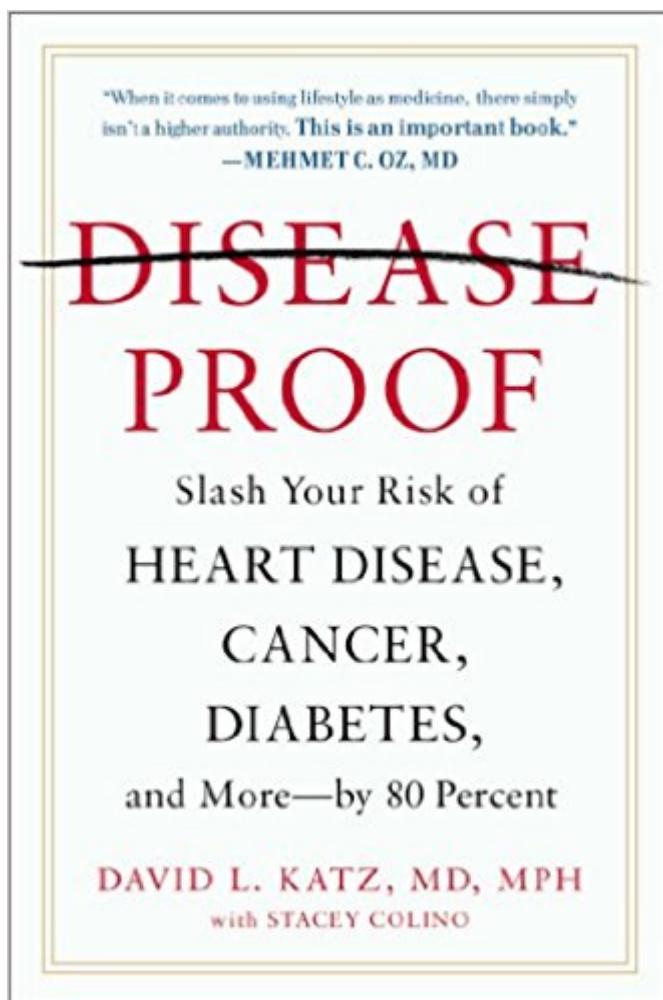


The book was found

Disease-Proof: Slash Your Risk Of Heart Disease, Cancer, Diabetes, And More--by 80 Percent



Synopsis

“If you want to build better health and a better future, this book makes an excellent tool kit.” •David A. Kessler, MD, author of *The End of Overeating* and former commissioner of the FDA. It sometimes seems as if everyone around us is being diagnosed with a chronic illness—and that we might soon join them. In *Disease-Proof*, leading specialist in preventive medicine Dr. David Katz draws upon the latest scientific evidence and decades of clinical experience to explain how we can slash our risk of every major chronic disease—heart disease, cancer, stroke, diabetes, dementia, and obesity—by an astounding 80%. Dr. Katz arms us with skillpower: a proven, user-friendly set of tools that helps us make simple behavioral changes that have a tremendous effect on our health and well-being. Inspiring, groundbreaking, and prescriptive, *Disease-Proof* proves making lasting lifestyle changes is easier than we think.

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Customer Reviews

“David Katz is among my most respected colleagues. When it comes to using lifestyle as medicine, there simply isn’t a higher authority. In *Disease-Proof*, Dr. Katz advances a mission we share: empowering people to use what we know about the power of lifestyle to promote health. This is an important book.” •Mehmet Oz, MD “By offering insight into the hidden and not-so-hidden threats to our collective waistlines and our health and providing step-by-step advice to reverse the current obesity epidemic and the chronic diseases that go with it, *Disease-Proof* will empower readers to take control of their current and future health. Anyone who’s interested in protecting themselves and their loved ones from these problems will want to read this

