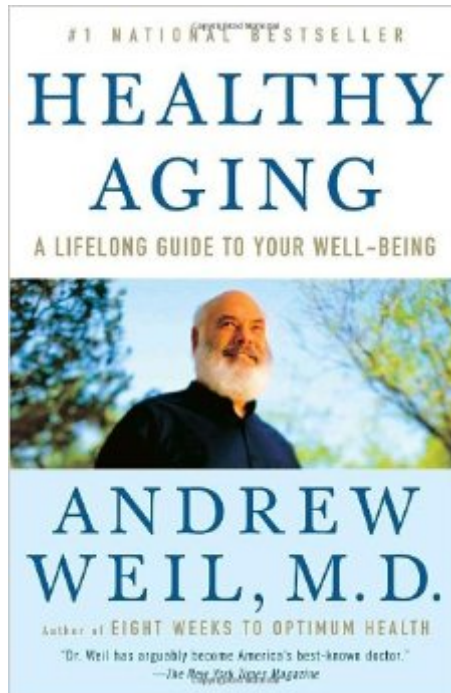


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# Healthy Aging: A Lifelong Guide To Your Well-Being



## Synopsis

In each of his widely acclaimed, best-selling books, Dr. Andrew Weil has been an authoritative and companionable guide through a uniquely effective combination of traditional and nontraditional approaches to health and healthy living. Now he gives us a book about aging that is unlike any other. Drawing on the new science of biogerontology (the biology of aging) as well as on the secrets of healthy longevity — diet, activity and attitude — Dr. Weil explains that there are a myriad of things we can do to keep our bodies and minds in good working order through all phases of life. Hugely informative, practical, and uplifting, *Healthy Aging* is infused with the engaging candor and common sense that have made Dr. Weil our most trusted source on healthy living. With detailed information on:

- Learning to eat right: Following the anti-inflammatory diet, Dr. Weil's guide to the nutritional components of a healthy lifestyle
- Separating myth from fact about the would-be elixirs of life extension — herbs, hormones, and anti-aging — medicines
- Learning exercise, breathing and stress-management techniques to benefit your mind and body
- Understanding the science behind the aging process
- Keeping record of your life lessons to share with loved ones

## Book Information

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## Customer Reviews

This review is written by a former hospital administrator of just under 2 decades. I have been studying health and nutrition for more than decade. I became very interested in alternative medicine when a family member was diagnosed with kidney cancer and the allopathic doctors (traditional MD's) could give no reason for the tumor. If you have not read one of Dr. Weil's books before, I think you will enjoy his writing style. His tone is very conversational, you feel as though you are talking to

a friend while you are reading his books, this one included. Dr. Weil has a gift for taking a dry and complicated subject and explaining it in a manner that anyone can understand. The purpose of this book is NOT to stop aging, but rather to prevent or minimize the impact of age-related disease, to learn how to live long and well, and to age gracefully. He subdivides his book as follows: PART ONE: The Science and Philosophy of Healthy Aging 1. Immortality 2. Shangri-Las and Fountains of Youth 3. Antiaging Medicine 4. Why We Age 5. The Denial of Aging 6. The Value of Aging 7. Interlude: Jenny PART TWO: How to Age Gracefully 8. Body I: The Ounce of Prevention 9. Body II: The Anti-inflammatory Diet 10. Body III: Supplements 11. Body IV: Physical Activity 12. Body V: Rest and Sleep 13. Body VI: Touch and Sex 14. Mind I: Stress 15. Mind II: Thoughts, Emotions, and Attitudes 16. Mind III: Memory 17. Spirit I: Unchanging Essence 18.

My wife and I bought three books recently to help re-charge our health and fitness motivation. They were: Slow Burn by Fredrick Hahn, and then two books recommended by a health guru friend, Joe X by Avery Hunicutt, and this book, Healthy Aging by Andrew Weil. To make a long story short we gave thumbs-down to the Slow Burn workout (too painful) and thumbs-up to the Joe X workout (something we enjoy doing). As for Healthy Aging, with some embarrassment, I highly recommend this book. I say with embarrassment because, while I had never read any of Dr. Weil's previous books, I used to think he was some kind of a new-age nut & berry quack. I'm guilty of judging books by their cover; not used to associating a portly, bearded, bald guy with fitness. I was wrong and now publicly apologize for my pig-headedness. He may eat nuts and berries, but he's definitely not a quack, and now I wouldn't be surprised if he outlives all of us. The book is much more grounded on hard science than I expected. And though there is a good amount of science in the book, there is nothing to fear. Dr. Weil has an engaging and polished writing style. He not only makes it easy for the lay person to follow along, but he makes medical research an interesting story, an enjoyable read. I now understand why his books have become so popular: he knows how to communicate. The first hint that my opinion of him was all wet was his discussion of the battle going on behind the scenes between the hard core medical researchers and the "fountain of youth" profiteers (my term, not his). I expected the author to side with those that believed the aging process could at least be suspended if not reversed. To my surprise he did not.

What's realistic about this book is that it's based upon realistic concepts. Many of the old and recent "aging" books are re-hashed bombardments that focus on the perpetually futile attempt to "turn back the clock." We know this can't be done. Same now, as Ponce De Leon. Dr. Weil calmly and

convincingly gravitates toward acceptance and realization, rather than denial. Botox injections and wrinkle creams may help those who use it. It's their choice, and it's fine as long as it's realized that these are cosmetic band-aids. Using food (nutrition), and the physical & mental, can provide ourselves with better quality years as we age. Better lifestyles, less ailments, less pain, lower medical bills, and more longevity. Convincingly, Weil notes basic nutrition, macro-nutrients, EFA Omegas 3 & 6, vitamins, minerals, anti-oxidants, and the G.I. Index and Load. Essential information for attaining a quality of life after the early and mid-sixties, when the body begins to reveal the natural effects of aging more significantly. Reducing stress levels via meditation, Yoga, and breathing exercises can be done at home and for free. Natural Ingredients and activities also act as an insurance policy. These items and actions need not be expensive. And, they ward-off the negative consequences of neglecting ourselves. Dr. Andrew Weil advocates avoiding animal fats (saturated fats) and processed foods. (The food coloring chemical Tartrazine is in over 85% of processed food in the United States.) Hydrogenated oils (often in breads) are bad for us, and there is an explanation in laymen's terms of specifically, why. He did cite research from areas of the world that have a high percentage of older populations.

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