

"When it comes to using lifestyle as medicine, there simply isn't a higher authority. **This is an important book.**"

—MEHMET C. OZ, MD

~~DISEASE~~ PROOF

Slash Your Risk of
HEART DISEASE,
CANCER,
DIABETES,
and More—by 80 Percent

DAVID L. KATZ, MD, MPH
with STACEY COLINO

David Katz M.D. and

Disease-Proof: Slash Your Risk of Heart Disease, Cancer, Diabetes, and More--by 80 Percent



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“Katz hands us with skillpower: a successful, user-friendly set of equipment that assists us make basic behavioral changes that have a tremendous effect on our health and wellness and well-being. David Katz draws upon the latest scientific evidence and years of clinical encounter to explain how exactly we can slash our risk of every major chronic disease——David A. Kessler, MD, writer of THE FINISH of Overeating and previous commissioner of the FDA It sometimes seems as though everyone around us has been diagnosed with a chronic illness—and that we may soon join them. Inspiring, groundbreaking, and prescriptive, Disease-Proof proves making lasting lifestyle changes is easier than we think.”cardiovascular disease, malignancy, stroke, diabetes, dementia, and weight problems— Dr.by an astounding 80%.If you need to build better health insurance and an improved future, this reserve makes an excellent tool kit. In Disease-Proof, leading professional in preventive medicine Dr.



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Five stars are not enough. Dr. You can find countless books away there on the main topics getting healthy and fit, but this is the most satisfactory and practical entry I have however seen. Disease Proof is certainly a step-by-step guidebook for overcoming the barriers that stand between us and a wholesome, higher-quality and, quite most likely, longer lifestyle.. Can we do six? Katz makes his case by employing a newly minted word, "Skillpower", which identifies the specifics of change, and breaks down the procedure of remaking one's lifestyle into discrete skills to be discovered and practiced, whether related to food, exercise, motivation or even happiness. Quick story. I understand people that are cautious what they eat, don't smoke and exercise and still have health issues. We wished to cut out that excess fat, so 1 day we made a decision to try skim milk. Well, of course it was dreadful. Several years ago I browse the China Study in the recommendation of a health care provider friend. So we started instead with 2% lowfat milk. A little thin initially but, after a month roughly, we no longer noticed. In sum, Disease Evidence is a heavily researched and reassuring pep talk that breaks down the problem of fundamental change into manageable pieces. One example is coconut oil/cream in food. As the author factors out, you can lose excess weight on the so-known as "Twinkie Diet" but it's not healthy. 5% (difficult to find anymore) and lastly to skim. The book is okay for someone trying to transition to a healthier diet. The book is fine for someone trying to transition to a wholesome diet, but if you already it well there isn't much to understand here. So I shouldn't have been surprised to get this exact plan explained in Disease Proof, along with other illustrations to rehab our tastebuds from the nice and salty tastes that, the author says, drive appetite.. ADVICE on Eating to stay Healthy I ordered this book after hearing the writer on an NPR talk show.) It really is great to hear a doctor declare that doctors can't repair us, any longer than our high school guidance counselors could teach trigonometry for us. Common sense that's not so common. Katz highlights, the power to dramatically reduce our risk of chronic disease, as well as perhaps even recover from them, resides within people. Like Dorothy with those ruby slippers. A significant breath of fresh air amid the cultural headwinds that would have us all believe there is a pill for everything. Then to 1%. Good information This is an excellent read with a lot of useful information. Discuss motivation. Common sense that's not so common. Eat ideal ... As Dr. Eat correct, exercise, don't put toxins in your body. These suggestions aren't sexy or leading edge but maybe that's why it's the truth. There is power in simplicity and this book hammers home the age old assistance but with scientific proof to validate the point that if we look after ourselves every day, we greatly eliminate likelihood of developing chronic disease. It's also important (if you ask me at least) that the author emphasizes that the reader isn't just in charge of their body and wellness but that of others including family members. Just started reading this, I saw this program on PBS, check back with me in a couple weeks, I read a lot, I'm reading 4 additional books at this time. Science and logic highly suggest that those who commit to this book's curriculum can reasonably expect an individual sea change, completely right down to the genetic level -- which just might be the hidden business lead story here.. Definitely worth a browse though. Also I believe he helps it be sound too basic that if you just eat right (and exercise and do not smoke) you then will avoid all these nasty diseases and live for a long time longer. It doesn't think it is certainly quite that simple but his information certainly helps. Some years ago, my partner, sons and I had been daily drinkers of dairy. And some people do all that and still die of cancers. Also it isn't always clear what is healthy. Same procedure, same result. That was said to be poor for you for years and now it is supposed to become a brilliant food. Offers wisdom, analysis and loads of useful equipment. His catchphrase is certainly "the 3 f's". (Note, the book contains a convenient list of common foods and their dietary grades from NuVal, a useful 1 to 100 scoring system produced by the writer and his colleagues at Yale. It is a common feeling method of eating healthy foods in healthy amounts. What I like is that it softly steers the reader away from fad diet plans, something I think we have to all do. After that to .and buy the products they enhance and sometimes sell. Its innovation is a detailed explanation of how to spark and maintain lifestyle transformation until it becomes the new normal.... Also, crash diets are like medicines as long as you stick with them.. you can lose weight, nevertheless, you could be hooked. Any book that teaches you how exactly to consume sensibly and in practical, healthy proportions will probably be worth reading. That one falls into that category. Excellent Advice - Easy to Follow - Well Researched Circling the drain - wow I never thought of my insufficient nutritional knowledge because a death spiral. Growing up we ate because we were hungry, meals was served or simply because. I never really had a class in nutrition and started packing on the pounds. Five Stars Great book! Food seeing that medicine

- a fresh concept for me. Similar to semi-gloss latex rinsewater than a dairy product. Today in my past due 60's I take no meds, eat a mainly plant based diet and walk briskly at least 30 minutes daily. I shortly dropped over 25 pounds, feel much better and my annual check up proved I am on the right course. Dr. Katz clarifies how to avoid disease in four simple steps that are easy to follow with lots of solid tips for keeping on track. Now I get it - eat well, exercise and avoid journeys to the doctor's workplace.. Good gift This was something special and the recipient was happy Katz also helps switch off the media noise of this or that new diet with a straightforward but practical guide supported by solid research. This is an amazing book. It includes many facets of preventative .. Additionally, there are eye-openers right here on how to eat away from home, decoding cafe menus and the concealed spin food manufacturers placed on those objective-looking item ingredient labels at the supermarket. This is an incredible book. It brings together many facets of preventative healthcare and presents them in a unified way that makes incorporating life-style changes into one's daily routine a straightforward and sensible task. If you ask me, this reserve is one of those one-in-a-million encounters. I will be referring to this book again and again as I trip towards optimal health. Disappointed. This is one of those books that should have been 15 pages long. Five Stars It's an excellent book, containing very helpful information. Well it doesn't have to be that way. Just started scanning this, I saw the program on . I think he falls into the trap like a large amount of these kind of self-help books of earning things too dark and white and having a slogan or catchphrase. Good advice and it helped reinforce my inspiration. I have three young kids and a wife and the info in this book provides a pathway to an overall healthier way of living for my children. In six months we had permanently reprogrammed our tastebuds to accept skim milk as dairy. Five Stars Good browse. I'm sure the truth is somewhere in between. Dr.



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