book. "sooner not later." Dean Ornish, MD, author of *The Spectrum* "Powerful." Disease-Proof provides much practical wisdom about learning and applying the skills of a healthy lifestyle. Ed Dodge, MD, MPH, ThePowerofLifestyle.com "At a time when 75 percent of our health care spending is for preventable, chronic diseases, and when we are facing an epidemic of legal drug dependency, *Disease-Proof* is a book we desperately need -- a reminder that, in more ways than we may realize, our health is in our hands. Dr. Katz's conclusion that we all have the ability to lead healthier lives is sensible, well-reasoned, empowering, and based on the latest scientific evidence and decades of clinical experience." -- Arianna Huffington, president and editor-in-chief of The Huffington Post Media Group "Disease-Proof helps level the playing field between those who may have vast wealth and resources they can employ in order to attain better quality food and expert trainers, and those who may not have the time or money to 'outsource' their health." NaturallySavvy.com "Dr. Katz knows how challenging the pursuit of both health and a healthy weight can be. He also has a unique ability to convert his knowledge and insights into practical programs and tools -- a talent richly displayed in *Disease-Proof*. If you want to build better health and a better future, this book makes an excellent tool kit." David A. Kessler, MD, former Commissioner, FDA and author of *The End of Overeating* "Comprehensive, accessible, and indispensable, *Disease-Proof* makes a compelling case for how we can reclaim our medical destinies and prevent many of the chronic diseases that are currently afflicting adults and children alike. It's an urgently needed wake-up call for millions of Americans who believe their health is largely beyond their control." David Satcher, MD, PhD, former Surgeon General and Director of the Centers for Disease Control and Prevention, and founder of the Satcher Health Leadership Institute, Morehouse School of Medicine "Disease-Proof is not only about knowing what to do to stay healthy; it's also about developing the skills to apply that knowledge. Katz and Colino make the skills look easy. I especially appreciate how they encourage readers to take responsibility for the health of others as well as themselves and work toward creating a healthy society for all." Marion Nestle, author of *What to Eat* and Professor of Nutrition, Food Studies, and Public Health at New York University "Extraordinarily valuable." BetterorDeader.com "The advice in *Disease-Proof*, if applied, will lead to a healthy, vibrant life. Everyone needs this information." Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* "Disease-Proof uniquely addresses what individuals can do to promote their

own health, and what we can and should do together to help us all get there from here. Just about everybody stands to benefit from reading this book. •Joy Bauer, MS, RD, CDN, founder of Joy Bauer Nutrition Centers and nutrition expert on the Today Show

David L. Katz, M.D., M.P.H., F.A.C.P.M., F.A.C.P., is the founding director of Yale University's Yale-Griffin Prevention Research Center and the Integrative Medicine Center at Griffin Hospital. He lives in Connecticut. Stacey Colino is an award-winning writer who lives in Maryland.

I ordered this book after hearing the author on an NPR talk show. It is a common sense approach to eating healthy foods in healthy quantities. What I like is that it gently steers the reader away from fad diets, something I think we should all do. As the author points out, you can lose weight on the so-called "Twinkie Diet" but it's not healthy. Also, fad diets are like drugs...as long as you stick with them...and purchase the products they promote and sometimes sell...you can lose weight, but you may be hooked. Any book that teaches you how to eat sensibly and in sensible, healthy proportions is worth reading. This one falls into that category.

Common sense that is not so common. Eat right, exercise, don't put toxins in your body. This advice isn't sexy or cutting edge but maybe that's why it's the truth. There is power in simplicity and this book hammers home the age old advice but with scientific proof to validate the point that if we take care of ourselves on a daily basis, we greatly eliminate chances of developing chronic illness. It's also important (to me atleast) that the author emphasizes that the reader is not only responsible for their body and health but that of others including family members. I have three small kids and a wife and the information in this book provides a pathway to an overall healthier lifestyle for my family.

