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

## THE SCHWARZBEIN PRINCIPLE II

### *The Transition*



**A REGENERATION PROCESS  
TO PREVENT AND REVERSE  
ACCELERATED AGING**

- Heal or improve your metabolism
- Lose excess fat weight
- Prevent and reverse the degenerative diseases of aging
- Achieve your ideal body composition
- Stop chronic dieting
- Eliminate cravings and addictions

National Bestselling Author  
**Diana Schwarzbein, M.D.**  
with Marilyn Brown



## 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

I bought The Schwarzbein Principle and found it to be a great book about health and nutrition. When I heard she had a second book out there, of course I ran out to buy it. This book is similar to the first one and the only major difference is that she goes more into depth about the subjects she covered in the first one and she added some other subjects. There is one chapter in this book that makes buying this book worthwhile, that is Chapter 11 - Healthy Nutrition. This chapter has so much information regarding do's and don'ts of a well balanced nutrition, that if I had to pick one chapter out of the whole book, this would be it. With this chapter, you will be happy to find out that there is a vast array of healthy foods so that you won't feel like you are on a diet while trying to get back on track with your well-being. One thing about the Schwarzbein Principle, it is not a diet, it is a way to healthy living. I also bought her cookbook and was very delighted to find some tasty, easy to prepare recipes. Way to go Diana.....

I just finished the this book and really loved it. I thought that although it rehashed the basics from the first book (which I expected, for new readers) it was much more thorough. The five steps were great and breaking it down into programs for different metabolism types was also great. One size does not fit all. I was frustrated because I wasn't losing and sticking to the plan. Now I know why. Her explanation about cortisol was particularly revealing for me. I would recomend it to anyone. I had been recommending the first book but my advice now it to skip that one and read this one.

I am a nutritionist and personal trainer and I am giving this book to every one of my clients! Finally someone has put it all together-Dr. Schwarzbein explains in detail the steps to getting healthy(diet, tapering off toxic chemicals, handling stress and getting sleep, exercise and hormones). As an exercise physiologist I really appreciate the innovative way she has prescribes exercise. She also explains how you must be healthy to lose weight and NOT vice versa-if you follow this book's plan

you will be able to be your healthiest ever, and more importantly, you will be able to maintain it. This is one you will read, highlight and reread!

I love Dr Schwarzbein's first book - it has quite literally changed my life, resulting in vastly improved health. (It is certainly not "Atkins with a twist".) It's hard not evangelize! This second book has its merits, especially in showing us that one approach does not fit all. But it's not written as clearly as the first book, it's complicated, and it requires us to get tested to know what quadrant we fit into. I recommend the first book, and only this second one if you really want to dig deeper.

I really think that Dr. Schwarzbein is on to something here. I've been battling the bulge for 10+ years and trying to get some advice from various primary care doctors. Bottom line, the doctors didn't know why I was gaining weight and could never help me take it off. I had one doctor offer to "up" my thyroid medicine to help me loose weight, another offered diet pills, and yet another suggested a draconian 1000-calorie a day diet (water and bread, I think). The one word that never came out of any of their mouths was "metabolism," and that's what got me interested in Dr. Schwarzbein. I know patients of hers, through family and friends, who say that she's changed their lives and, in some cases, "saved" their lives. I've read both of her books and disagree with reviewers who say the second book is a redux of the first. The second book has much more detailed info and breaks metabolisms into four distinct groups. She then details diet and exercise plans for the four metabolism types. My only gripe about her book is the fact that she tells you to go to her website to find out how you can be tested to determine your metabolism type. Well, her website is useless in that regard -- and it has been since the book came out last fall. I've called her office and I get the same answer every time -- "The site will be up next week." Well, it's been 4 months and still no website, no test kits, nada. I REALLY believe in her plan, but without testing, I can't be sure which of the 4 metabolism types I fall into, so I punt. Honestly, I have friends who have gotten websites up in a couple of weeks, so I'd think a published author and respected physician should have some access to a decent webmaster that could help her out. In the meantime, I remain a hopeful, if frustrated, believer in the Schwarzbein Principle.

I've read the both of Dr. Schwarzbein's books, and I think the second book is a much more complete look at diet, anti-aging and health. If you're going to buy just one of her books, buy the second one.

This book really makes sense. It's kind of a mix between Atkins, Zone, and natural eating. The thing that makes it different than Atkins is that she talks about how toxic certain foods and additives can be, such as artificial sweeteners and caffeine. She also allows more fruits and veggies than Atkins, and advocates more of a balance in your meals with carbs, protein, and fat at every meal. It's like the Zone in that regard. I love her approach to exercise. It's revolutionary. She talks about cardio, weights, pilates, and yoga. She suggests a very healthy exercise routine. It's a very comprehensive book and way of life. You won't be sorry you bought it.

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