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Autism, Genes, Fingerprints And Caffeine - Surprising Things You Should Know About Your Health: An Interview With Dr. Michael Roizen



Autism, Genes, Fingerprints And Caffeine - Surprising Things You Should Know About Your Health

An Interview with Dr. Michael
Roizen



Synopsis

If you thought caffeine was bad for you, think again. According to Dr. Roizen, best-selling author and co-creator of RealAge.com, you should drink at least six cups of coffee a day to reduce brain aging. In fact, he says there are 151 things you can do to change your rate of aging, and in this audio, youâ™™ll hear many of them. Dr. Roizen also talks frankly about a number of health issues concerning people today including the rise in autism rates and its possible link to both the environment and genetics. Youâ™™ll Also Hear:â€¢ How to stay younger than your years â€¢ Dr. Roizen is in his 60s but his â€œreal ageâ€• is 44â€¢ Exactly what scientists know about autism -- Is it really linked to childhood vaccines â€¢ and just how safe are shots anyway?â€¢ Ways we can influence the genes we have â€¢ and â€œturn onâ€• a gene that will prevent colon, prostate, and breast cancer just by eating 4 servings of broccoli a weekâ€¢ How a mother-to-beâ€™s lifestyle can affect her babyâ€™s behavior after heâ€™s born â€¢ and ways to stay healthy during pregnancyâ€¢ All about the power that food has over our health â€¢ and simple ways to live better and healthierâ€¢ Exactly how fingerprints are formed and what makes each one unique As a physician of internal medicine and co-author of the â€œYouâ€• series of health books, Dr. Roizen knows his stuff when it comes to many different health issues, and he shares a lot of that information in this quick audio.

Book Information

File Size: 73 KB

Print Length: 13 pages

Publisher: Michael Senoff (July 10, 2011)

Publication Date: July 10, 2011

Sold by:Â Digital Services LLC

Language: English

ASIN: B005C6CK7I

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #2,547,869 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #96

inÂ Books > Health, Fitness & Dieting > Nutrition > Caffeine #4721 inÂ Kindle Store > Kindle Short

Reads > 30 minutes (12-21 pages) > Health, Fitness & Dieting #6669 inÂ Kindle Store > Kindle

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