

5 of 5 people found the following review helpful. Life-changingBy Name Not FoundEdited 2 Sept. 2015 (see below):I'll never be the same again. And that's good.I spent 47 years struggling to gain or maintain weight, then I was diagnosed with celiac disease and, within a couple of years, had packed on 40 pounds . . . 20 to 30 more than I needed. I had absolutely no experience eating a reasonable amount and absolutely no idea how to lose weight and keep it off. Throw in menopause, and suddenly, I had a weight -- and a shape -- problem. After struggling with all the things I'd always thought were necessary to lose weight and maintain the loss, I knew I needed help. I ordered this book and

began reading it. Suddenly, I understood why my obese sister proclaims, "Diets don't work." They don't. I'm not close to finishing this book. In fact, I haven't even read to the eating and exercise plan, yet I have already lost an inch from my waist from gaining a better understanding of what my body does with food and by taking the few little suggestions mentioned thus far in the book. I bought a second copy for my husband, who, according to the authors, only needs to lose about an inch in his waist, so he could read it and be an informed cheerleader/buddy for me. (You need these, but don't worry if you don't have any as the authors will tell you where to find some online.) I am recommending it to just about everyone I know, including those who don't need to lose weight but who do carry increased risks of Alzheimer's disease, cancer, cardiovascular disease, obesity, premature aging, and just about any other ailment. Because, despite the title, it isn't about dieting. It's about resetting your own body to be the shape and weight it was designed to be and to work for you rather than against you. In the process, you will improve just about every aspect of your health. The book is actually fun to read. The style is casual, conversational, with plenty of humor to keep readers hooked. Parts of it are laugh-out-loud irreverently funny -- not at all the formal physician-speak of my childhood. I'm perplexed by the reviewers who claim the book offers nothing new. It is a radically different approach to health, including waist (rather than weight) management. I taught aerobics classes for years, and this book definitely includes some new information as well as new approaches to much of the traditional belief and thinking involving fitness and dieting. I can't think of anyone who wouldn't benefit from reading it. The book is pricey, in all formats. For this reason, I purchased used hardback editions for myself and my husband. I got nearly pristine copies, so someone's loss was my gain. I mean, loss. Gainful loss! UPDATED July 2015: I have since lost 30 pounds and more than 4 inches from my waist. My physicians say I am now the perfect size for my frame. Even better, I'm keeping the weight off. I haven't done the yo-yo thing. I never really bothered with the suggested menus, as I have so many food allergies/intolerances, but learning how my body uses and responds to different kinds of foods gave me all the information I needed to lose the weight and regain my hourglass figure. I couldn't be happier. UPDATED September 2015: I'm still keeping the weight off. In fact, I lost a few extra pounds before spending three weeks away from home expecting to gain some back while I was gone. I returned from the trip the same weight as when I left. I dug out my "before" measurements today and compared them to "after" -- and I'm thrilled. I'm not so thin that anyone can count my ribs or vertebrae, yet the definition of my rib cage does show. I've made the rounds of all my physicians now, and they are all thrilled with my size and shape, or body conditioning. 2 of 2 people found the following review helpful. A Complete Weightloss Program In A Book That Makes Sense By D. Otto I first checked this book out at the library, I found it very interesting and written so that it was easy to understand. If you are looking to lose weight the safe and old fashioned way...this book has it all for success. It not only explains all about how the body works, why we have cravings, gain weight, metabolism and many many other things there's humor mixed in and little facts scattered all through the book. Once you understand the ins, outs, and why things work the way they do, there's the exercise. Even the dreaded part of exercise is fun. Its just a few pages illustrated with a hand drawn person and the exercises are very basic and simple. No aerobics, jumping, or even coordination needed. But you do get a whole body workout. Then the best part....the food! There are numerous breakfast, lunch, dinner, and snack recipes. With the exception of soups most recipes are for 2 servings and call for normal ingredients. I was really impressed with the way this book was written. Which is why even though its almost a decade old I order a copy for myself. Its a complete weight loss program that is sensible, gives you knowledge, recipes, menu plans, and doable exercise. I've got my shopping list ready (which is also in the book) and ready to get started. 2 of 2 people found the following review helpful. Premise is great, endless analogies are painful to read! By C. Akins I love the idea of the book and think the diet plan is great. I really wanted to love this book, but the endless analogies make the book very difficult to read. Things like referring to the tongue as a "stamp licker" or saying you are "drooling like an overheated St Bernard", are very distracting. I would love to see this book rewritten in a more straightforward manner.

**AMERICA'S MOST TRUSTED DOCTOR TEAM CRACKS THE CODE ON WAIST MANAGEMENT** For the first time in our history, scientists are uncovering astounding medical evidence about dieting. Now Michael Roizen and Mehmet Oz translate this cutting-edge information to help you shave inches off your waist, by giving you the best weapon against fat: Knowledge. Through their signature entertaining style, Drs Roizen and Oz teach you about your body -- how and why it stores calories, burns fat, and reacts to the foods you test your body with. Ultimately, they give you the Plan and formulas that will help you lose up to two inches from your waist in two weeks on your way to your ideal size. By following the YOU diet and YOU activity plan, you will... Challenge your beliefs about diets Learn to rule the elegant systems controlling your body fat Never feel hungry Never yo-yo again Feel better, look better, and live healthier Equal parts information, motivation, and change-your-life action, YOU: On a Diet will revolutionize the way you think about yourself and the food you consume, so that you'll diet smart, not hard. Welcome to your body on a diet.

