



## You: Staying Young

### The Owner's Manual for Extending Your Warranty

Drs. Oz and Roizen—the bestselling coauthors of the blockbuster YOU series—present their #1 New York Times bestselling indispensable guide to maintaining vibrant health, improving longevity, and aging gracefully. The body is the most fascinating machine ever created, and nobody talks about it in ways that are as illuminating and compelling as Dr. Michael Roizen and Dr. Mehmet Oz. Most people think of the aging of our bodies the same way we think of the aging of our cars: the older we get, the more inevitable it is that we're going to break down. Most of us believe that at age 40 or so, we begin the slow and steady decline of our minds, our eyes, our ears, our joints, our arteries, our libido, and every other system that affects the quality of life (and how long we live it). But according to Dr. Roizen and Dr. Oz, that's a mistake. Aging isn't a decline in our systems. It's actually very purposeful. The very systems and biological processes that age us are designed to help us when we're a little bit younger. So what's our role as part of the aging population? To learn how those systems work so we can reprogram them to work the way they did when we were younger. Your goal should be: die young at any age. That means you live a high quality of life (with everything from working joints to working genitals) until the day you die. At the core of this landmark book are the Major Ager—14 biological processes that control your rate of aging. Some you've heard of, some you haven't, and some you never knew contributed to the aging process. Some speed decline, others inhibit your repair mechanisms. These Major Ager are everything from short telomeres and inefficient mitochondria to stem cells and wacky hormones. The doctors explain the principles of longevity and many of the causes of aging and how to fight the effects. The climax of the book is a 14-day plan to help you along your path to staying young. The doctors want you to be able to integrate important processes into your daily life in order to make staying young routine, but first you'll need to measure your real age and health right now. Staying young encompasses your emotions and mental health as well as your exercise habits, eating habits, personal hygiene, and genes, among other things. Wouldn't you like to know how to prevent your body from aging badly? The original YOU book showed how bodies work in general, and YOU: On a Diet explained how bodies lose weight and stay fit. Now in YOU: Staying Young, Drs. Michael Roizen and Mehmet Oz illuminate the mysterious mechanisms with a lively metaphor—the modern city. What differentiates a vibrant and thriving city that ages gracefully from one that is worn down and rusted out? Despite genetic differences, which are like the geography upon which the city is built, cities age differently because of the way residents treat their education system (stem cells), power plants (mitochondria), electrical grids (brains), transportation routes (blood vessels), and landfills (fat). You—as mayor, resident, and street cleaner—have the power to balance your biological budget to ensure a life that's both long and strong. Thankfully, just as cities can invest in renewal and improving their repair processes, so can you. YOU: Staying Young is filled with signature

YOU Tools, including YOU Tests, YOU Tips, and visual and verbal metaphors to bring the science to life. (9780743292566)

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