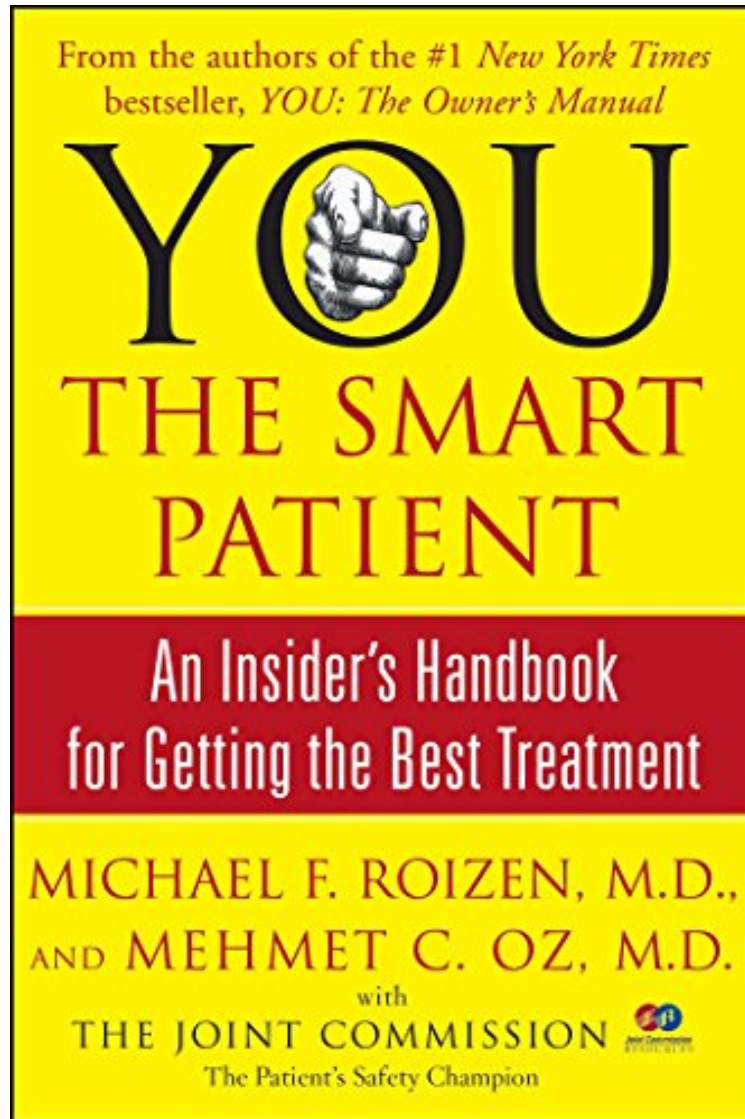


(Download) YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment

# YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment

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**Michael F. Roizen, Mehmet Oz : YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment** before purchasing it in order to gauge whether or not it would be worth my time, and all praised YOU: The Smart Patient: An Insider's Handbook for Getting the Best Treatment:

134 of 139 people found the following review helpful. Small Book - With a Lot of Information By Bill Cashell I have to admit that I am a big fan of Dr. Oz and Dr. Roizen. They have changed the way many Americans look at health and

the major causes of diseases. While most of the medical community is focused on fixing existing problems with drugs and surgery, they are so much into prevention. One of the underlying causes of so many problems is related to what we eat (and how much). This is a condensed version of their previous book, "YOU: On a Diet". It is just over 100 pages and features 99 of their best ideas of keeping the weight off. One of the great things about this book is that it covers almost every part of eating and weight issues, including lifestyle, exercise and the important role of your mind and eating. If you have read their previous books, you may be tempted to skip this. Instead, you may find it to be a great reminder. I have gotten into the habit of reading one of the short tips every day and focus on making it a habit. I've found that reading a book once usually means I retain about 10% of the information. Sections 47 - 63 actually consist of a 20 minute workout. There are recipes spread throughout the book as well, with a 14 day diet plan at the end. If you skipped their other books because they were a bit big, this may be perfect for you. It is an easy to read book with straight-to-the-point information without the excess verbiage. Admittedly, some of the information is obvious, but we all need to be reminded. It would make a great companion to more feeling-oriented books. Bottom Line: This is a concise book of usable information without all of the fluff. It is written by medical doctors, not writers. This style will probably not appeal to everyone. If you like basic information, you probably will like this. If you enjoy more feeling oriented books, you might want to check out Geneen Roth's books, or Marianne Williamson's "A Course in Weight Loss". Bill Cashell - Author of "The Emotional Diet" 4 of 4 people found the following review helpful. I LOVE THIS WORKOUT! By Stephanie J. Trillo I have YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy and DVD. I consider myself in pretty good shape. I worked out a lot prior to my pregnancy. Running, yoga, pilates, resistance training. I started this workout in my first trimester. Enjoyed it. Moved onto my 2nd trimester... this is the same workout that they have in the book - I \*love\* it. If I don't do it at home in the AM I do it at work w/ pages I copied from the book at the gym. It really is a great workout. My husband swears its sculpting my arms. I do it usually every other morning 3-4 days a week. I alternate w/ 10 Minute Solution: Prenatal Pilates. This workout is great for me in the mornings prior to work. I feel like a few of them get my heart rate up and my body moving. Very important for me as I sit at a desk for the majority of the day before I go running after work. (Yes I still run.) This workout and the book are my two favorite items I have bought to help me stay healthy and prepare me and my body for birth and parenthood. The sections include: 1st Trimester 2nd Trimester 3rd Trimester Post Delivery Notes (eye opener!) PP Workout It really is a full service DVD that is great. Thank you! 0 of 0 people found the following review helpful. Great Book to Discuss Together By F. Maddox Bought this book for my 11 year old to read together. At his age we focus on the nutrition and choices we make on food and portion sizes. We need to talk out some of the big words, but this book is written to talk to the kids, for them to understand. So when he has a question and does not want to talk to me, he can pick up this book. Its great. Now for 11 year old, some parts we skipped, but we went over the titles, so if he had questions, we talked about them. This book validated me, as the parent, because we know kids dont listen to their parents all the time.

Americas doctors, Mehmet Oz and Mike Roizen, show you how to become your own medical detective and get the best health care possible. Everyone needs to become a smart patient. In fact, in the worst cases, your life may even depend on it. Number one bestselling authors and doctors Michael Roizen and Mehmet Oz have written this indispensable handbook to help everyone to get the best health care possible by making everyone into their own medical detective. Witty, playful, at times offbeat, but always authoritative, You: The Smart Patient shows you how to become your own medical sleuth, tracing your medical family tree and wending your way through the pitfalls of any health care situation. Written in conjunction with the health care community's leading oversight group, The Joint Commission, the book shows readers in clear, easy steps how to take control of their own health care and deal with all matters that may come up when facing a medical case: from choosing the right doctor, hospital, and insurance company to navigating prescription drugs, specialists, treatment options, alternative medicine, pain management, or any problem that might arise. Accessible, humorous, and filled with information that you need, You: The Smart Patient is a book for every patient and all those dealing with a loved one's medical issues.