If there ever was a pair of docs who can make the small intestine seem truly intriguing, here they are. Dr. Mehmet Oz is an alternative-medicine maverick and a cardiologist known to implement acupuncture during open-heart surgery. Dr. Michael Roizen developed the RealAge concept of calculating one's biological, as opposed to chronological, age. Here they've whipped up a witty guide to the workings of the entire body, appropriate not just for those who can't tell their pancreas from their pituitary. Even Cheers' Cliff Claven types who think they know it all will likely be humbled by the 50-question body-quotient quiz that starts off the book. With much sassy humor (they describe the adrenals as similar in shape to Mr. Potato Heads hat), they give a guided tour of the bodys anatomy and major systems (hormonal, nervous, digestive, sensory, etc.) including plenty of fascinating trivia along the way. How often should you get your thyroid level checked? How much gas does the average person produce in a day? And, most important, how many times a year do most people have sex?? Drs. Oz and Roizen know. They also reveal plenty of bizarre (and potentially life-saving) facts such as this: If your earlobe has a prominent vertical wrinkle, it's likely that your arteries are aging faster than they ought to be. If only 8th-grade health class had been this fun. The docs main goal in presenting all this info is twofold: first, its your body, so shouldn't you finally learn how it works? And, second, they want to help teach ways of preserving the bodys health and youthfulness. To that end, they've included an Owners Manual Diet, a 10-day menu plan designed not for weight loss, but to make you feel years younger. Its simple recipes are each meant to benefit a certain body system, such as Tomato Bruschetta, packed with the antioxidant lycopene, which has been proven to boost immunity. --Erica Jorgensen
My Personal Review:
First of all, let me say that I have been unhealthy for 15 years. I'm only 33 so that's sad and ridiculous. I bought this book after seeing it on the Oprah show. I'm the definition of skeptical but I thought what the hay. After reading this book, I took the first step of calling my doctor and setting up a blood serum test. The tests were frightening. Where do I begin?

I had diabetes, was anemic, had a serious Vitamin D deficiency (only 17), high blood pressure (143/93), elevated liver enzymes (92) (fatty) liver and was 126 lbs. overweight. I just cried. I immediately began some of the suggestions in the book and followed the diet offered in the back of the book. I replaced my bacon and eggs in the morning with steel-cut oatmeal, milk and fruit. I haven't eaten red meat in three months. I only drink milk, decaf coffee, water, and occasionally a diet soda. I eat nuts everyday and fish at least three times a week. I feel like a new person. So the results? I started doing all this on Jan. 4 (My New Year's Resolution). I'm 33 lbs. lighter, off ALL my medications, I'm no longer anemic, Vitamin D deficient, and I'm down from a size 22/24 to an 18.

I personally wrote Dr. Oz and Dr. Roizen because I have never been able to understand how what I eat and supplements I take affect my body. This book is so SIMPLE and I love the whimsy illustrations and simple explanations. I finally understand what to look for in a multivitamin, what my liver does, why Omega-3 is SO important, and foods that repair and restore the body.

I'm a changed person FOREVER and I'm not looking back!!

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