
**Excellent Book**

**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, Americas 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. Theyre going to do it by giving you the best weapon against fat: knowledge. By understanding how your bodys fat-storing and fat-burning systems work, youre 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 bodys size and its health. Youll 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, youd 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. Its 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, youll 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 Ozs signature accessibility, wit, and humor, YOU: On a Diet--The Owners 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.

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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 suitcases 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.

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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
I have always fought being overweight. I've tried many diets, read many books, and thought I knew it all. I was wrong. This book was full of information that was new to me about how my body works, the digestive system, appetite triggers, the harm of excess fat, controlling hunger and cravings, and how to reduce to a healthy size without knocking myself out.

At the end of the book is an easy-to-follow eating plan and a muscle-strengthening quickie work-out that doesn't require a gym or equipment. The information was up to date, compelling, loaded with humor, and motivating. I'm sure I'll continue to refer back to this book on a regular basis.

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