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# RealAge: Are You As Young As You Can Be?

## REALAGE

Are You  
as Young as You  
Can Be?

An Age Reduction Program That Can Make You  
Live and Feel Up to 26 Years Younger

SCIENTIFICALLY PROVEN STEPS  
THAT DELAY AGING

- Control How Your Genes Affect Your Health
- Learn the Value of Each Step to Your RealAge
- Increase Your Vitality in Mind and Body

IT'S EASIER THAN YOU THINK!

MICHAEL F. ROIZEN, M.D.

Read by the author



## Synopsis

Remember your high school reunion? Even though everyone was the same chronological age, people no longer looked the same. Some stayed young and exuberant whereas others looked as if they had aged 10 years more than everyone else. Did you know that: Financial stress can make your RealAge 2 to 32 years older? A tablet of aspirin a day can make your RealAge 1.9 years younger? Flossing daily and seeing a dentist and dental hygienist every six months can make your RealAge 6.4 years younger? RealAge offers a revolutionary program that calculates the aging effect of different health behaviors ranging from diet and medication to stress control and chronic smoking and enables you to assess your own biological age. Most important, it shows you how to design a specific path to improving or reversing your own aging trajectory, and it's easier than you think. The RealAge program is based on cutting-edge scientific research. Dr. Michael F. Roizen and his team have pored over 25,000 medical studies, evaluating what they tell us about aging and the prevention of aging.

## Book Information

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## Customer Reviews

Having a hard time staying focused, and I think it was written for someone younger than me. Will continue on, maybe it will get better.

all about becoming young, looking young, staying young.

While I thought I knew a lot about staying younger, this book gave me new insights such as learning

your real age through a quiz. I believe everything this book describes: taking care of yourself through healthy eating, exercise and sufficient sleep will add years to your life and even LOOK young. Don't wait until something terrible happens to you - it will be too late!

An untapped frontier of medicine is how to have a longer period of good health before we die. Many people actually fear long life, because that may extend pain and disability. Yet we all know disabled people who beam with joy in every breath they take. REAL AGE is a good look at factors that affect longevity, and allows you to understand how your habits and circumstances are likely to affect your life span. In doing this, Dr. Roizen helps you overcome your Misconceptions about what is and is not healthy as well as overcome Communication stalls about the latest medical research that you may not know about. Compiling this work also helps you overcome your Procrastination stall by encouraging you to take action now. The book is also good for the Disbelief stall (if we take time to live a healthier life, we will shortchange something else and get even more stress -- wrong!). The book also attacks the Ugly Duckling stall: causing us to look hard at that which we usually ignore -- our most unhealthy habits. One thing about the book is unclear to me, however, the research seems tied to mortality . . . yet Dr. Roizen claims that we will extend the period of healthy life this way. My impression of the scientific research is that it normally measures the frequency of disease and mortality. I am a little skeptical that all of these things will increase my period of "healthy life" rather than my longevity. The statistician in me also suspects that many of the variables are auto-correlated (they are measuring the same phenomena) so that we are double counting. He also seems to understate the benefits of certain factors. For example, if all of your ancestors lived to be over 100 that would seem to add much more to your life expectancy than would the amount that his charts suggest. Further, if these ancestors were hale and hearty to the end versus were in nursing homes for 40 years would also seem pertinent to "youthful long life". Like any form of new thinking, this book raises good questions, points the way to some better answers, and suggests the need for different research and analysis to get even better answers in the future. I found his understanding of nutrition to be a little light, for example. Take what you read here without a grain of salt (most agree we get too much) and you will be all right. Take this book too literally and you will run the risk of misleading yourself. If you feel better, or key health measures improve (such as your blood pressure) after trying the ideas in the book, go with it. You are probably on the right track. A way to continue this research would be to increase the number of measures that physicians keep about the quality of life that patients experience who do these things that are recommended. Locate the best practices for extending quality of life (both finding out WHAT to do and HOW to encourage people to

do these things). Combine the best practices in new ways to get the best future result. Imagine what the ideal best practices are and approach them (such as reinforcing these good habits with young people, something not discussed in the book), getting the right motivations and support involved, and repeating the process. Then you'll make great strides! I hope Dr. Roizen continues his research along these lines that I have just outlined. In the meantime, please do read, think about, and apply the lessons here that make sense to you, make you feel better, and show demonstrable impact on the quality of and length of your life. Good luck and good health to you all!

Good review of ideas and some new research. Glad I read it.

Helpful pointers

makes me think about my age in a helpful way

decent advice some of it pretty easy to implement

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