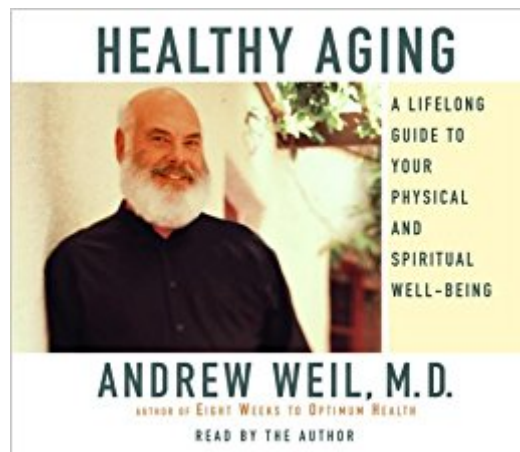




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# Healthy Aging: A Lifelong Guide To Your Physical And Spiritual Well-Being



## Synopsis

Spontaneous Healing . . . Eight Weeks to Optimum Health . . . Eating Well for Optimum Health . . .

The Healthy Kitchenâ “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 in the breadth and depth of its information and understanding. Hugely informative, practical, and uplifting, it is infused with the engaging candor and common sense that have been the hallmarks of all his books. At the heart of Healthy Aging is Dr. Weilâ™s belief that although aging is an irreversible process, there are myriad things we can do to keep our minds and bodies in good working order through all phases of life. To that end, he draws on the new science of biogerontology (the biology of aging) as well as on the secrets of healthy longevityâ “diet, activity, and attitudeâ “that he has gathered firsthand from cultures around the world. In Part Oneâ “âœThe Science and Philosophy of Healthy Agingâ “he explains how the body ages, and he explores the impact of gender, genes, environment, and lifestyle on an individualâ™s experience and perception of the process of aging. He describes the various would-be elixirs of life extensionâ “herbs, hormones, and antiaging âœmedicinesâ “separating myth from fact and clearly delineating the difference between the spurious notions of preventing or reversing the process of aging and the real possibilities of inhibiting or delaying the onset of diseases that become more likely as we age. He writes movingly about the ways in which an acceptance of aging can be a significant part of doing it well, and of recognizing and appreciating the great rewards of growing older: depth and richness of experience, complexity of being, serenity, wisdom, and its own kind of power and grace. In Part Twoâ “âœHow to Age Gracefullyâ “Weil details an easy-to-implement Anti-inflammatory Diet that will protect the immune system and aid your body in resisting and adapting to the changes that time brings. And he provides extensive practical advice on exercise; preventive health care; stress management; physical, mental, and emotional flexibility; and spiritual enhancementâ “all of which can help you achieve and maintain the best health throughout the lifelong process of aging. Healthy Agingâ “a book for people of all agesâ “is Andrew Weilâ™s most important and far-reaching book yet. From the Hardcover edition.

## Book Information

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## Customer Reviews

Dr. Weil has raised dispensing health advice to an art form. Instead of making his audience feel inadequate or guilty about bad habits, he seems to subconsciously convince readers to do better merely by presenting health facts in a non-threatening way. Healthy Aging is his most scientifically technical book yet (you'll learn all about enzymes like telomerase and cell division and the chemistry behind phytonutrients like indole-3-carbinol, and the connection between cancer and other degenerative diseases like diabetes) yet by far his most fascinating. His main mission here is to recommend "aging gracefully," which he considers accepting the process instead of fighting it. As the director of the country's leading integrative-medicine clinic (combining the best of traditional and alternative worlds), of course he disses Botox and the slew of \$100-a-jar face creams out there. It's also no surprise that he focuses on proper nutrition, moderate exercise, and meditation and rest among his "12-point program for healthy aging." (Triathletes and exercise addicts should take special note of the research linking excessive exercise and ALS, or amyotrophic lateral sclerosis.) He occasionally references his earlier works, including 8 Weeks to Optimum Health. But the most eye-opening sections are those that discuss the spirituality of aging and its emotional aspects. "Aging can bring frailty and suffering, but it can also bring depth and richness of experience, complexity of being, serenity, wisdom, and its own kind of power and grace," he writes. At 63, Weil is still a bit shy of senior status, but is aging well indeed, with the legacy of his late 93-year-old mother (who's touchingly eulogized by Weil in this book) to guide him.--Erica Jorgensen

