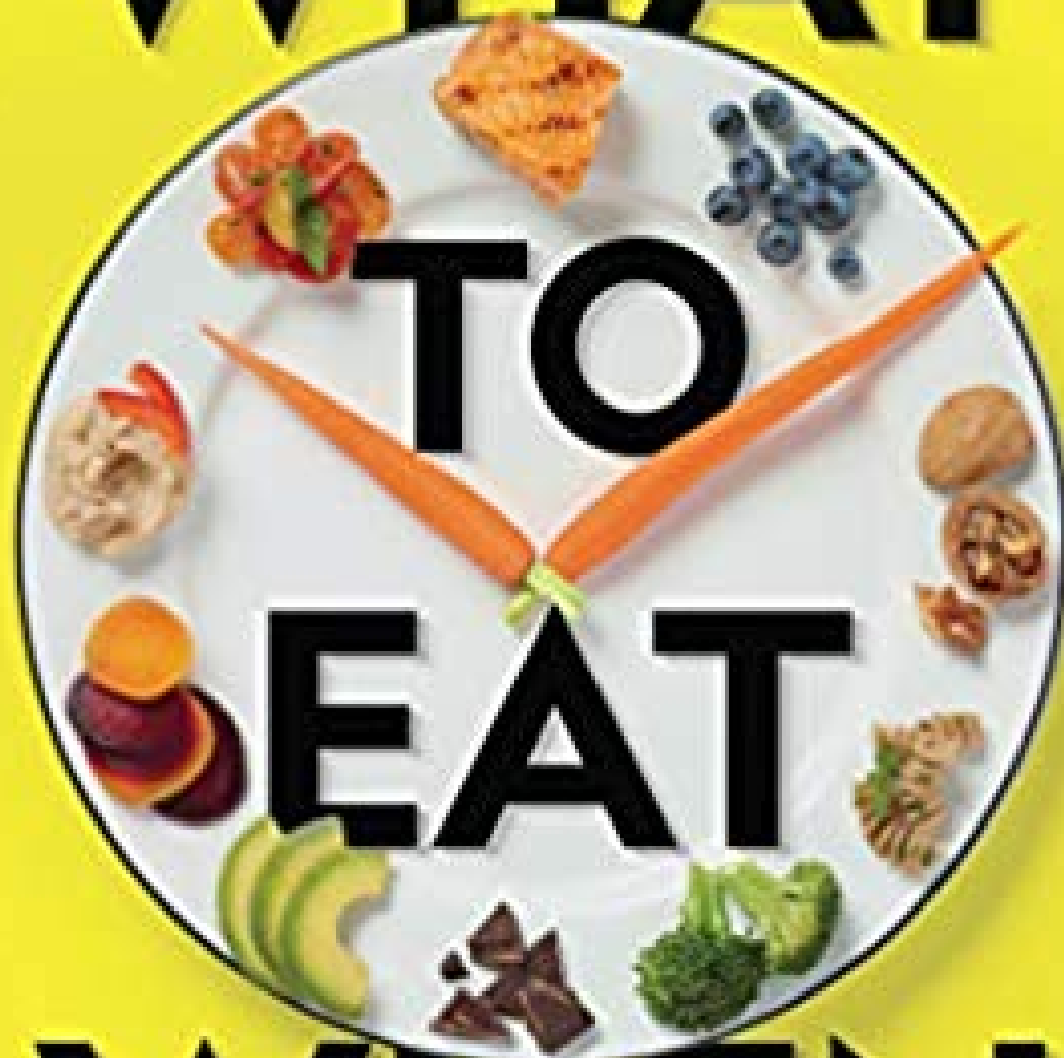


A Strategic Plan to Improve Your Health & Life Through Food

# WHAT



# WHEN

#1 *New York Times* Best-selling Author of *RealAge*

**Michael F. Roizen, M.D., and  
Michael Crupain, M.D., M.P.H.**

WITH TED SPIKER

Michael Roizen and

# What to Eat When: A Strategic Plan to Improve Your Health and Life Through Food



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NY Times best-selling author Dr. Michael Roizen reveals how the food choices you make each day--and when you make them--can affect your health, your energy, your sex life, your waistline, your attitude, and the way you age. *What to Eat When* isn't a diet book. When is the right period to consume that chocolate chip cookie? And would you actually drink that glass of water if it intended skipping the gym? This revolutionary information reveals how exactly to use food to enhance our personal and professional lives--and increase longevity to boot. If drinking a kale-infused smoothie could counteract missing an hour's worthy of sleep? Instead, acclaimed internist Michael Roizen and preventive medicine specialist Michael Crupain offer readers choices that benefit them the most--whether it's meals to help them appear and feel more youthful or snacks that prevent diseases--based about the science that governs them.



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