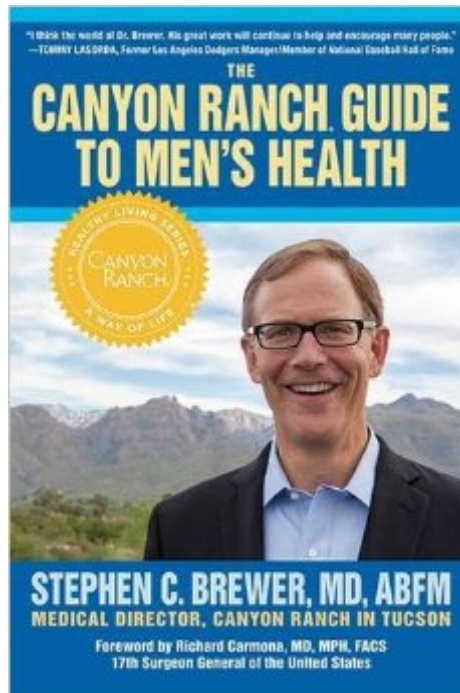


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# The Canyon Ranch Guide To Men's Health: A Doctor's Prescription For Male Wellness



## Synopsis

Do you or someone you love have a Y chromosome? If so, this book is for you. The average life expectancy for men is five years shorter than for women. Why? Because men neglect their health. Dr. Stephen C. Brewer's *The Canyon Ranch Guide to Men's Fitness: A Doctor's Prescription for Male Wellness* aims to remedy that. This do-it-yourself guide is divided into four sections designed to target each specific phase on your journey to well-being.

## Book Information

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Average Customer Review: 4.7 out of 5 stars See all reviews (6 customer reviews)

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## Customer Reviews

I have just finished reading Dr Brewer's book on men's health. I found it very easy to read and comprehend. I enjoyed the way he personalized the various chapters. This book has given me the impetus to take control of my own health, and begin a new healthy lifestyle for a longer and happier life.

Suggestions for the second edition: + omit reference to the ancient theory behind acupuncture, which does not meet modern standards for clarity or testability. To the extent to which acupuncture actually works (if it does), the reason must be considered unknown at this time + p. 145: 'below 39 degrees' should be 'above 39 degrees' + omit description of the author's personal weight loss experiment: omitting breakfast for two weeks, and losing 5 pounds. If the author's average breakfast is 700 calories, and 14 omitted breakfasts = 9800 calories. At 3600 calories per pound, that's 2.7 pounds, well within the range of daily weight variation. Most weight-loss experts claim that the 'healthy' average rate of weight loss should not exceed 1.5 pounds per week. + don't be

embarrassed for advocating a near-vegan diet. Instead, go deeper into the data rather than just referencing books on the subject. See, for example, the studies referenced in the book *Proteinaholic* by Garth Davis. Summary: the book was a fun read. The author obviously enjoys his current good health - and so will you!

Stephen C. Brewer MD book on men's health is an outstanding, engaging read for men of all ages. No matter what age you are (or act) there is a section in this book that will apply to you. Consider this book a roadmap for your health. Its straightforward, actionable content is a refreshing change from a majority of books in the health and wellness space. Reading this book should give you the confidence to take charge of your health and know what questions you should be getting answered by your healthcare provider. This book will make for a wonderful and thoughtful birthday, Christmas or Father's Day gift.

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