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From the *New York Times* Bestselling Authors

YOU LOSING WEIGHT

- 99 best weight-loss tricks from *YOU: On a Diet* (revised edition)
- Two-week food plan with delicious recipes, including the BEST breakfast smoothie ever
- The ultimate 20-minute, fat-blasting workout

Excerpted
from the 2-million-
copy bestseller
You: On a Diet
(revised edition)

The Owner's Manual to Simple
and Healthy Weight Loss

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Michael F. Roizen

YOU: Losing Weight: The Owner's Manual to Simple and Healthy Weight Loss



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From the YOU doctors Mehmet Oz and Michael Roizen, using information from their multimillion copy bestselling YOU: On a Diet, comes this small guide to losing weight and turning your daily life around in sixty days. In this convenient waist-loss guidebook, Dr. Mehmet Oz make use of their signature wit and wisdom to boil down the research and strategies for you. But you can diet clever, easy. In YOU: SLIMMING DOWN, the doctors behind the bestselling YOU: On a Diet plan offer their best ninety-nine tips and approaches for getting your body into the form and with the waist size that you've always needed. It won't work for the future. It will be hard if you are to succeed for a lifetime, and it will never feel like a sacrifice. They maintain their usual no-nonsense approach to explaining the human body to outline why crash dieting can't work. There are no shortcuts with regards to weight, and waist, loss— Michael Roizen and Dr. Mehmet Oz no twenty-pounds-in-three-days formulas, no way to get from size XXXL to size S by the end of the weekend. With the right strategy, you may make the lifestyle changes you need to lose weight and become healthy once and for all. Dieting can't be more essential, America's Doctors share their favorite weight-loss super-foods dishes and provide exercise suggestions for ways to get the most from any kind of workout. With food plans, shopping lists, and comprehensive advice on the science of waist loss, this pocket-size paperback is usually filled with everything dieters need to know about how to develop better habits which will keep pounds off for good.



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GET YOURSELF A SECOND OPINION! Nothing extreme right here. Because this book is a solid advocate of advocating for yourself in the medical program, and because it is released by The Joint Commission, an establishment medical group and because it strongly advocates getting a second or third opinion -- I experienced the courage and the how-to understanding to find the best treatment for me personally. The first doctor recommended "the standard" -- removing the complete thyroid, giving my whole body so very much radiation even medical center personnel would not be allowed in my own room for times, requiring thyroid replacement medicines for the others of my life, and discontinuing it once every six months, causing a twice-yearly melancholy. If you are worried about becoming healthy or maintaining good health, that is an excellent, down to earth guide for that. Thyroid medication is notoriously tricky to get adjusted correctly -- but my own body did it perfectly. This is in 2006 and I am still cancer-free.. None. Because if that doesn't function, you can still return back and so the standard treatment. It's assisting us understand our bodies better, and take significantly the change we need to make to greatly help ourselves live better..It had been a lot more work -- at first. I don't feel as if he's dumbing it down for me, because he assumes I'm a moron, and I don't feel just like he swings the various other path and feels as if he provides something to prove, therefore he writes so far most importantly our heads that the material becomes thick and difficult. It would have been better to simply do what the cosmetic surgeon said. Because someone isn't only smart and accomplished, but also wealthy and famous, will not always make him an idiot or unethical.UPDATE, Might 2017 -- Still cancer free of charge, still no meds, even now feeling great! Comprehensive Good info and medical knowledge for all readers. This is this excellent read. We read it together. My husband and I are turning 40 this year. We decided we needed to start taking better treatment of ourselves. How cliché, correct? Well, it happens that way. It's created with humor and a lot of illustrations, severe and humorous. It provides for us.I come across Dr. Oz's delivery therefore danged easy to digest and understand. We read this aloud in our down time - while we're cooking supper, or lounging around. I took fourteen days off function and studied my choices. This reserve reads effortlessly. And guy, does he fill up it full of things you should know, but never consider. I liked this book so much I started reading it aloud to my husband. My hubby was impressed plenty of with the materials and delivery that he was interested enough to learn it with me. I don't experience insulted by his delivery." Even I must someday -- I have had six+ years of great health without necessity for medications. I don't value living to see 100. I do care about living independently, and without crippling health problems for the time I am right here. authors pulled jointly latest information in a shrewd manner. Dr. I'm thrilled with this purchase. Exceptional Informative Manual for the average individual I've had this publication for a few years now. If you had taken anatomy classes in university, had several biology courses, have already been reading up on nourishment for years, and so are a physical trainer, you may find the book too simple for the information you're wanting. Don't allow the fact that the two doctors make money from writing and television. Many doctors battle to explain stuff in terms I could understand and there is so much conflicting info out there. So you get just the fundamentals and minimum of exercise you need, and it provides those exercises. It does for many. good sense self caution! But this book is great at explaining in ordinary phrases to the average person how the body works and might know about do, or not do, to keep it like you maintain a car. They are legit doctors. Although this reserve is normally in US context but still useful info to visitors. Oz is definitely a cardiologist and still practices medicine. Oz is a captivating guy. Can recommend this publication anything. However in the end, my standard of living is sooo superior to if I hadn't had this reserve to cheer me on and present me the courage and tools for the best care for me. I ended up with only the part with the malignancy lump removed, and for that reason no radiation at all, and enough thyroid gland remaining to adjust

and source what I want -- so no medication, and no depression. I recommend it for yourself or as a gift. This book appeared in my life (via airport bookstore) by chance just before a diagnosis of thyroid cancer. Not really what I ordered. It will not tell you firmly to start teaching for a marathon, or eat nothing but raw food. Must read for anybody trying to boost their health I find medical guidance to be confusing. It's a little light on the workout parts, but that's because it's an all-over body book and just offers you the fundamentals for maintaining optimum wellness. I came across the metaphors used in this reserve to end up being enlightening and helpful in understanding what's happening inside me. I also found the information to be fairly common sense and actionable. I'm looking forward to reading various other books in the owner's manual series. Thanks! Thanks! Good-sense Self care! Loved this book. My life would have been so much more tough had I eliminated with the first surgeon's recommended "regular of treatment" treatment.. This book is well known health-related reserve. As the next surgeon said, "And that means you wish to know what the excess risk is in the event that you only have the cancer removed?.. Even though some sections were a little simplistic for me personally, I still found the explanations and illustrations interesting, informative, and humorous. Usually do not miss this! That is a common sense manual for the average person who would like to be healthy. Great message, although I ordered a paperback book and received DVDs. It had been a gift so I didn't have time to return it, however the message is the same. Hubby loves it. Four Stars Too detailed. While the book is a good general guide to our body While the book is a great general guide to the body, it reads like a health book for middle school. The jokes and pop culture references are annoying and seem an attempt to make science palatable to uninterested teenagers. I love Dr. Oz and learning about the body, and I would have enjoyed the reserve a lot more, had it stuck to the science rather than tried to be so lighthearted and interesting. Still grateful this reserve offered me the guts to advocate for myself! Oz isn't associated with big pharma in any way, to my understanding, as mentioned by another reviewer. Dr. Useful information that you might not get from your mom or doctor, but could be more concise. Bought this because a friend recommended it but I was a little disappointed that there is too much filler.



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