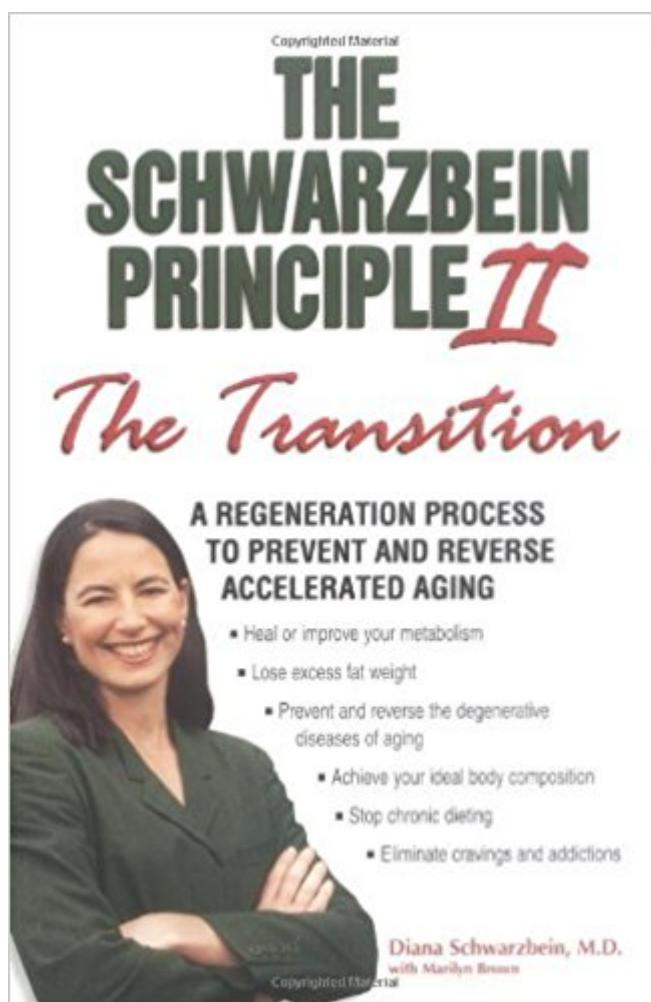


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The Schwarzbein Principle II, The "Transition": A Regeneration Program To Prevent And Reverse Accelerated Aging



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

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Customer Reviews

Schwarzbein, founder of the Endocrinology Institute of Santa Barbara, first presented her plan for weight loss and overall well-being in *The Schwarzbein Principle*. This expanded follow-up is designed to help people manage stress, consume the right combination of nutrients, exercise properly, manage any necessary hormone replacement therapy and avoid toxic chemicals. By controlling these key concerns, Schwarzbein promises readers will feel better, younger and more alert and avoid degenerative diseases associated with aging. Though she cautions people not to expect quick-fix results, some will find it difficult to stick with the Schwarzbein regime when the desired physical changes don't become rapidly apparent (some readers, for instance, might gain weight before they lose it). Readers must identify their particular problems-insulin dependency, adrenaline addiction, etc.-and then modify their current diet accordingly. Meal suggestions will please some dieters-red meat and some sausage is permitted. (Condiments, protein bars and bagels are verboten, however.) Sometimes Schwarzbein's advice is quite specific—"Never eat a protein by itself. Too much protein raises adrenaline/cortisol levels and will cause you to burn out your adrenal glands over time"—and some of her warnings are a little disconcerting. "The more cardiovascular exercise you do, the faster you will age," she writes. Many readers will no doubt benefit from the Schwarzbein plan, but her promises of a radical transformation need to be tempered by more caution. And, since she offers specific advice about hormonal supplements, readers should have a complete physical and blood workup from their physicians before following all of the strategies. Copyright 2002 Reed Business Information, Inc.