There are countless books out there on the topic of getting healthy and fit, but this is the most complete and practical entry I have yet seen. Disease Proof is a step-by-step guide for overcoming the barriers that stand between us and a healthier, higher-quality and, quite probably, longer life. Its innovation is a detailed explanation of how to spark and sustain lifestyle change until it becomes the new normal. Dr. Katz makes his case by employing a newly minted word, "Skillpower", which refers to the specifics of change, and breaks down the process of remaking one's life into discrete skills to be learned and practiced, whether related to food, physical activity, motivation or even happiness. Quick story. Some years ago, my wife, sons and I were daily drinkers of whole milk. We

wanted to cut out that fat, so one day we decided to try skim milk. Well, of course it was dreadful. More like semi-gloss latex rinsewater than a dairy product. So we started instead with 2% lowfat milk. A little thin at first but, after a month or so, we no longer noticed. Then to 1%. Same process, same result. Then to .5% (hard to find anymore) and finally to skim. In six months we had permanently reprogrammed our taste buds to accept skim milk as whole milk. So I should not have been surprised to find this exact plan described in *Disease Proof*, along with other examples to rehab our tasters away from the sweet and salty flavors that, the author says, drive appetite. There are also eye-openers here on how best to eat on the run, decoding restaurant menus and the hidden spin food manufacturers put on those objective-looking product ingredient labels at the supermarket. (Note, the book contains a handy list of common food items and their nutritional grades from NuVal, a helpful 1 to 100 scoring system developed by the author and his colleagues at Yale.) It is good to hear a doctor declare that doctors can't fix us, any more than our high school guidance counselors could have taken trigonometry for us. As Dr. Katz points out, the power to dramatically reduce our risk of chronic disease, and perhaps even recover from them, resides within us all. Like Dorothy with those ruby pumps. Quite a breath of fresh air amid the cultural headwinds that would have us all believe there is a pill for everything. In sum, *Disease Proof* is a heavily researched and reassuring pep talk that breaks down the problem of fundamental change into manageable pieces. Science and logic strongly suggest that those who commit to this book's curriculum can reasonably expect a personal sea change, all the way down to the genetic level -- which just might be the hidden lead story here. Talk about motivation.

Circling the drain - wow I never thought of my lack of nutritional knowledge as a death spiral. Growing up we ate because we were hungry, a meal was served or just because. I never had a class in nutrition and started packing on the pounds. Well it doesn't have to be that way. Food as medicine - a new concept for me. Several years ago I read *The China Study* on the recommendation of a doctor friend. Now in my late 60's I take no meds, eat a mostly plant based diet and walk briskly at least 30 minutes daily. I soon lost over 25 pounds, feel much better and my annual check up proved I am on the right course. Dr. Katz explains how to avoid disease in four simple steps that are easy to follow with lots of solid advice for staying on tract. Now I get it - eat well, exercise and avoid trips to the doctor's office. Good advice and it helped reinforce my motivation. Dr. Katz also helps turn off the media noise of this or that new diet with a simple but practical guide backed up by solid research.

This is an amazing book. It brings together many facets of preventative health care and presents them in a unified way that makes incorporating life-style changes into one's daily routine an easy and sensible task. To me, this book is one of those one-in-a-million encounters. I will be referring to this book time and time again as I journey towards optimal health.

This is a good read with a lot of useful information. I think he falls into the trap like a lot of these type of self-help books of making things too black and white and having a slogan or catchphrase. His catchphrase is "the 3 f's". Also I think he makes it sound too simple that if you just eat right (and exercise and don't smoke) then you will avoid all these nasty diseases and live for years longer. It don't think it is quite that simple but his advice certainly helps. I know people that are careful what they eat, don't smoke and exercise and still have health issues. And some people do all that and still die of cancer. Also it is not always clear what is good for you. One example is coconut oil/cream in food. That was supposed to be bad for you for years and now it is supposed to be a super food. I'm sure the truth is somewhere in between. Definitely worth a read though.

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Disease-Proof: Slash Your Risk of Heart Disease, Cancer, Diabetes, and More--by 80 Percent
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