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Starred Review. America's best-known complementary care physician offers a convincing portrait of aging as a natural part of life that can be active, productive and satisfying. Using the examples of his mother, who died at age 93; centenarians from Okinawa and Sardinia; and myths and legends, Weil

(Eating Well for Optimum Health) explores common Western beliefs and attitudes about aging and urges readers to develop healthier perspectives. The 60-year-old author assesses the growing and lucrative field of anti-aging medicine, takes the position that aging is not reversible, and offers many ways for readers to prevent conditions and illnesses that limit mortality and ensure well-being into the later years. He provides scientifically based information on why and how the body ages and advice on key components of good health at every age: exercise, nutrition, vitamins and herbs, and stress-relieving activities. Much of this advice is available in Weil's previous works as well as on his Web site. The real value is Weil's courageous stand, one likely to meet resistance in a culture devoted to external indicators of eternal youth. Refreshingly, Weil embraces the notion, popular in Eastern cultures, that age brings wisdom, peace and prosperity of a different kind. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

One of the most informative books on mindful aging. Dr. Weil's philosophy of life is the backdrop for his sound, logical recommendations on how to age "successfully." Most folks give little thought to aging until it is too late and they are overweight and plagued with health challenges. This book will change one's thinking and gives specific ways to reverse these problems. Although this book was published 10 years ago, the information was cutting edge at the time. It is all very relevant. I keep it near my TV and read sections during the commercials. It plants kernels of wisdom each day. The book is a super value! It has the information to change the senior years of your life!!!

I am grateful for Dr. Weil for his just anger at the denial of aging, so prevalent in America. He excoriates the popular face-lifting, whose only purpose is to hide the age of person, and whose result is often a "plastic" immobile face. Dr. Weil also explains why young people run away from the old and the elderly--they are terrified of their own future fate, visible in the faces and bodies of the older people. I wish the good doctor talked more about the isolation of the aging, which is the elephant not many talk about. Especially I wish he talked about the isolation of aging women. While aging men succeed in dating younger women, aging women often fail to attract men who often measure a woman's attractiveness only by her external appearance.

Dr. Andrew Weil's book is a good source of level headed and knowledgeable advice. He cuts through a lot of the different beliefs floating around about what vitamins and supplements are good to take with science--of all things. I found that very helpful. I also enjoyed how he discusses a

variety of areas that contribute to healthy aging, spiritual as well as physical. The entire book is permeated by the notion that there is such a thing as healthy aging, which you can influence although life does throw many of us some serious curves. And that aging is not a crime, but can be experienced as the coming to fullness of a fine wine!! If you are thinking of botox, read this first!

I listened to the MP3 audio version of Dr. Weil's book on aging while following along with my e-book at the same time. It was a great way to have a pleasurable and multi-sensory reading experience while comprehending and retaining more information. Kind of like 'mindful reading'. This book is a great addition to Dr. Weil's already huge contributions on how to live wisely, healthfully, and spiritually. I am 63 years old with a life-threatening chronic disease, and found his approach on how to age gracefully with meaning and purpose both illuminating and inspiring.

I learn a lot from Andrew Weil every time I pick up a book of his or listen to one of his CD's. That's why I stayed with this book. The medical terminology, etc., in the first half was a little heavy, but the second half more than made up for the difficulty I had in the first half. Excellent advice as usual. "Because aging reminds us of our mortality, it can be a primary stimulus to spiritual awakening and growth," is a direct quote from the book which really hit home. It makes this whole aging process almost worthwhile. ;-)

I liked the approach of this book. I found myself drawn into Dr. Weil's open mind and approach. I also found myself fighting with his mantra of acceptance. I, like most who are drawn to read this, are partially looking for the elixir that will reverse time. I am grateful that Dr. Weil gently directed me back to reality and acceptance over and over again.

I saw this book on Dr Oz and ordered it because of the AntiInflammation Diet. I have been on medications for two years for arthritis and the side effects from the drugs are really worse than the pain from arthritis. So I went on the diet and also tried swimming in warm water. All under my doctors advice as well and it has been a very good approach for me. I disagree with the negative review that says "Let me save you some money".....There is more to the book than he says. And it was important stuff FOR ME. Perhaps not for him. But it is really good stuff for anyone suffering from any inflammatory disease and who has had trouble with the side effects of medication.

Totally appreciated and agreed with Dr. Weil's view that it's futile to fight aging better to embrace it

as a natural course of living be concerned with healthy practices.

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