Diana Schwarzbein, M.D., is a leading authority on metabolic healing. She founded The Endocrinology Institute of Santa Barbara where she sub-specializes in metabolism, diabetes, osteoporosis, menopause and thyroid conditions. Along with Nancy Deville, she coauthored *The Schwarzbein Principle*. With Deville and Evelyn Jacob Jaffe, she coauthored *The Schwarzbein Principle Cookbook* and *The Schwarzbein Principle Vegetarian Cookbook*. Marilyn Brown is an educator and freelance writer. She currently teaches English and gives workshops for educators on teaching writing and literacy. She and her husband live in Bakersfield, California.

Hi folksI read quite a few of the reviews BEFORE buying this book. I was undergoing confirmatory tests for 'adrenal exhaustion.' I hadn't even heard of the word before. I search the internet for all information there, and was waiting for the test results. I wanted to understand....was it possible that I could get better?This book is soooooo informative. This very hard subject is well organized. The

explanations are clear - but the subject is complex so you have to 'listen up' I don't know exactly what my doc will say, but now I am going into his office informed and with the ability to ask intelligent questions. I would HIGHLY RECOMMEND this book for those that have a burning desire to 'know' and 'get better.' This book gives me the background - the good and the ugly - about my body. It is now - eight months later. I AM better, so much better. People constantly comment that I am different, looking healthy. Returning my body to its 'original operating condition' meant I had to 'change my ways' in terms of food selections. My doc runs an 'integrative medical' and I have benefited from working with (notice I didn't use the word 'seeing') a number of specialists, each of whom added their expertise to encourage me - and my body - to stop fighting itself.

My husband's doctor recommended we purchase this book and follow the guidelines on diet and exercise, and explains why your body reacts the way it does. It is an excellent book which guides on proper nutrition and what ingredients on food labels to look out for. We ate the recommended amount at breakfast, lunch, and dinner, no snacking in between (although snacking is permitted), and we began to lose weight, and feel better. This book is a natural way to get your body's metabolism back in balance.

Today this is even more important than it once was. Diet, exercise, stress reduction and some supplementation are important. This is a balanced program to good health and longevity. Hormone supplementation may be needed along with proper testing and Dr. Schwartzbein guides you through the process. All of us who are diabetic or overweight need this program. Drugs alone will not solve the problem which comes with ageing and this program can also assist with reducing medication.

This is a great book on the basics of menopause and the loss of hormones issue. Dr. Schwarzbein explains in simple language that we can understand what is happening and how we can help ourselves not have the horrors of night sweats, irritability and all the other horrible stuff that comes with menopause. This book gave me the understanding and I found a doctor who prescribes bio-identical hormones to replace the ones I've lost.

This book is full of no-nonsense reasons why we need to watch the balance of carbs and protein that we put into our bodies. Love the menus to ease one's learning of how to eat this way... eventually you won't need the menus because you'll catch on pretty quickly and adapt this way of

eating for your whole life. Many people probably buy this book for losing weight. I just bought it for learning about our hormonal systems and how food affects this. In the process, I'm finding I'm losing weight slowly without really even wanting or needing to... gee, maybe I need to eat more!

Exact quote from my doctor, "You need to workout for at least 30 min a day, that means sweating and breathing hard. Once you are at 60 min a day, your weight will disappear and your diabetes (Type II), will be healed!" Then prescribes me an inhaler to use before the workout, after a year trying, I have chronic pain, 3 types of inhalers, and my diabetes is worse.

I learned a lot from reading this book. I also ordered The Schwarzbein Principle. By following the advice she gives, there is a noticeable improvement in the quality of my skin and hair. I have lost weight, too, thanks to Dr. Schwarzbein

Several of my physicians I consulted said there is nothing they could do to lower my high blood pressure, the reason: too old.(58). Well, nevertheless: I never completely trust professional doctors. As I describe in my Kindle book: "An Amazing Alternative Treatment for Periodontal Disease. HOW I CURED GUM DISEASE IN 7 DAYS... there is always a solution to any problem. I have been experimenting with various diets in order to control my high blood-pressure.... it worked to some degree.. but I was not satisfied. Then I came across Dr. Schwarzbein's book: I followed her advises - understood the principles... and, BEHOLD!.... my high blood-pressure is now normal!! Big smile :-) .. and thanks to Dr. Schwarzbein!!!

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