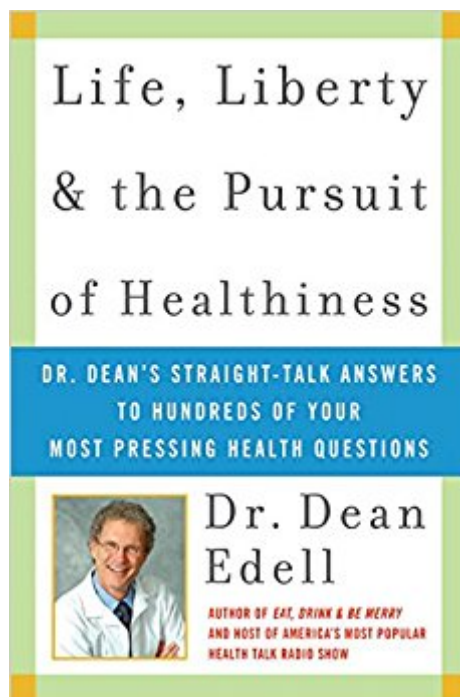




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# Life, Liberty, And The Pursuit Of Healthiness: Dr. Dean's Straight-Talk Answers To Hundreds Of Your Most Pressing Health Questions



## 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.

## Book Information

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## Customer Reviews

Popular media doc Dean Edell, M.D., is at the top of his game here, offering wit and wisdom on all things health related. Are you wondering which wrinkle treatments work? Where on the body there has never been a report of cancer? Whether men notice cellulite? What to do about LSD flashbacks, 30 years later? Life, Liberty, and the Pursuit of Healthiness treats an array of popular health topics, with chapters on obesity, sex, alternative medicine, children, aging, "the business of beauty," and more. Edell loosely follows the successful formula of his radio program, using Q&A

format to impart facts, perspective, and often a spirited opinion (e.g. "Doctors will get off their pedestals when patients get off their knees" and "Sex is the most available and direct route to ecstasy that we know"), and includes Web resources. You'll learn about a battery of diseases, conditions, and procedures, as diverse as depression, cancer, anorexia (there's a heart-breaking question from a 5'2" 21-year-old who weighs 70 pounds and wants to weigh 60 pounds), infertility, and herbal medicines. The book is so engrossing that you'll want to read it even if you're not looking for something specific. Edell, a radio doctor for 25 years, currently has eight million listeners. Highly recommended for Edell fans and for folks who haven't discovered him yet. --Joan Price --This text refers to an out of print or unavailable edition of this title.

Edell, author of *Eat, Drink and Be Merry*, presents relaxed and practical advice familiar to the millions of people who have watched him on TV or listened to him on radio. Changes in the health care system can make it difficult for patients to get the treatment they want: Edell offers advice to them and also addresses the many advances in scientific research such as hormone therapy and cancer that can be confusing to physicians, let alone patients. The book is organized in general subject areas-including sex, women's issues, children, alternative medicine, aging and addiction-that feature a short introduction, resource list and q&as. These sections are logical, although there are occasional entries that seem almost trivial, compared to more serious issues. For example, Edell answers the question of whether "eating seaweed makes your hair grow thicker." Overall, however, the questions Edell fields are very specific and relevant to many, and cover a wide range of topics. It's unlikely that this volume will replace the many other health titles, but it is a useful reference, especially for advice on nutrition and alternative medicine Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

I like Dr. Edell and enjoyed his show. I wish that he had stayed on. A lot of this repeats what he said over and over on the show. Even if you listened you would enjoy it. If you don't know who he is I think that you will find it really interesting and informative.

I know Dr Edell had every right to retire but who now will make sense of the medical research being done. Although this book is about 10 years old much of the information is still relevant. With the medical research field so flawed it is so important to have someone who can tell you what it really means. Unfortunately, I don't know of anyone who can take Dr Edell's place at this time.

Great overall health advice for everyone. Dr. Dean knows how to spell things out well. You will walk away much wiser and healthier.

never ordered

There are several things I really like about this book:1) To me the most important thing is that this book is not sensationalistic or seeking to palm off unproven treatments for this or that. Dr. Edell seeks to give sound medical advice in a commonsense manner that is based on science rather than anecdote or wish.2) The style of the book is in a tried and true question and answer format. The questions are relevant to people's present concerns and the answers are to the point, clear, and at times quite witty which adds to the enjoyment of reading the book. There are also little side boxes throughout the book that bust various myths or provide quick insights into topics in the popular media.3) It is organized in sections that make finding what you are interested in reading about easy to find.4) The book is loaded with websites and places to go for further sound information on various topics. I am a person that thinks most of what is written about health should be shredded and recycled as soon as possible and preferably not printed in the first place. However, this is a terrific book that I would gladly hand to anyone looking to read about any of the topics it includes. You will have to make your own conclusions about the advice Dr. Edell gives, but I found this book to be useful and convincing.

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. And when it's all said and done, that's the healthiest place to be. Both of Dr. Edell's health books are on the recommended reading list for all my patients. This is not because I agree with everything he says - I tend to be a bit more aggressive in my health screening recommendations, for example - but because his rational, logical, evidence-based approach to making health-related choices is the only one that will take the reader beyond the placebo effect in maximizing their longevity and wellbeing.- John Corso, MD author of: Stupid Reasons People Die, An Ingenious Plot for Diffusing Deadly Diseases.

Dr. Edell's new book is packed with good advice for those of us who want truthful answers to questions about health care. His encyclopedic knowledge, based on the best available science, is combined with reason and common sense in a way that every reader can understand and appreciate. Best of all, he pulls no punches in exposing pseudoscientific "alternative" healing methods that contaminate good health care and pose a threat to the health and well being of consumers. I highly recommend this book for persons who want a complete, interesting reference book that provides reliable health information in an easy-to-read question-and-answer format that allows readers to pick and choose topics that interest them most.

This brand new book written by Dr. Dean Edell contains a wealth of health care and related information of value to all. Dr. Edell has been a "regular" on numerous programs for years. The book is written in a convenient question and answer format. Topics range from weight, diets, sex, children, infections, Botox and much, much more in its nearly 600 pages. You'll find out where to obtain useful information and what info to discard. Many additional resources are provided by Dr. Edell. This is an inexpensive book you'll refer to for years, and maybe will help you avoid buying useless cures, and maybe avoid an unnecessary trip to the doctor. Well worth the money.

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