



## Life, Liberty, and the Pursuit of Healthiness: Dr. Dean's Commonsense Guide for Anything That Ails You

By Dean Edell

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### **Life, Liberty, and the Pursuit of Healthiness: Dr. Dean's Commonsense Guide for Anything That Ails You** By Dean Edell

Dr. Dean Edell is your guide through the media hype, direct to the bottom line. Whether you're interested in advice on sex health, arthritis, or how to spot medical myths, you will see why millions of Americans have come to revere Dr. Dean. His refreshingly candid health talk on radio and television, and in the bestselling *Eat, Drink, and Be Merry*, is just like Grandma's advice: practical and enlivened with a strong dose of opinion.

*Life, Liberty, and the Pursuit of Healthiness* is a comprehensive medical resource for the whole family, applying Dr. Dean's practical health philosophies to today's most pressing health topics -- from attention deficit hyper-activity disorder to obesity, depression, and the effectiveness of alternative medicines. This book features more than 500 questions and answers from Dr. Dean's popular radio show, plus quizzes, symptom checklists, Web links, and recommended reading.

You'll also find plenty of often-surprising facts, debunked "truths," and critical details from the latest medical research. This is the book you'll want on your nightstand, for your family's good health.

Dr. Dean has answered more than 50,000 questions on the air in the last twenty-five years. In *Life, Liberty, and the Pursuit of Healthiness*, he encourages readers to take charge of their own health with their most powerful weapons -- common sense and a dose of skepticism -- saving time, money, and especially anxiety.

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### Editorial Review

#### Amazon.com Review

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*

#### From Publishers Weekly

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

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#### About the Author

Dean Edell, M.D., probably has the largest medical practice in the United States -- his hugely popular radio and television broadcasts are heard by more than ten million fans every week. A graduate of Cornell University Medical College and the author of the national best-seller *Eat, Drink, and Be Merry*, he lives in the San Francisco Bay Area.

### Users Review

#### From reader reviews:

#### Melissa Hopkins:

The book *Life, Liberty, and the Pursuit of Healthiness: Dr. Dean's Commonsense Guide for Anything That Ails You* gives you the sense of being enjoy for your spare time. You can use to make your capable more

increase. Book can to get your best friend when you getting anxiety or having big problem along with your subject. If you can make looking at a book Life, Liberty, and the Pursuit of Healthiness: Dr. Dean's Commonsense Guide for Anything That Ails You for being your habit, you can get a lot more advantages, like add your capable, increase your knowledge about a number of or all subjects. You are able to know everything if you like open and read a publication Life, Liberty, and the Pursuit of Healthiness: Dr. Dean's Commonsense Guide for Anything That Ails You. Kinds of book are several. It means that, science guide or encyclopedia or other individuals. So , how do you think about this publication?

**Corey Mason:**

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**Darren Perez:**

What is your hobby? Have you heard this question when you got college students? We believe that that query was given by teacher to the students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person just like reading or as studying become their hobby. You should know that reading is very important in addition to book as to be the factor. Book is important thing to add you knowledge, except your personal teacher or lecturer. You get good news or update about something by book. Amount types of books that can you choose to use be your object. One of them is actually Life, Liberty, and the Pursuit of Healthiness: Dr. Dean's Commonsense Guide for Anything That Ails You.

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