



You, on a Diet: The Owner's Manual for Waist Management

By Michael F. Roizen, Mehmet C. Oz

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AMERICA'S MOST TRUSTED DOCTOR TEAM CRACKS THE CODE ON WAIST MANAGEMENT

For the first time in our history, scientists are uncovering astounding medical evidence about dieting. Now Michael Roizen and Mehmet Oz translate this cutting-edge information to help you shave inches off your waist, by giving you the best weapon against fat: Knowledge. Through their signature entertaining style, Drs Roizen and Oz teach you about your body -- how and why it stores calories, burns fat, and reacts to the foods you test your body with. Ultimately, they give you the Plan and formulas that will help you lose up to two inches from your waist in two weeks on your way to your ideal size.

By following the YOU diet and YOU activity plan, you will...

- Challenge your beliefs about diets
- Learn to rule the elegant systems controlling your body fat
- Never feel hungry
- Never yo-yo again
- Feel better, look better, and live healthier

Equal parts information, motivation, and change-your-life action, *YOU: On a Diet* will revolutionize the way you think about yourself and the food you consume, so that you'll diet smart, not hard. Welcome to your body on a diet.

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Editorial Review

Amazon.com Review

Book Description

For the first time in our history, scientists are uncovering astounding medical evidence about dieting--and why so many of us struggle with our weight and the size of our waists. Now researchers are unraveling biological secrets about such things as why you crave chocolate or gorge at buffets or store so much fat.

Michael Roizen and Mehmet Oz, America's most trusted doctor team and authors of the bestselling *YOU* series, are now translating this cutting-edge information to help you shave inches off your waist. They're going to do it by giving you the best weapon against fat: knowledge. By understanding how your body's fat-storing and fat-burning systems work, you're going to learn how to crack the code on true and lifelong waist management.

Roizen and Oz will invigorate you with equal parts information, motivation, and change-your-life action to show you how your brain, stomach, hormones, muscles, heart, genetics, and stress levels all interact biologically to determine if your body is the size of a baseball bat or of a baseball stadium. In *YOU: On a Diet*, Roizen and Oz will redefine what a healthy figure is, then take you through an under-the skin tour of the organs that influence your body's size and its health. You'll even be convinced that the key number to fixate on is not your weight, but your waist size, which best indicates the medical risks of storing too much fat.

Because the world has almost as many diet plans as it has e-mail spammers, you'd think that just about all of us would know everything there is to know about dieting, about fat, and about the reasons why our bellies have grown so large. *YOU: On a Diet* is much more than a diet plan or a series of instructions and guidelines or a faddish berries-only eating plan. It's a complete manual for waist management. It will show you how to achieve and maintain an ideal and healthy body size by providing a lexicon according to which any weight-loss system can be explained. *YOU: On a Diet* will serve as the operating system that facilitates future evolution in our dieting software. After you learn about the biology of your body and the biology and psychology of fat, you'll be given the *YOU* Diet and *YOU* Workout. Both are easy to learn, follow, and maintain. Following a two-week rebooting program will help you lose up to two inches from your waist right from the start.

With Roizen and Oz's signature accessibility, wit, and humor, *YOU: On a Diet--The Owner's Manual for Waist Management* will revolutionize the way you think about yourself and the food you consume, so that you'll diet smart, not hard. Welcome to your body on a diet.

Amazon.com Exclusive

"Fat Chances: The Secret Story of What's in Your Belly" by Michael F. Roizen, MD, and Mehmet C. Oz, MD



Whether you're carrying a few extra pounds of fat on your thighs or a suitcase's worth in your belly, it's hard not to think about fat. You feel it when you walk, you roll on it when you sleep, and you curse it when you try to slide into last year's jeans. But while most of us are intimately familiar with how fat looks on the outside, we're not quite as familiar with how it works on the inside.

As we explain in *YOU: On a Diet*, we believe that to *change* your body, you need to know your body.

In the simplest form, everyone knows the formula for gaining weight. Daily buckets of ranch dip plus photo-album-sized hunks of cheesecake plus a life of couch-dwelling equals a very unfortunate conclusion: too-frequent popped buttons.

But many of us really don't know how fat works and how it works against us. Here's the inside story on the story of your insides.

Continue reading this exclusive essay

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YOU: On a Diet--The Shopping List



in *YOU: On a Diet*.

Print out this exclusive shopping list, created by Michael F. Roizen, MD, Mehmet C. Oz, MD, and UnitedHealthcare, to get a jumpstart on the waist-reducing, health-boosting plan you'll find

Check out the exclusive Shopping List

From Publishers Weekly

Starred Review. Back for another highly entertaining round of Biology 101, the team behind *YOU: The Owner's Manual* applies its signature wit and wisdom to food metabolism and nutrition. According to Roizen and Oz, waist measurement, not weight, is the most important factor in mortality related to obesity, and understanding the relationship between chemicals and hormones influencing hunger and those signaling satiety is the key to ending yo-yo dieting. Most diets fail, Roizen and Oz conclude, because body chemistry overrules the best plans and intentions. To restore the body's natural ability to balance hunger and satiety and offset the effects of stress on food choices, they list foods and supplements that fight fat, decrease appetite and combat inflammation that causes disease. Roizen and Oz pack in a lot of material—quizzes, "factoids" and "myth busters" along with diet and exercise plans, recipes and a two-week "rebooting" program—in bite-sized portions, giving readers a chance to absorb and apply what they learn. For those considering medical intervention, they discuss current options for drugs and surgery. (Oct.)

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Review

"Back for another highly entertaining round of Biology 101, the team behind "YOU: The Owner's Manual" applies its signature wit and wisdom to food metabolism and nutrition. Roizen and Oz pack in a lot of material -- quizzes, 'factoids' and 'myth busters' along with diet and exercise plans, recipes and a two-week 'rebooting' program -- in bite-sized portions, giving readers a chance to absorb and apply what they learn."-- "Publishers Weekly," starred review

Users Review

From reader reviews:

Victor Kohlmeier:

Do you one of people who can't read gratifying if the sentence chained from the straightway, hold on guys this kind of aren't like that. This You, on a Diet: The Owner's Manual for Waist Management book is readable through you who hate the perfect word style. You will find the info here are arrange for enjoyable studying experience without leaving also decrease the knowledge that want to deliver to you. The writer involving You, on a Diet: The Owner's Manual for Waist Management content conveys objective easily to understand by most people. The printed and e-book are not different in the information but it just different by means of it. So , do you continue to thinking You, on a Diet: The Owner's Manual for Waist Management is not loveable to be your top collection reading book?

Ana Jara:

In this time globalization it is important to someone to find information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information easier to share. You can find a lot of sources to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The actual book that recommended for you is You, on a Diet: The Owner's Manual for Waist Management this reserve consist a lot of the information on the condition of this world now. That book was represented how do the world has grown up. The terminology styles that writer value to explain it is easy to understand. The writer made some analysis when he makes this book. That's why this book suited all of you.

Lena Garcia:

Many people spending their time frame by playing outside with friends, fun activity together with family or just watching TV the whole day. You can have new activity to spend your whole day by reading through a book. Ugh, do you consider reading a book really can hard because you have to take the book everywhere? It ok you can have the e-book, delivering everywhere you want in your Cell phone. Like You, on a Diet: The Owner's Manual for Waist Management which is obtaining the e-book version. So , try out this book? Let's view.

Beth French:

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