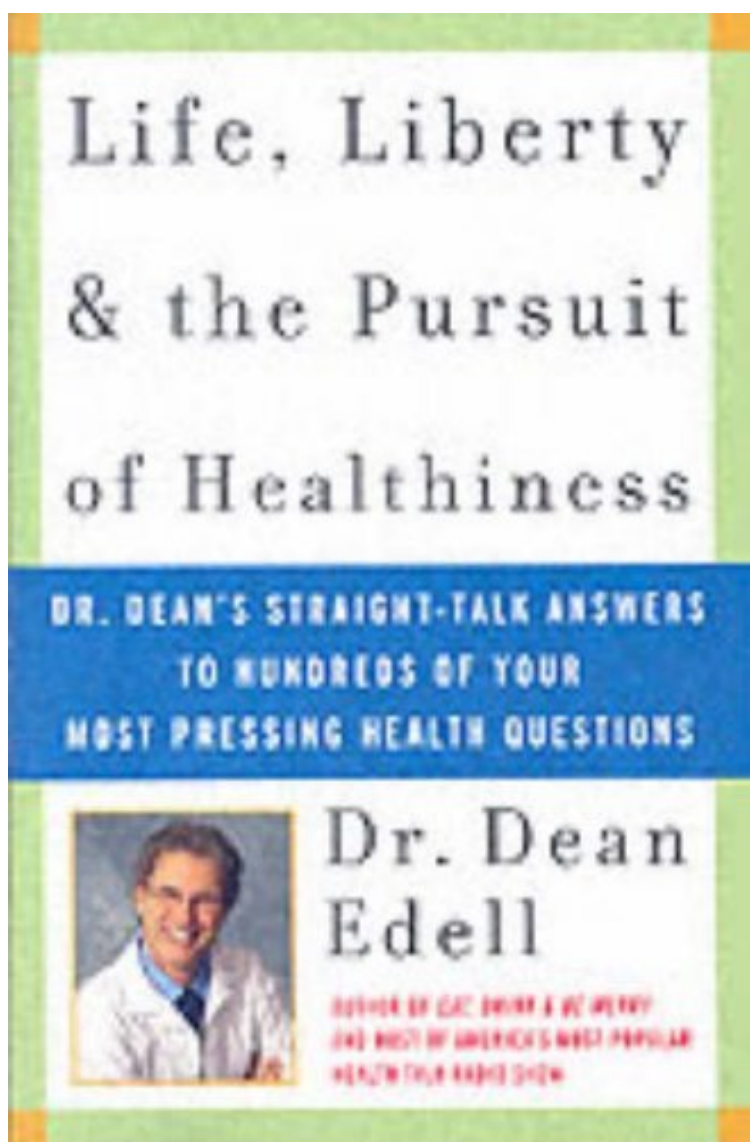


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# Life, Liberty, and the Pursuit of Healthiness: Dr. Dean's Straight-Talk Answers to Hundreds of Your Most Pressing Health Questions



*Par Dean, M.D. Edell*  
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**Description :** Description du produit The Cure for America's Health Anxiety! Whether you're interested in advice on sex, health, arthritis, or spotting medical myths -- millions of Americans have come to revere Dr. Dean Edell for his refreshingly candid health talk on radio and television, and in the bestselling Eat, Drink and Be Merry. 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 topics -- from attention deficit hyperactivity disorder to obesity, depression and the effectiveness of alternative medicines. Dr. Dean has answered more than 50,000 questions on the air in the last twenty-five years. Here, he encourages listeners to take charge of their own health with their most powerful weapons -- common sense and a dose of skepticism -- saving patients time, money, and especially anxiety.

Presentation de l'diteur 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. .com 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 QA 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 qas. 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.