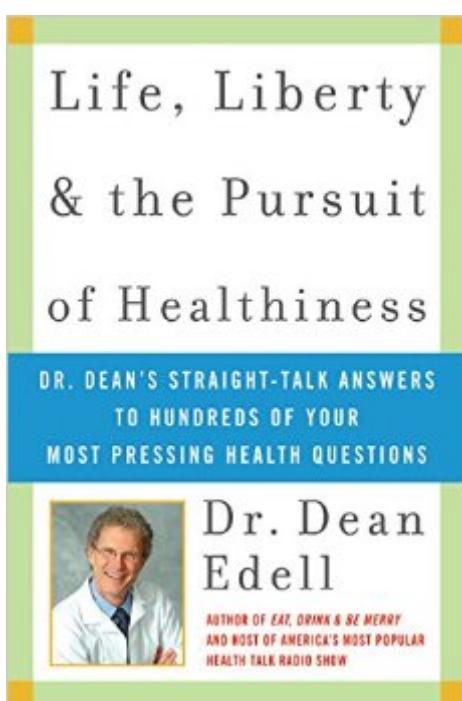


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Life, Liberty, And The Pursuit Of Healthiness: Dr. Dean's Straight-Talk Answers To Hundreds Of Your Most Pressing Health Questions



Synopsis

America is in a chronic state of confusion and anxiety about matters of health. Each day, we are bombarded with news of medical breakthroughs, wonder drugs, and hidden dangers. Now author and radio host Dr. Dean Edell clears things up with this at-home medical resource that squarely confronts more than five hundred common health concerns, including: The skinny on fat, carbs, Atkins, and Xenical; Sex, with a look at Viagra, orgasms, chlamydia, and HPV; "Alternative medicine" and the myths of herbs, essential oils, and supplements; Women's issues, from fertility to breast-feeding to fibroids; Botox, breast implants, and the business of beauty; Infectious diseases, from the common cold to the West Nile virus; Cancer; "breast, colon, prostate" and advances in early screening and treatment; Addictions, including coffee, booze, grass, Vicodin, and Paxil. Containing quizzes, symptom checklists, web links, and recommended reading lists, this invaluable guide will help you take charge of your own health, save time and money, and alleviate anxiety over health issues today.

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Customer Reviews

As a fellow physician in the trenches of modern health care, reading any book by Dr. Dean Edell gives me hope. We live in a world gone mad with access to information (some reliable, some pure nonsense) and in a country obsessed with health, longevity, and quick miracle fixes. America's best known physician has long been a beacon of reason and rationality in the practical pursuit of better health, and his latest contribution, *Life, Liberty and the Pursuit of Healthiness*, thank goodness, is no exception. The good doctor tackles obesity, our sex lives, cosmetic medicine, ADHD, alternative

medicine, health screening and just about every other issue preoccupying the average baby boomer with fair, balanced, well-researched straight talk. This book should come as a relief to so many Americans who have found only frustration and failure in their futile search for the next quick-fix diet or the elusive Hollywood sex life. He provides many answers to questions in these areas. But what's better, Dr Edell helps us ask the right questions in the first place. Not "how do I lose fifty pounds before my next reunion" but rather, "how can I understand this excess weight and fatigue and then realistically address it?" Not, "how can I have more sex with my spouse like the people on TV" but rather "what are the issues coming between my spouse and myself that make our sex life less satisfying for us than it could be?" Movies, television, magazines and now the Internet marketplace have so distorted our concept of what a healthy and happy life can or should be. However, this entertaining, entirely human book (it includes hundreds of actual questions from readers/listeners) cuts through the hype and brings the media-tossed reader back to terra firma.

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