

10 Reasons You Feel Old and Get Fat...: And How YOU Can Stay Young, Slim, and Happy!

By M.D. Frank Lipman

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Like most people in our society, you might see the years from the age 30 onward as a slow, painful decline marked by the following outcomes: weight gain, fatigue, mysterious aches and pains, illnesses, memory issues, low libido, and sadness and anxiety. But contrary to popular belief, the real obstacle for most of us isn't age—it's loss of *function.* Our bodies are perfectly capable of remaining slim and vigorous, and our brains can absolutely stay clear and sharp—*if* we give them what they need.

The problem is that most of us don't do that. We don't realize what our bodies need, so we eat the wrong foods, skimp on sleep, and deprive our bodies of the movement they crave. Overwhelmed by the stresses and the pressures of our lives, we take a host of prescriptions, never realizing how they might be disrupting our body's innate ability to heal. Most insidious of all, many of us lack the personal support and the community that we need to feel fully alive. Instead, we buy into the myth that age means decline.

A pioneer and internationally recognized expert in integrative and functional medicine, Dr. Frank Lipman proves that you don't have to feel this way. You have a choice! In his latest book, Dr. Lipman breaks through the common myths and misconceptions surrounding aging and dieting, and he zeroes in on what you need to do in order to feel your very best. His two-week Revitalize Program brings together key information regarding insulin resistance and carbohydrate intolerance, gut and hormonal imbalances, sleep disorders, medications and supplements, and community support. The Revitalize Program features delicious recipes, handy shopping lists and meal plans, simple exercises, and powerful stress busters to support you along the way. Dr. Lipman also offers a lifelong Maintenance Program, so that after two life-changing weeks, you can continue on your path toward ultimate health and wellness!In just two weeks—only 14 days—you can feel so much better than you ever imagined!

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Editorial Review

Review

"*10 Reasons You Feel Old and Get Fat* is medically accurate and gets right to the point, which is this: health has nothing to do with your age. It has everything to do with what you eat, how you move, and what you believe. If you want to flourish for a lifetime, you need to know what's in this book."

— Christiane Northrup, M.D., *New York Times* best-selling author of *Goddesses Never Age*

"I stand in awe of Dr. Lipman's delightfully readable, information-rich, and extraordinarily helpful guide to a healthier lifestyle. *10 Reasons You Feel Old and Get Fat* is a scientifically proven, high-octane approach to keeping lean, fit, and active as we age. Read it for yourself, and give a copy to someone you love."

— Mark Hyman, M.D., director of the Cleveland Clinic Center for Functional Medicine, and *New York Times* best-selling author of *The Blood Sugar Solution*

"*10 Reasons You Feel Old and Get Fat* lays it on the line. This is straightforward, validated, and most importantly, empowering information that opens the door to health, weight loss, and vitality."

— David Perlmutter, M.D., *New York Times* best-selling author of *Grain Brain*

"In his newest book, Dr. Lipman shares his protocol to address the symptoms of a system out of balance—weight gain, fatigue, inflammation, and joint pain—and offers advice on how to move through your 40s, 50s, and even 60s with more vitality than a teenager. A myth-busting must-read for anyone dreading middle age and beyond."

— Gwyneth Paltrow

"*10 Reasons You Feel Old and Get Fat* zeroes in on the steps you can take in order to feel your very best and live a truly healthy and fulfilling life, in ways that go deeper than just watching what you eat. With his emphasis on reducing stress, the life-changing benefits of sleep, and the importance of reconnecting with your own sense of meaning and purpose, Dr. Lipman has given us a comprehensive maintenance program for getting on the road to good health."

— Arianna Huffington

"Dr. Lipman is my go-to for all things health and wellness. He is a master diagnostician, who combines the best of eastern and western medicine while teaching balance and a healthy lifestyle. This indispensable book combines his knowledge with the talent of nutritional chef Tricia Williams. It's a must-read for anyone who wants to be healthier and more beautiful from the inside out."

— Bobbi Brown

"Frank has taken on two of the biggest problems for us as individuals in the modern world: weight gain and aging. He gives us the best and latest advice on how to deal with these monsters so that we can meet these obstacles with practicality and wisdom. He teaches us to listen and see our body, mind, and heart as the

integrated system that it is. One more giant step to wellness and joy."

