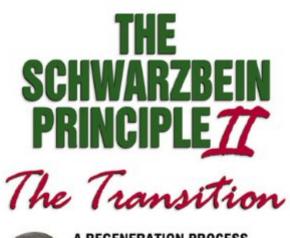
The book was found

The Schwarzbein Principle II, The "Transition": A Regeneration Program To Prevent And Reverse Accelerated Aging







Synopsis

In her very successful book, The Schwarzbein Principle, renowned endocrinologist Diana Schwarzbein introduced her scientifically proven conclusion that degenerative diseases are not genetic, but acquired. Many studies have supported this, proving that life expectancy is 75 to 90 percent due to habits and only 10 to 25 percent due to genetics. This means that someone who is genetically destined to die at age 100 may not live past age 60 because of poor habits and lifestyle choices that cause accelerated aging and premature death. Conversely, a person can live to 100 and be functionally healthy. In this highly anticipated follow-up, Diana Schwarzbein, M.D., goes beyond the diet she introduced in her first book-which literally helped thousands of people lose weight-and offers a personalized anti-aging program for readers to heal their metabolisms and stop advanced aging in its tracks. Weaving in groundbreaking research and provocative case studies-including her own regeneration and that of her clients-she leads readers through a series of eye-opening questionnaires, which identify where they are on their path to either accelerated or healthy aging. Based on readers' answers, she leads them to the "how-to" sections, which explain, in easy-to-follow and personalized detail, the steps they need to take to restore healthy functioning. For each unique situation, she covers five areas: Nutrition, Hormone Replacement Therapy (if needed), Tapering Off Toxic Chemicals or Avoiding Them Completely, Cross-Training Exercises and Stress Management. The Schwarzbein Principle II is sure to follow the success of the first book and will help people live a more healthful lifestyle by embracing a regeneration process to prevent and reverse accelerated aging.

Book Information

File Size: 6164 KB

Print Length: 500 pages

Publisher: HCI (January 1, 2010)

Publication Date: January 1, 2010

Sold by: A Digital Services LLC

Language: English

ISBN-10: 0757395422

ISBN-13: 978-0757395420

ASIN: B004FN1RVO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #209,819 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #39 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition #127 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Aging #671 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy Living

Customer Reviews

I just finished the this book and really loved it. I thought that although it rehashed the basics from the first book (which I expected, for new readers) it was much more thorough. The five steps were great and breaking it down into programs for different metabolism types was also great. One size does not fit all. I was frustrated because I wasn't losing and sticking to the plan. Now I know why. Her explaination about cortisol was particularly revealing for me. I would recomend it to anyone. I had been recomending the first book but my advice now it to skip that one and read this one.

I am a nutritionist and personal trainer and I am giving this book to every one of my clients! Finally someone has put it all together-Dr. Schwarzbein explains in detail the steps to getting healthy(diet, tapering off toxic chemicals, handling stress and getting sleep, exercise and hormones). As an exercise physiologist I really appreciate the innovative way she has prescribes exercise. She also explains how you must be healthy to lose weight and NOT vice versa-if you follow this book's plan

you will be able to be your healthiest ever, and more importantly, you will be able to maintain it. This is one you will read, highlight and reread!

I love Dr Schwarzbein's first book - it has quite literally changed my life, resulting in vastly improved health. (It is certainly not "Atkins with a twist".) It's hard not evangelize! This second book has its merits, especially in showing us that one approach does not fit all. But it's not written as clearly as the first book, it's complicated, and it requires us to get tested to know what quadrant we fit into. I recommend the first book, and only this second one if you really want to dig deeper.

I really think that Dr. Schwarzbein is on to something here. I've been battling the bulge for 10+ years and trying to get some advice from various primary care doctors. Bottom line, the doctors didn't know why I was gaining weight and could never help me take it off. I had one doctor offer to "up" my thyroid medicine to help me loose weight, another offered diet pills, and yet another suggested a draconian 1000-calorie a day diet (water and bread, I think). The one word that never came out of any of their mouths was "metabolism," and that's what got me interested in Dr. Schwarzbein. I know patients of hers, through family and friends, who say that she's changed their lives and, in some cases, "saved" their lives. I've read both of her books and disagree with reviewers who say the second book is a redux of the first. The second book has much more detailed info and breaks metabolisms into four distinct groups. She then details diet and exercise plans for the four metabolism types. My only gripe about her book is the fact that she tells you to go to her website to find out how you can be tested to determine your metabolism type. Well, her website is useless in that regard -- and it has been since the book came out last fall. I've called her office and I get the same answer every time -- "The site will be up next week." Well, it's been 4 months and still no website, no test kits, nada. I REALLY believe in her plan, but without testing, I can't be sure which of the 4 metabolism types I fall into, so I punt. Honestly, I have friends who have gotten websites up in a couple of weeks, so I'd think a published author and respected physician should have some access to a decent webmaster that could help her out. In the meantime, I remain a hopeful, if frustrated, believer in the Schwarzbein Principle.

I've read the both of Dr. Schwarzbein's books, and I think the second book is a much more complete look at diet, anti-aging and health. If you're going to buy just one of her books, buy the second one.

This book really makes sense. It's kind of a mix between Atkins, Zone, and natural eating. The thing that makes it different than Atkins is that she talks about how toxic certain foods and additives can be, such as artificial sweetners and caffeine. She also allows more fruits and veggies than Atkins, and advocates more of a balance in your meals with carbs, protein, and fat at every meal. It's like the Zone in that regard. I love her approach to exercise. It's revolutionary. She talks about cardio, weights, pilates, and yoga. She suggests a very healthy exercise routine. It's a very comprehensive book and way of life. You won't be sorry you bought it.

Download to continue reading...

The Schwarzbein Principle II, The "Transition": A Regeneration Program to Prevent and Reverse Accelerated Aging Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever(Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) Anti-Cancer Diet: An Ultimate Guide to Reverse and Prevent Cancer Naturally! (anti-cancer diet, anti-cancer cookbook, anti-cancer diet recipes, reverse cancer, prevent cancer) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Accelerated Spanish: Learn fluent Spanish with a proven accelerated learning system Learning: 25 Learning Techniques for Accelerated Learning - Learn Faster by 300%! (Learning, Memory Techniques, Accelerated Learning, Memory, E Learning, ... Learning Techniques, Exam Preparation) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Naturally Reverse The Aging Process: Look 10 Years Younger Using These Anti Aging Secrets Osteoporosis: How To Treat Osteoporosis- How To Prevent Osteoporosis- Along With Nutrition, Diet And Exercise For Osteoporosis (Reverse or Prevent Bone ... Supplement Treatments & Exercise Routines) Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Poverty in Transition and Transition in Poverty: Recent Developments in Hungary, Bulgaria, Romania, Georgia, Russia, and Mongolia The Detox Miracle Sourcebook: Raw Foods and Herbs for Complete Cellular Regeneration NATURAL HAIR SCALP REGENERATION - STOP hair loss and regrow hair very FAST GUARANTEED: YOUR LAST CHANCE TO REGROW YOUR HAIR NATURALLY In Situ Tissue Regeneration: Host Cell Recruitment and Biomaterial Design AOSpine Masters Series, Volume 7: Spinal Cord Injury and Regeneration Degeneration-Regeneration Kidney Regeneration Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes

and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) The Paleo Cure: Eat Right for Your Genes, Body Type, and Personal Health Needs -- Prevent and Reverse Disease, Lose Weight Effortlessly, and Look and Feel Better than Ever