.com Book Description For the first time in our history, scientists are uncovering astounding medical evidence about dieting--and why so many of us struggle with our weight and the size of our waists. Now researchers are unraveling

biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat. Michael Roizen and Mehmet Oz, America's most trusted doctor team and authors of the bestselling YOU series, are now translating this cutting-edge information to help you shave inches off your waist. They're going to do it by giving you the best weapon against fat: knowledge. By understanding how your body's fat-storing and fat-burning systems work, you're going to learn how to crack the code on true and lifelong waist management. Roizen and Oz will invigorate you with equal parts information, motivation, and change-your-life action to show you how your brain, stomach, hormones, muscles, heart, genetics, and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium. In YOU: On a Diet, Roizen and Oz will redefine what a healthy figure is, then take you through an under-the skin tour of the organs that influence your body's size and its health. You'll even be convinced that the key number to fixate on is not your weight, but your waist size, which best indicates the medical risks of storing too much fat. Because the world has almost as many diet plans as it has e-mail spammers, you'd think that just about all of us would know everything there is to know about dieting, about fat, and about the reasons why our bellies have grown so large. YOU: On a Diet is much more than a diet plan or a series of instructions and guidelines or a faddish berries-only eating plan. It's a complete manual for waist management. It will show you how to achieve and maintain an ideal and healthy body size by providing a lexicon according to which any weight-loss system can be explained. YOU: On a Diet will serve as the operating system that facilitates future evolution in our dieting software. After you learn about the biology of your body and the biology and psychology of fat, you'll be given the YOU Diet and YOU Workout. Both are easy to learn, follow, and maintain. Following a two-week rebooting program will help you lose up to two inches from your waist right from the start. With Roizen and Oz's signature accessibility, wit, and humor, YOU: On a Diet--The Owner's Manual for Waist Management will revolutionize the way you think about yourself and the food you consume, so that you'll diet smart, not hard. Welcome to your body on a diet. .com Exclusive "Fat Chances: The Secret Story of What's in Your Belly" by Michael F. Roizen, MD, and Mehmet C. Oz, MD Whether you're carrying a few extra pounds of fat on your thighs or a suitcase's worth in your belly, it's hard not to think about fat. You feel it when you walk, you roll on it when you sleep, and you curse it when you try to slide into last year's jeans. But while most of us are intimately familiar with how fat looks on the outside, we're not quite as familiar with how it works on the inside. As we explain in YOU: On a Diet, we believe that to change your body, you need to know your body. In the simplest form, everyone knows the formula for gaining weight. Daily buckets of ranch dip plus photo-album-sized hunks of cheesecake plus a life of couch-dwelling equals a very unfortunate conclusion: too-frequent popped buttons. But many of us really don't know how fat works and how it works against us. Here's the inside story on the story of your insides. Continue reading this exclusive essay .com Exclusive YOU: On a Diet--The Shopping List Print out this exclusive shopping list, created by Michael F. Roizen, MD, Mehmet C. Oz, MD, and UnitedHealthcare, to get a jumpstart on the waist-reducing, health-boosting plan you'll find in YOU: On a Diet. Check out the exclusive Shopping List From Publishers Weekly Starred . Back for another highly entertaining round of Biology 101, the team behind YOU: The Owner's Manual applies its signature wit and wisdom to food metabolism and nutrition. According to Roizen and Oz, waist measurement, not weight, is the most important factor in mortality related to obesity, and understanding the relationship between chemicals and hormones influencing hunger and those signaling satiety is the key to ending yo-yo dieting. Most diets fail, Roizen and Oz conclude, because body chemistry overrules the best plans and intentions. To restore the body's natural ability to balance hunger and satiety and offset the effects of stress on food choices, they list foods and supplements that fight fat, decrease appetite and combat inflammation that causes disease. Roizen and Oz pack in a lot of material -- quizzes, "factoids" and "myth busters" along with diet and exercise plans, recipes and a two-week "rebooting" program -- in bite-sized portions, giving readers a chance to absorb and apply what they learn. For those considering medical intervention, they discuss current options for drugs and surgery. (Oct.) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Back for another highly entertaining round of Biology 101, the team behind YOU: The Owner's Manual applies its signature wit and wisdom to food metabolism and nutrition. Roizen and Oz pack in a lot of material -- quizzes, 'factoids' and 'myth busters' along with diet and exercise plans, recipes and a two-week 'rebooting' program -- in bite-sized portions, giving readers a chance to absorb and apply what they learn." -- Publishers Weekly, starred review