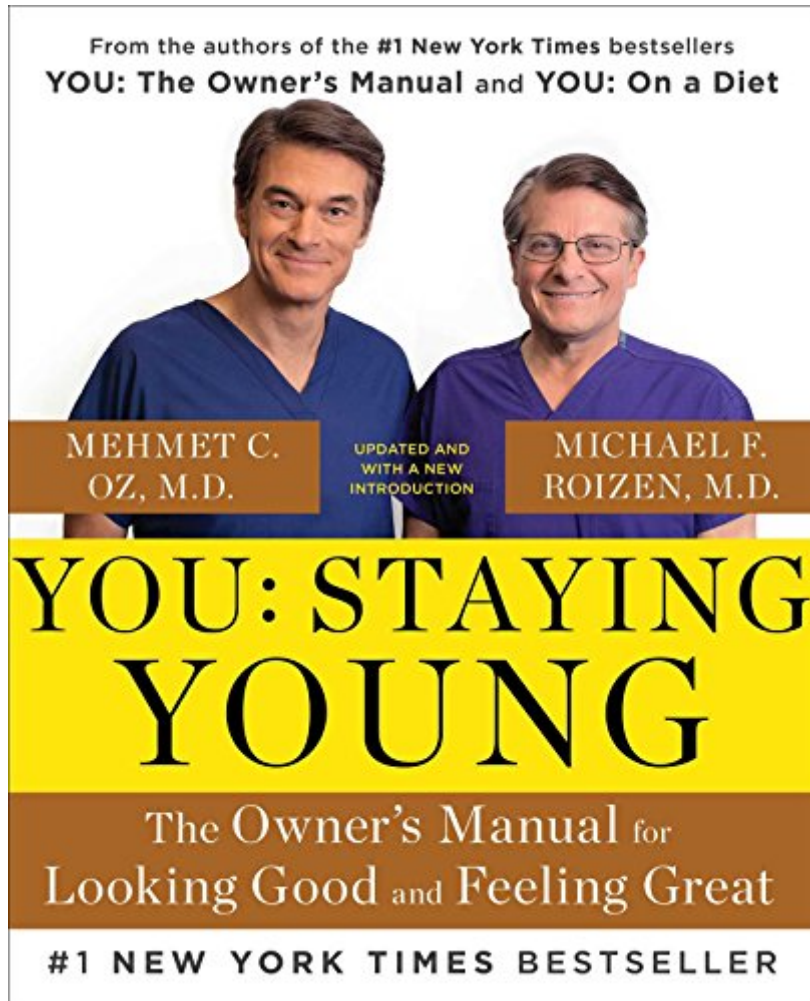


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# You: Staying Young: The Owner's Manual For Extending Your Warranty



## Synopsis

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.

## Book Information

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## Customer Reviews

[...]What I liked in this book is the first part dedicated to "Major Agers" such as genes, oxidation, toxins, sugar, overeating, hormones, UV radiation, etc. This part, consisting of about 300 pages scientifically discusses all the aging factors, and the ways of dealing with them. UV radiation is named as the "major ager", so please keep that in mind the next time you head for the beach. On the other hand the authors also point out the many benefits of sun radiation. As usual, moderation is the answer...Not to be missed is Chapter 16, titled "The Fourteen Day You Extend Warranty Plan". It starts with the following "Daily YOU-Do List":1. Walk thirty minutes2. "Floss and brush the teeth that you wish to keep"3. Take your pills (Omega-3s, vitamins, calcium supplements, aspirin, etc)4. Sleep 7-8 hours5. Meditate for 5 minutesIs that all? I would never suspect it is THAT simple...Another chapter that I liked is Chapter 12 titled "Live the Sexy Life". Wow, say that to me again! Yes, sex (love) is important for your wellbeing and keeping young. Grab the book for the explicit details...I gave this book 4 stars. To get a 5 star longevity title check the books written by Tombak [...]

The book contains a lot of information related to aging process and the factors influencing it - the Major Agers. As it is written by medical doctors, it is written in doctor's language with a lot of medical terms etc. [...] In addition the format of the book is very busy, with all kinds of additions at many pages that make the book rather difficult to read and concentrate on the subject. Although it seems to be full of content, the information is rather superficial and often impractical. Two good books on the subject of aging that I recommend are: 1. Younger Next Year for Women 2. Can We Live 150? [...]

You: Staying Young is the new Bible in the anti aging movement. The authors spell out in detail (at times too much detail) the steps one should take to feel and look younger. Some of their suggestions are outstanding, and others, such as consuming more obscure nutrients even my dietician has never heard of, are silly. The authors also make outrageous claims for these little known supplements. But when they stick to the Big Picture, the major steps, the book sizzles. This is far superior to most aging books in that the authors not only tell you what to do to avoid getting older, they give you the WHY as well. WHY you should consume this and not that; WHY this form of exercise is good and this form is bad: WHY your skin responds to this treatment...it made following the recommendations a lot easier to know exactly how this was benefitting my body. I also liked the fact that the book doesn't simply focus on the physical aspects of aging but also delves into the mind and how important it is in the anti aging process. You: Staying Young is perhaps the best anti aging book I've read (in a field cluttered with clunkers). I also recently read the FUNNIEST book on aging I've come across, Martha Bolton's "Race You To The Fountain of Youth." "Race You to the Fountain of Youth: I'm Not Dead Yet (But parts of me are going fast)" I heartily recommend You: Staying Young to anybody concerned about getting older.

I am a 56-year old RN and had been doing proactive measures to delay aging, age successfully and avoid diseases for my husband and myself. I read a lot of informative materials regarding these matters. I have purchased all the past books of Dr. Mehmet Oz and Dr. Michael Roizen and lately I preordered the Audiobook of "You Staying Young" and I got it last week. I listen to it repeatedly when I do my household chores and before going to bed. I would say that this is the most informative material so far regarding aging. It's simple and easy to understand and it has all the recent discoveries and research results minus the hard work of translating research studies into simple information and knowledge. I recommend this book/audio to every baby boomer and anyone who is serious in planning to age successfully. I am ordering the book as well. More power to Dr. Oz

and Dr. Roizen. Thank you for writing these books and producing the audio. I will recommend them to all my friends and coworkers. Josephine Ridad

We all care about our health. And I think most of us want to stay as youthful and healthy and happy as possible as long as possible. No one knows the body and how we can take control better than Dr. Michael Roizen and Dr. Mehmet Oz. At the core of this book are the Major Aged--14 biological processes that control your rate of aging. Knowing how our bodies work and why they age is a tremendous amount of knowledge. Most people don't have this knowledge. It's available. But they don't tap into it and use it. This is an anti-aging manual. It addresses medical and psychological ways to prevent, slow down, or even reverse the effects of aging. The idea is to help you live longer and lead a happier life. It includes scientific research and applications in genetic engineering, tissue engineering, and other medical advances. It shows some of the treatments and cures for Alzheimer's disease, for example. Some of the anti-aging treatments include nutrition, physical fitness, skin care, hormone replacements, vitamins, supplements, and herbs. The original YOU book showed how the body works in general. Certainly good knowledge to have and more than most people understand. Now in YOU: Staying Young, Drs. Michael Roizen and Mehmet Oz illuminate the mysterious mechanisms with a lively metaphor -- the modern city. What is the difference between a vibrant thriving city that ages gracefully from one that is worn down and looks shabby? With this book, you'll know what happens to your body and what you can do to help it age with grace. Or, better yet, stop the aging process as we now know it. At least, to a large extent. You can control a lot of what happens to you. That's what gives this book its tremendous power.

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