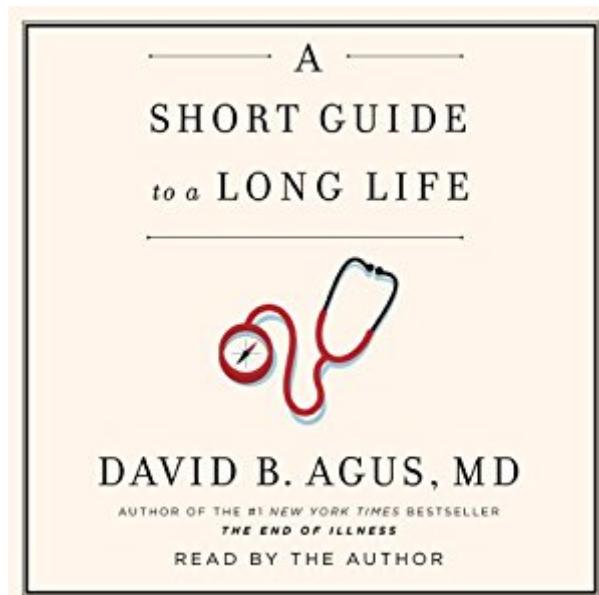


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# A Short Guide To A Long Life



## **Synopsis**

One of the world's leading doctors and best-selling author presents the simple rules everyone should follow in order to live a long, healthy, and productive life. In his number-one New York Times best-selling book, *The End of Illness*, Dr. David B. Agus shared what he had learned from his work as one of today's most prominent cancer doctors and researchers, revealing the risks he takes in a field begging for innovations that can prolong not only the lives of cancer patients but anyone hoping to live long and robustly. Now Dr. Agus has compiled his most helpful health advice in a fun guide. Hailed by Vice President Al Gore as having developed "a dramatic new way that could lead to greatly improving the quality of life for millions, starting right now", Dr. Agus believes that our foundation for optimal health begins with the daily habits we keep - and that we can build upon that bedrock with inexpensive, widely accessible drugs that have been proven to work while ditching false promises, such as vitamins and supplements. *A Short Guide to a Long Life* is divided into three sections ("What to Do", "What to Avoid", and "Doctor's Orders") that provide the definitive answers to many common and not-so-common questions: Who should take a baby aspirin daily? Are flu shots safe? Are vitamins bad for you? What is truly "fresh" produce? Why is it important to protect your senses? Are airport scanners hazardous? Dr. Agus' eye-opening responses will help you develop new, effective patterns of personal health care so you can maintain your health using the latest and most reliable science. Now go live life!

## **Book Information**

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## **Customer Reviews**

I recently read an interesting article about David B Agus MD in Wired magazine about his clients and what he did for them. Many celebrities swear by his way of treating illness, cancer and promoting a healthier lifestyle. Among the many patients Dr. Agus treated were Steve Jobs, Neil Young, Robin Quivers, Ted Kennedy and Lance Armstrong. In fact, Howard Stern lauds Dr. Agus for saving Robin's life. I received my Kindle download and immediately started reading this 208 page book. A lot of information to digest and I'm sure I will go back to reference many sections and reread this book many times. Dr. Agus divides the book into three sections - What to DO, What to Avoid & Doctor's Orders. Each section has rules to live by, many you have heard before, some may be controversial, but all are explained in a simple, easy to read, fun to read, and expertly explained style. Some of my favorite rules were "Get Naked" and "Get off Your Butt More" and of course "Pick up a Pooch". Being a dog owner and lover, I found this very satisfying and certainly a confirmation of how I feel. In the Doctor's Orders section, Dr. Agus goes through a quick checklist of guidelines for keeping up with your health for each age group from the 20's to the 70's and beyond. Common sense guidelines like prostate exams for older men, routine breast exams for women to A1C diabetes blood tests in your 20's if you have a family history. The back section also has Top 10 lists, like Top 10 Foods High in Trans Fat or Top 11 Fish with Omega-3. I found these lists both interesting and useful, a tool to be referenced often. Some of Dr.

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