— Rodney Yee

"Dr. Lipman's two-week revitalize program is full of eye-opening information. His delicious recipes, easy meal plans, and powerful stress busters will help you on the way to a life of wholeness. I highly recommend this treasure"

— Amy Myers, M.D., *New York Times* best-selling author of *The Autoimmune Solution*

"Dr. Frank Lipman has a gift for guiding his readers with clear solutions to complex health concerns. *10 Reasons* gets right to the heart of unhealthy aging and gives you simple steps for creating youthful vitality at any age."

— Leo Galland, M.D., author of *The Allergy Solution*

"Growing older doesn't mean settling for fat, tired, and uninspired. In his new book, Dr. Frank Lipman provides ten often-overlooked culprits along with simple, effective ways to turn back the clock and become lean, vibrant, and healthy at any age. A must-read!"

— JJ Virgin, *New York Times* best-selling author of *The Virgin Diet* and *Sugar Impact Diet*

"Smart advice based on sound science, this book pulls together essential learning for a public that has far too long been prescribed pills rather than healthy foods. Lipman boils down complex information into readable, usable advice—an intelligent, simple guide to regain good health. I will be recommending this book!"

— Nina Teicholz, science journalist and author of *The Big Fat Surprise*

"Getting old might be inevitable, but you don't have to get fat! Just follow Dr. Frank Lipman's advice and you'll feel more energized than ever before!"

— Jason Wachob, founder and CEO of mindbodygreen

"Dr. Frank Lipman masterfully explains how to let go of old habits and sorry excuses that hold us back from looking and feeling our best in life. I wish I had this book years ago."

— Vani Hari, *New York Times* best-selling author of *The Food Babe Way*

"If you want to stay sexy through your 70s, this book is your tool—a user's guide to your body as you navigate the aging process. Smart, practical, and resourceful. Dr Lipman has done it again!"

— Robyn O'Brien, author of *The Unhealthy Truth*

"In 10 Reasons, Dr. Frank Lipman persuasively argues that feeling old isn't the inevitable result of aging. Read this important book for a program to rejuvenate body, brain, and spirit."

— David S. Ludwig, M.D., Ph.D., professor, Harvard Medical School, and author of the #1 *New York Times* bestseller *Always Hungry? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently*

About the Author

New York Times best-selling author Frank Lipman, M.D., is one of the country's top pioneers in the field of integrative medicine. A leading international speaker on health and wellness, he has been featured in *Men's Health, Vogue, Men's Journal, Redbook,* and *Martha Stewart Living*. He is a regular contributor to *Goop* and *The Huffington Post,* and he writes a weekly blog for his own site, Dr.FrankLipman.com.

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From reader reviews:

Virginia Smith:

Have you spare time for a day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the Mall. How about open or read a book eligible 10 Reasons You Feel Old and Get Fat...: And How YOU Can Stay Young, Slim, and Happy!? Maybe it is for being best activity for you. You realize beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with their opinion or you have additional opinion?

Clare Lucas:

A lot of people always spent their particular free time to vacation or even go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity here is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the entire day to reading a guide. The book 10 Reasons You Feel Old and Get Fat...: And How YOU Can Stay Young, Slim, and Happy! it doesn't matter what good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too costly but this book possesses high quality.

Charlotte Womble:

In this era which is the greater person or who has ability to do something more are more important than other. Do you want to become certainly one of it? It is just simple method to have that. What you have to do is just spending your time not very much but quite enough to possess a look at some books. One of many books in the top listing in your reading list will be 10 Reasons You Feel Old and Get Fat...: And How YOU Can Stay Young, Slim, and Happy!. This book which can be qualified as The Hungry Mountains can get you closer in turning out to be precious person. By looking right up and review this book you can get many advantages.

Stephany Garcia:

As a university student exactly feel bored to reading. If their teacher inquired them to go to the library or make summary for some book, they are complained. Just little students that has reading's internal or real their passion. They just do what the educator want, like asked to the library. They go to presently there but

nothing reading significantly. Any students feel that examining is not important, boring as well as can't see colorful photos on there. Yeah, it is to get complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this 10 Reasons You Feel Old and Get Fat...: And How YOU Can Stay Young, Slim, and Happy! can make you truly feel more interested to read.

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